



Erasmus+



Ariana

23rd February – 2nd March

2019

Istanbul, Saturday, 23rd February 2019

Dear diary,

In this moment, I am writing in the bus... IN TURKEY.

Yesterday, I was afraid and, for that, I cried a little. I hardly slept... but, now, I see that it was unnecessary.

Despite being tired of the travel (more or less five hours inside the plane), it was a good day. In the morning, I took breakfast with my family and after, when I was doing the check-in, my youth group made me a surprise and appeared in the airport for wishing me a good travel. All this gave me courage and strength for the adventure that it's almost starting.

In the airplane, I slept most of the time... but, during the time I was awake, I laughed a lot with Nuno and Margarida. We had the opportunity of exchanging ideas between us. Furthermore, in each sit, we had a tablet, which we can use to see movies, listen to music, or even to know the trajectory of the aeroplane.

Now, we must be near the hotel... the landscapes are covered with snow. Inside the bus, the environment is of happiness, Turkish music (with dance), and expectations... mine are huge, no longer fit inside of me...

Let's see what follows.

See you!



Ariana

Istanbul, Sunday, 24th February 2019

Dear diary,

I'm sorry! I left the last entry unfinished!

So... yesterday, when we arrived to the hotel, we had dinner in a restaurant near it. Here I had the chance to get to know better teacher Leonor, Fernando and Selma (Turkish English teacher). Teacher Fernando is very funny. He is always telling jokes and, I noticed that he is a native observer.

For appetizers we had grilled onion, hot chilli, arugula with lemon, olives, among others. All of us were starving. Teacher Leonor took a hot chilli. Seconds later, she was red and only asked for water. We were all laughing ... poor teacherahaha. It was my first contact with Turkey's spicy food (and her).



The hotel where we stayed is comfortable for those who just seek rest.

In my house, I'm always the last to be ready to leave, so I made a point of being the first one here. We came as a group, I couldn't delay anyone. Therefore, I woke up at six, willing to live another day of this unique experience.



Today, in our breakfast, we had the choice of things we would never think to have on the first morning meal like tomato, cucumber and boiled eggs. Obviously, I couldn't miss the tea and the Turkish coffee ... Honestly, I missed our Portuguese coffee but, I can't deny, here, the black tea is one of the best that I have ever tasted.

To save money, we took some sandwiches for lunch. It was just a detail.

During this morning, we visited the Topkapi Palace, one of the biggest palaces in the world. It was residence of sultans for 4 centuries. Now it is like a mirror of Ottoman power. What impressed me the most was its luxury and ostentation. Books, furniture, robes, among others, adorned with gold and precious jewels. It was really impressing.

After, we visited Ayasofia Museum, candidate for one of the 7 wonders of the world, a symbol of Istanbul, masterpiece of Byzantine art. Initially, Ayasofia was a Christian church and, only after, a Muslim church. It is a huge church with one of the most beautiful domes that I have ever seen. Its walls have Christian mosaics and Arabs,

and its illumination makes it a movie-worthy setting. Our guide told us that this temple, in 1935, was transformed, by Atatürk, into a museum.

Something that surprised me, in both places, was the amount of stray animals there were. Even in ancient temple of Ayasofia there was 3 cats that people were always feeding.

There, we asked a wish to a petrified angel...

After, "Portuguese Team" had lunch. We had gone to exchange our money for the currency of Turkey (Turkish lira). As it was very cold and snowy, we took advantage of lunch there because it was warmer. Teacher Fernando made us laugh a lot... he took a sandwich (like all of us) out of his backpack... and two yogurts, eggs, nuts, fruit and even spoons. He called it "survival."



In the afternoon, we visited the "famous taksim square". It was a good time for our team meet better each other's. I was very curious about everything. I always noticed in the behaviour of Turkish people... men, mainly, made a lot of eye contact. On the contrary, women avoided it. It happened that a Turkish man, who asked me to take a picture of him, also wanted to take a photo with me. I didn't know I to react but, the situation was funny.

Something that we noticed: at certain times the mosques "sang" for the believers to pray. There were mosques around every corner, it was impressive. The cultural diversity

is extraordinary. In the same street, we could see people dressed like the occidental people; or with cloths that covered the face, or even the whole body.

Lastly, we went back to the hotel for had dinner. Someone of Erasmus student's suggested that we should had dinner together... and so it was, in "Lobby".

Our first contact with foreign students. The environment was of fear of judgment and disapproval. But, all this changed when we went to a room to play UNO. Suddenly, it seemed like we had known each other for years. Me and Marco were the oldest (16 years). When the room became too small for our games, we went to the hallway, in a circle, playing games and asking questions to discover more and more about the people with whom we would spend the week that would mark our lives forever:

- Spanish (Pablito; Andrés and Alberto);
- Italians (Marco, Elia and Selene);
- Lithuanians (Ramune, Austėja, Gabija);
- Poles (Bogna, Piotr, Milosz).



This was my favourite moment of the day. Normally, I'm very shy. However, I felt like it would be the unique opportunity for I express myself. I felt that other students felt comfortable to communicate with me and, for that, I was happy.

Now, it is almost three a.m.

After I went to my room. Me and teacher Leonor lost the notion of time while we were talking. She told me that she is known for being the "teacher who never sleeps" and now, I understand whyahaha. We talked about future prospects, our school, our opinions about several themes, our histories, our hobbies.... I feel that I will miss this week so much... and, it's only Sunday.

Well, I'm going to sleep. Dear diary, keep my secrets, my histories, and my moments ...I want to keep in my memory the way I felt them...and you're a good helper.

Good night!

With love,

Ariana

Istanbul, Monday, 25th February, 2019

Dear diary,

I'm so tired! Maybe, I should have slept some more but, no problem! It's all okay!

"I'm okay, I'm alright / I got good feelings on