THE EGE EYE

Printed Monthly
Issue 177
APRIL 2019

News from the West Coast of Turkey Since 2006

Transfer from Ataturk to Istanbul Airport to begin on April 5

Operations from Ataturk Airport to the newly built Istanbul Airport will start being transferred on April 5.

It was previously announced that the new airport would become fully operational on Dec. 31, 2018. The date to move the operations, however, was further delayed to March 3.

The transfer will begin at 3:00 a.m. local time on April 5 and will last 45 hours until 12 a.m. on April 7. During the transfer period Istanbul Airport and Ataturk Airport will only be available for base carriers' flights and both airports will be operating with a common reduced capacity with 35 arrivals and 35 departures per hour.

After the transfer, Ataturk Airport will be closed to scheduled and unscheduled domestic and international commercial passenger flights and will only be available for cargo, maintenance, general aviation, air taxi, business flights, state aircraft and other flights permitted by the airports authority DHMI.

Istanbul Airport, whose first phase was opened on Oct. 29 last year, has the potential to welcome 90 million passengers annually, and following the second phase of construction, expected to be completed in 2023, the number will rise to around 200 million.

It will host flights departing to 350 destinations worldwide including many in Africa once completed. The airport has 2.5 million tons of annual cargo capacity and will reach 5.5 million tons when all phases are completed. Source: Hurriyet Daily News

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Monday the 1st of May is Labour and Solidarity Day in Turkey. This is a national public holiday where all banks and most Government buildings will be closed for the day. The roads will be busy, so be prepared for heavy traffic.

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If you need the services of a pharmacy at short notice, at least two are open 24 hours a day in Kusadasi at any one time.
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MEDICAL EMERGENCY	**112**
FIRE	**110**
POLICE HELP	**155**
FOREST FIRE	**177**
JANDARMA	**156**
COAST GUARD	**158**
HEALTH INFORMATION	**184**
ELECTRICITY SUPPLY	**186**

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Enjoy a day at Didem VeganFest

Didim VeganFest, organized by the Municipality of Didim, will be held for the third time in April! The festival which will last for 4 days this year, will welcome tens of thousands of visitors with its rich variety of programs.

There are hundreds of stalls ranging from food workshops, products to sample and buy, contests, music and crafts all situated by the beautiful Apollo Temple.

Beginning on Friday 19th to Monday 22nd April this festival is jam packed with fun events. For more information about the festival go to the link below. It is in Turkish; however Google translate does give a good interpretation of what is going on. http://didimvegfest.com/

Turkish high school students make solar-heated doghouse for strays

Turkish high school students in western Turkey's Kütahya province designed and built a doghouse for stray animals that is heated using solar energy. Oguz Ozgur and Ahmet Ercan Kaya from Ahmet Yakupoglu Fine Arts High School had the idea for the project after seeing the dogs living in their schoolyard deal with unfavorable weather conditions.

After receiving support from their biology teacher, the students developed the shelters, which collect solar energy and store it in a battery that transfers the energy to a mat on the floor of the doghouse to keep the animals warm in any conditions. Muzaffer Efe, the biology teacher responsible of the project, told Anadolu Agency (AA) that the students prepared the project draft and gathered the necessary materials, adding that the total cost of the project was about 100 Turkish liras ($19).

Efe said he is proud of his students, adding that the most important aspect is to increase human values. "We try to change the way people look at stray animals because they have the right to live in this world just as much as we do," he said.

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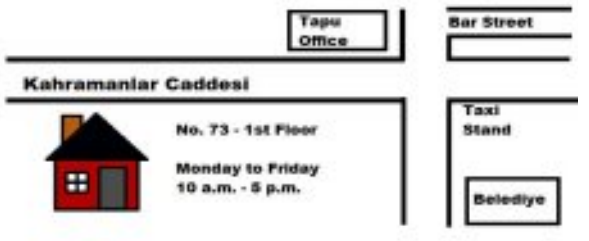

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Social media: A thin line between utility and addiction

According to clinical psychologist Gizem Mine Columlu if you cannot leave the house without your phone and the first thing that comes to your mind is checking your social media accounts when you wake up or if the things you see on social media affect your mood, you might be on the way to becoming a social media addict.

Studies show that Turks rank fifth worldwide when it comes to spending time on social media.

Sharing photos and videos, writing blogs, playing mobile games and online dating constitute the major recent uses of the internet. But, this excessive usage can lead to nomophobia, which is the irrational fear of being without your mobile phone or being unable to use your phone for some reason. Some of its symptoms include sleeping with a mobile phone and checking the phone every few minutes.

The tendency to follow new developments in technology as well as social media celebrities only increases the number of nomophobic individuals. Moreover, likes, follow requests, notifications, emojis, comments and event alerts have become elements that can change one's mood instantly and turn it into something that people prefer to spend their spare time on, instead of actual communication with people.

A number of studies, conducted globally, show that the main reason behind the misuse of the internet is to avoid negative emotions we come across in daily life and instead find virtual happiness in an alternative world; in this case, social media. An individual can be whomever they want to be, whenever and wherever they desire to be. Social media offers individuals a sense of freedom and momentary relief from real-world problems.

In fact, social media is one of the ways to communicate with people around the world and one of the most important ways to express one's self. It is a place which encourages people to learn more and offers freedom if it is used wisely. The problem is not the use of social media, but not knowing how to and how much to use on a day-to-day basis. The best way to avoid social media and internet addiction is to determine the reason for your use and develop it according to your needs. If one is having trouble staying away from the internet and social media, the psychological problems behind this must be brought to light with the help of a specialist.

Source: Daily Sabah

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Green lahmacun: Turkey's favorite fast food goes vegan

The term fast-food might bring America to mind but no one can beat the Turks when it comes to the most delicious fast-food. Whenever you need a quick and satisfying bite to eat, you can stop by a pide restaurant where you can order a single lahmacun and call it a day.

Lahmacun which is also called "Turkish pizza," is the perfect combination of minced meat, vegetables, spices and tomato sauce on thin and slightly crispy dough. Cooked in a stone oven, a single lahmacun is highly satisfying not only for your stomach but also for your nose as well.

Lahmacun is certainly not a vegan-friendly fast food yet this did not stop a restaurant owner and entrepreneur in Ankara to come up with a vegan-friendly lahmacun recipe for vegans to enjoy.

Yilmaz Angay makes his vegan lahmacun with linseed, tomato, onion, lentil and other vegetables to look and taste just like the original lahmacun. The vegan lahmacun has become such a hit that it is popular even with non-vegan customers.

Speaking to the press, Angay said: "People who usually eat meat love vegan lahmacun. Some of our customers even say that they could not even tell this was a vegan lahmacun, if they did not know. The idea for vegan lahmacun came out of demand. Newly converted vegans sometimes have urges to taste the food they used to eat and lahmacun tops the list. Due to demand, we started to make vegan hamburgers and such but vegan lahmacun became a hit. It is much more nutritious than the original lahmacun and people love it."

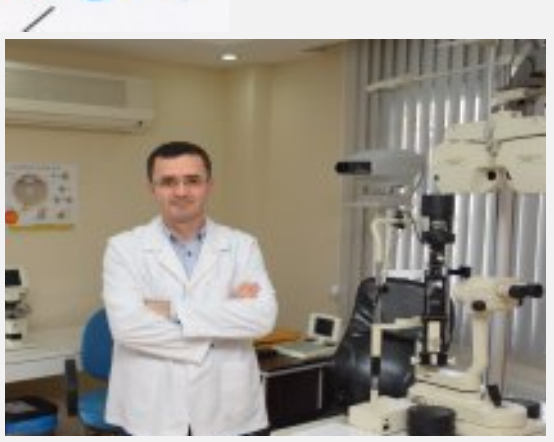
Tombs in ‘city of gladiators’ to open to visitors

An ancient city in western Turkey will showcase tombs and sarcophagi unearthed from one of the largest marble cities of the world and it is not that far from Kusadasi.

The ongoing excavations in the ancient city of Stratonikeia in the Aegean province of Mugla, reveal new historical artifacts as part of the project launched by Turkey’s Culture and Tourism Ministry.

The ancient city of Stratonikeia was included in the UNESCO World Heritage Tentative List in 2015 and with the ongoing excavations new information is being gathered every year.

Op. Dr. Aydın ATASOY
EYE SPECIALIST



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Tour of Turkey returns with nostalgic route

The new edition of Tour of Turkey, the country's largest cycling event, starts in April with a return to its original route in northwestern Turkey

The 55th edition of the Presidential Cycling Tour of Turkey will be held between April 16-21, as a part of the UCI World Tour calendar for the third time. Organized by the Turkish Cycling Federation, the Presidential Cycling Tour of Turkey debuted in 1963 and became an international race two years later. Today, it is the most prestigious cycling event in the country.

Started in 1963 as the Tour of Marmara, this year's tour will follow a similar nostalgic route. "We decided to move this great cycling event to different regions of our country," Erol Kucukbakirci, the president of the Turkish Cycling Federation, said in a statement Friday.

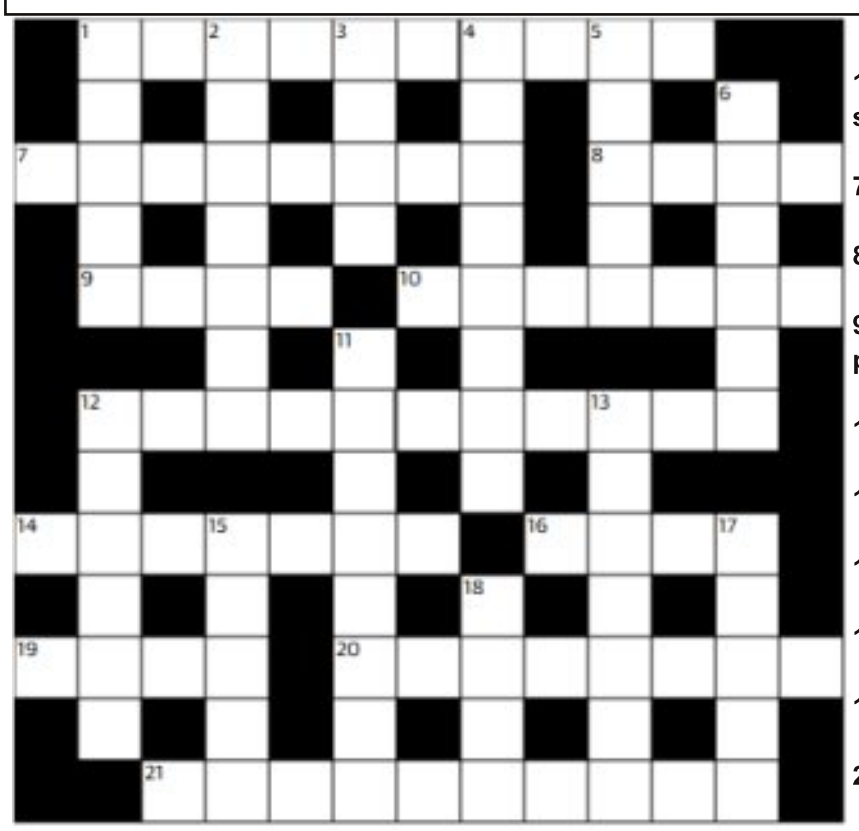
The Tour of Turkey will make a new start this year with its new slot in April on the UCI World Tour calendar. Kucukbakirci said that the new date and renewed route would make the tour "more appealing." He said after a break of two years we are back with a race that can be considered as mid-season as announced in the UCI-approved 2019 World Tour Calendar. "At the end of the season, teams and riders were quite tired," he said."With the date change, we aim for higher quality and a higher participation rate," Kucukbakirci said, adding that in recent years, most of the stages in the tour were organized along the Mediterranean and Aegean coasts, but following strong demand from various provinces they decided to move the race elsewhere to promote the historical and natural richness of regions via cycling. He also announced that to realize this, it would be held in the Marmara region in 2019.

Teams departing from Istanbul will head to Tekirdag, Eceabat, Canakkale, Edremit, Balikesir, Bursa and Sakarya with the ultimate finish again in Istanbul. "For the forthcoming year, we are working on a route that will cross our Black Sea region and finish in the capital Ankara," Kucukbakirci said. Consisting of six new stages, the Tour 2019 will be on a route that exceeds a thousand kilometers on which world-class teams and ace riders will cross continents at Canakkale, from Europe to Asia. With its new course through the Gallipoli Peninsula and the Dardanelles, the nations that engaged in the Gallipoli Campaign (1915-1916) will welcome each other by virtue of this great sports event to promote peace. Source: Daily Sabah

9 Ways you can help keep our beaches clean

1. Stay away from plastic bags! Instead of using plastic bags to bring your snacks, use reusable bags and containers.
2. Bring a trash bag with you to make sure you throw everything away; that way trash won't be buried in the sand throughout the day or left when you leave.
3. If you are walking along the beach and see trash or cans/bottles, safely pick them up and throw them away.
4. Make a game with your friends and family on who can gather the most cans. Whoever wins gets to keep the money when you cash them in!
5. Switch over to reusable water bottles; instead of single-use plastic bottles (this can make a huge difference each day)
6. If you are allowed to have bonfires at the beach, refrain from burning your trash, especially plastics. Also, make sure the fire is fully out before you leave.
7. If you have pets look after them, so nobody will experience stepping in something other than sand.
8. Don't smoke! Cigarette butts are the leading pollutant on our beaches and there are many negative effects that come from he cigarettes in our water. If you have the urge to smoke, be sure to dispose of the entire cigarette butt appropriately.
9. Encourage others you know to use these tips and to do their part in keeping our beaches clean.

Have a fun and safe day at the beach and let's all do our part in keeping our beaches clean.



Solution on page 11

Across

1 Signal letter Q, flown to indicate ship is carrying disease (6,4)

7 Marsupial that boxes (8)

8 Ukrainian capital (4)

9 System of weights for measuring precious metals and gemstones (4)

10 Entertainment industry (7)

12 Hot and cold sweet (5,6)

14 Lethargy (7)

16 Truncheon (4)

19 Slovenly layabout (4)

20 Youngster (8)

21 Varied collection (10)

Down

1 Leavening agent (5)

2 Long and tedious effort involved in gathering basic information (7)

3 Gumbo (4)

4 Small area captured and held as the basis for subsequent advance (8)

5 Crooked (5)

6 Eye part (6)

11 Sea between Italy and the Balkans (8)

12 Mess up (6)

13 Dried pale yellow seedless grape (7)

15 Jewish teacher (5)

17 Athletic and muscular (non-vegetarian?) (5)

18 Longitudinal structure supporting the frame of a vessel (4)

Discount chain BIM to open 820 new stores

Having achieved TL 1.25 billion in net profit last year with an increase of 45 percent, Turkey's discount grocery chain BIM plans to open 820 new stores this year, with a projected investment of TL 1.1 billion.

According to the grocery chain's financial results reported to Public Disclosure Platform (KAP, the company's consolidated sales reached some TL 32.3 billion last year with a growth rate of around 30 percent.

This year, the company expects to increase its sales by 25 percent with plus/minus 2 percentage points and see a 5 percent EBITDA (earnings before interest, taxes, depreciation, and amortization) margin with plus/minus 0.5 percentage points.

One of Turkey's leading supermarket chains, Migros, also announced that it is planning to open at least 100 new stores in 2019, with a projected capital investment of TL 300 million.

Turkish Airlines' Istanbul business lounge named best in last year’s global listing

National flag carrier Turkish Airlines was awarded for having the best business class lounge at the Skytrax World Airline Awards.

The carrier's lounge also ranked first in the global listing for having the best business class lounge dining.

From 2011 to 2016, the Skytrax world airline survey named THY best airline in Europe. Last year, it ranked fourth following Lufthansa, Swiss International Airlines and Austrian Airlines. The flag carrier was chosen as the Best Airline in Southern Europe for the ninth consecutive time in 2017.

The Turkish Airlines Business Class Lounge is a massive, two-story lounge with a long list of services and amenities, including a children's playground, relaxation units, entertainment areas and dining options from Turkish and world cuisine.

Turkey registers super-producer honey bee

Chief breeding officer at the Aegean Agricultural Research Institute, Uzeyir Karaca has said that Turkey registered a honey bee species after a decade long rehabilitation effort to boost pine honey production.

Breeding of the bee (which is named Efe) began in 2008 in order to add superior attributes to honey making. The bee’s ability to increase its honey production began in various labs in Izmir province.

The research labs chose the best colonies from the 201 colonies made by the bees, forming 20 pure-race colonies of the honey producers.

Karaca said that demand from beekeepers in the region is very high, noting that 10,000 bee producers were brought together last year. He said he expects a significant increase in pine honey production this year.

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National Sovereignty and Children's Day

April 23rd is National Sovereignty and Children's Day. Every year, the children in Turkey celebrate this day as a national holiday. Schools participate in week-long ceremonies marked by performances in all fields in large stadiums watched by the entire nation.

Among the activities on this day, the children send their representatives to replace state officials and high ranking civil servants in their offices.

This is a Public holiday and Government offices and schools are closed on this day. Public transport routes may vary in the event of street performances and it is important to remember that the roads will be busy so be prepared for heavy traffic.

Turkish Red Lentil 'Bride' Soup

1/4 cup butter
2 onions, finely chopped
1 teaspoon paprika
1 cup red lentils
½ cup fine bulgur
2 tablespoons tomato paste
8 cups vegetable stock
1/8 teaspoon cayenne pepper
1 tablespoon dried mint leaves
4 slices lemon
½ teaspoon chopped fresh mint

Melt the butter in a large saucepan over low heat. Cook the onions in the hot butter until they are golden brown, about 15 minutes.
Stir the paprika, lentils, and bulgur into the onions and coat with the butter.
Add the tomato paste, vegetable stock, and cayenne pepper; bring to a boil and cook until soft and creamy, about 1 hour.
Crumble the dried mint leaves into the soup; stir the soup and remove from heat.
Ladle into bowls and garnish with lemon slices and fresh mint to serve.
Source: https://www.allrecipes.com

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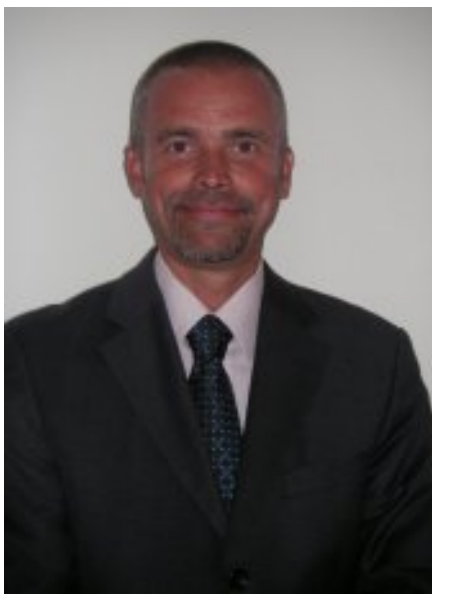

What always amazes me about the Southern Aegean region in general and Kusadasi in particular is this rare combination of on the one hand being laid back whilst on the other hand engaging in an extremely entrepreneurial lifestyle. Normally one would assume reality on the ground is based on an either/or option. Not so in this fine corner of the world.

At stake for today's article is our Turkish neighbor's appetite for improving their quality of life and whether or not our expat community sees things in a similar fashion.

Not that the level of exactly that quality of life would not already be on a serious high anyways but there is one such leisure time pursuit which apparently merits constant attention to detail. What are we looking at: how to make your very own four walls an even better place to live in! Thus written, the months of March until May are the perfect calendar choices for turning yourself into a successful DIY decorator or alternatively hiring professional expertise. Please always be considerate and above all else respect the law as there are strict deadlines for when we can engage in outdoors home improvement activities as all those works must be completed before peak tourist season kicks in.

And here we approach one of the many always uniting aspects of residing in another country than the one we originally hail from: it does not matter whether we are friendly international imports or born and bred Kusadasians. Come the spring sun, we simply want to do it, we are at it again: we are ready to consider what could possibly make our apartment or house look better both inside and from the outside.

If you are new to town you will at once have noticed the impressive number of home furnishing stores, of garden centers, of interior design shops, of signs with telephone numbers for local builders and plumbers and whatever else one could possibly desire in that context. And from what one hears there is good business to be had all around town.

Leaving this overarching observation aside for a moment we should analyze the actual reasons behind all of this and we shall discover two important reasons.

First, we as expatriates more often than not would set foot on these great shores without a container load of personal belongings shipped to port. In all likelihood we would stay in temporary furnished accommodation before deciding on a permanent dream home under the sun. This of course entails that whatever one would need interior wise would be sourced on location. As money does not grow on trees most if not all of us would invest step by step starting with the basics including white goods and bedding and a living room. Once settled we could then draft a family budget for the upcoming years and when to buy what and from which business.
Having said that one realizes that moving abroad is a long-term process and hence the necessity to year in, year out, add more charm and contents to our homes. I have seen fellow expat families who did just that over a period of at least two to three years.

Second, our Turkish neighbors are faced with the same dilemma. Unless taking over existing housing they often start from scratch by constructing their very own four walls from zero (or buying oneself into a part of a larger soon to be erected apartment building) at times allowing for their properties to be completed over a comparable period of two to three years. Then they would start decorating and furnishing it yet in a similar manner to what we just described in the previous paragraph – step by step.

Hence no matter whether someone relocates to Kusadasi from within Turkey or from abroad the way we go about settling in – and the way how we take good care of our limited funds - seems identical.

This explains why there is a constant demand and connected supply of all things related to designing, constructing and improving our homes based on that constant flow of new residents paired with a never-ending quest for making residences look more appealing.

What's more, there is one additional and equally fascinating subject to be considered: even after we are finally 'at home' we would wish to work on the outside look of our fixed abodes. Think a small garden, consider new paint for the exterior; then we remember to add new balcony chairs or new lighting on the entrance door. Possibilities are endless but we simply cannot refrain from continuously aiming at making things even better than they are already.

And according to my insight this desire to improve our surroundings is a wonderful tool to get closer to our Turkish neighbors as soon they, and we, will understand that the way we wish to go about our day to day life with w view to how we wish to present our homes to the outside world is fully compatible.

For example, my family realizing that a nice looking house, block of flats, street or entire neighborhood is a top priority for our Turkish neighbors as it is for ourselves allowed for a much faster integration into the social fabric of this great nation. Similar to the topics we would discuss at our local DIY store back in Britain or Ireland or wherever with a fellow shopper or the salesperson, Turkey is not any different. It is a hot pick, an all-time favorite topic for conversations both amongst locals and with us.

Coming back to the introductory few lines it is thus absolutely possible indeed to enjoy a laid back lifestyle without forgetting the need to go about business, too. What makes it all the more enjoyable however is that we are decorating ones terrace with new flower pots in the full knowledge of having acquired a small share of paradise on earth.

Fly from Belfast to Izmir with Jet2 in 2020

Leisure airline Jet2.com has added a new destination from Belfast to its 2020 summer schedule.

The airline has added Izmir in Turkey to its expanded summer programme from Belfast International Airport for next year.

The leisure airline and package holiday specialist has put flights and holidays on sale to 24 destinations from Belfast International next summer. The addition of over 20,000 seats means almost half a million seats are on sale, a 4 per cent capacity increase.

In addition to brand new Izmir, which will operate every Tuesday from May to September, the company is also significantly increasing capacity to Dalaman, adding a Thursday service on top of Monday.

Steve Heapy, CEO of Jet2.com and Jet2holidays said: "With 24 fantastic destinations to choose from, including brand new Izmir, we are once again demonstrating our commitment to the base and to our customers. With more choice and flexibility for customers and independent travel agents to choose from with our award winning airline and tour operator, we are confident that this summer programme will be a huge hit in Northern Ireland."

Graham Keddie, managing director, Belfast International Airport added: "We welcome the increases in capacity that Jet2.com and Jet2holidays will add for summer 20 and the addition of Izmir will be a popular choice with local holidaymakers. We have a great partnership with Jet2.com and Jet2holidays and look forward to working with them ever more closely."

Source: www.irishnews.com

How Can You Diagnose Hearing Loss?

The best way to diagnose hearing loss is to talk find a hearing care professional and speak with them. You should make an appointment if you experience any changes in your hearing health. You should never put off a hearing test even if you think you may be imagining the symptoms. In the event you do not have a significant hearing loss, you'll have established a baseline hearing evaluation for future use. It is also easy to put off a hearing test because you think the hearing loss you're experiencing is just part of getting older. However, all of these reasons are not good excuses to delay a hearing test.

Experts recommend that as soon as a slight change in hearing is detected; contact your hearing specialist for an evaluation. If caught in an early stage, hearing loss may be treated with medications.

An annual hearing exam is the best way to not only combat hearing loss, but also to come to terms with it. If you happen to get a yearly physical exam, this can be the perfect time to also schedule a hearing exam. Hearing is a sense we often take for granted when compared to our vision. It is important to consider how your life would be affected if you were to lose a significant amount of hearing.

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It has come to our attention that until further notice, anyone who does not speak sufficient Turkish cannot sign for a property transfer at the Land Registry Office (Tapu). This includes both buying and selling.

It appears that people have been using translators who up until now have been approved by the Land Registry but in some cases it is claimed that what is being signed for has not been thoroughly explained to them resulting in potential issues further down the road.

Until now non-Turkish speakers have been able to use registered translators to explain to them what it is they are signing. We are advised that the government have raised the bar for the level of certified competance that is required for a translator to be acceptable to the Land Registry. At the time of printing we were advised that there were now no translators in the Kusadasi area who had the necessary certification. The translators that we spoke to advised us that they were in the process of establishing what is now required of them and that they would report back to us as and when they had more information.

Any Turkish speaking person can sign on behalf a foreign seller who does not have sufficient Turkish themselves. The Turkish speaking person can be any nationality. However, before authorising anyone to act on your behalf you should seek independent advice.

If you would like more information please do not hesitate to contact our office on 0256 612 3207 or email: admin@adviceturkey.org

Beat Spring Allergies

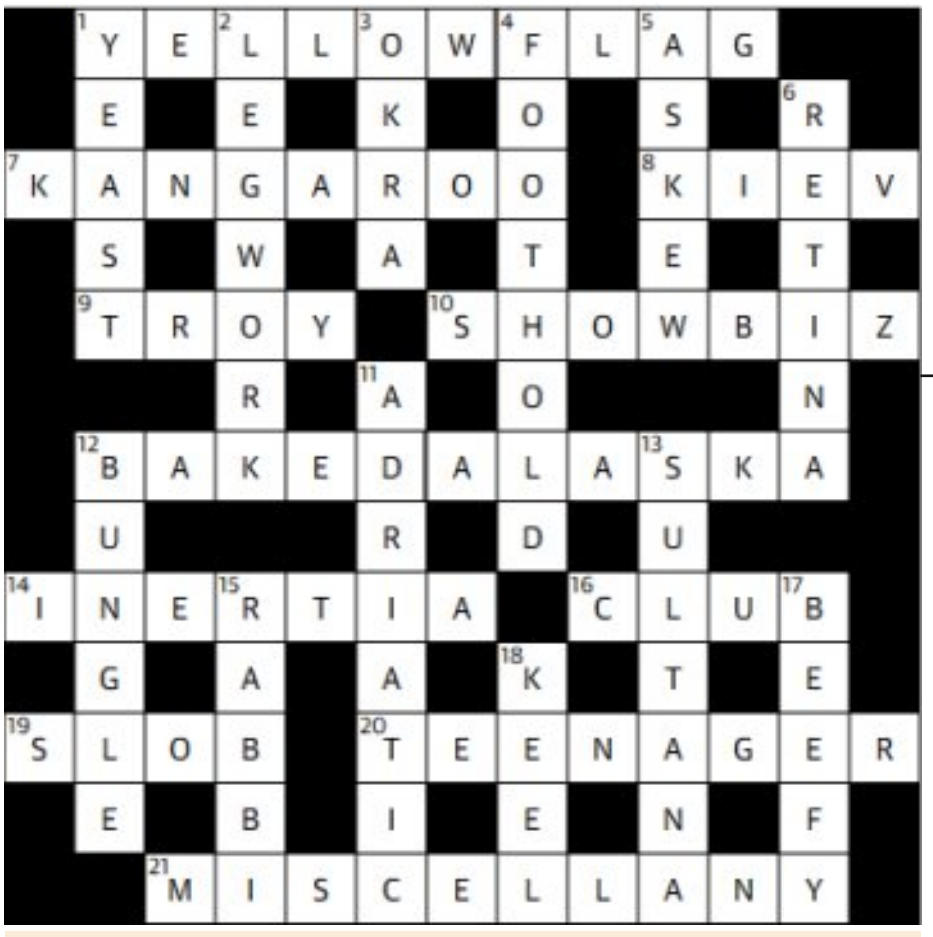
If you have allergies or asthma, spring can be a challenging time of the year. This season is known for big temperature and humidity changes and high tree pollen counts — all of which can contribute to allergies and asthma. Spring cleaning can also be hazardous for those with asthma due to the irritating fumes from cleaning products.

Here are a few tips to help ease your symptoms so that you can better enjoy the spring season.

Avoid being outdoors on windy days, especially mid-morning to mid-afternoon, when pollen counts are often highest. If you must be out, cover your mouth with a scarf or an allergen mask.

Keep car and home windows and doors closed, and avoid using electric fans inside the home, which can kick up pollen into the air. After returning from outdoors, shower, wash your hair and change your clothing.

When cleaning, use caution with household cleaning products. Make sure the area to be cleaned is well ventilated. Never mix cleansers such as bleach, disinfectants and deodorizers with ammonia products, either in the bucket or on the surface to be cleaned.



Crossword Solution

It is best if non-allergic family members or others do the cleaning. Try to be out of the house during all cleaning, especially during carpet cleaning.

Avoid being outside when fertilizers and pesticides are applied to the lawns, trees or shrubs in your neighborhood. If you garden, arrange for someone else to remove the leaves and branches that may have collected in your yard or hedges. This type of garbage usually has mold and other particles that can trigger your asthma.

Hagia Sophia might be reverted to a mosque

President Recep Tayyip Erdoan has voiced the possibility of reverting the Hagia Sophia, which has been used as a museum since 1935 and is considered one of the world's wonders, to a mosque.

The Hagia Sophia was built in the sixth century during the Christian Byzantine Empire and served as the seat of the Greek Orthodox Church. It was converted into an imperial mosque with the Ottoman conquest of Istanbul in 1453.

The structure was converted into a museum during the strictly secular single-party rule in 1935, but there have been discussions around converting it back to a mosque, with public demands to restore it as a place of worship gaining traction on social media.

Turkey begins beach clean-up campaign for summer

Ahead of the summer season, Turkey has initiated close surveillance over the seas and beaches in order to offer a clean environment to tourists. Turkey ranks number three after Spain and Greece as having the most Blue Flag beaches with its 459 Blue Flags.

Speaking to the press, Culture and Tourism Minister Mehmet Nuri Ersoy said they have appropriated funds for wastewater treatment plants, deep-sea drainage and other infrastructure to stop any element that would affect the cleanliness of the sea waters.

Ersoy also explained that the studies conducted at beaches all around Turkey's coasts helped the increase in number of Blue Flag beaches over the years. "Last year, we came third in the world by housing a number of 459 blue flag beaches. We are aiming to increase this number with the studies and analysis that will take place in the upcoming years," added Minister Ersoy.

In order to track the sewage that leaks into the sea directly, negatively affecting the environment and social life in the surrounding areas, the ministry has launched an online tracking system. To achieve the goal of a clean environment and sea water, the Ministries of Environment and Urbanization, Culture and Tourism and Health work hand in hand. While the first two ministries handle the tracking and rehabilitating the sewage and waste waters, the Ministry of Health undertakes the routine analysis of the sea waters.

On page 6 you will find more information on how we can all take part in keeping our beaches clean.

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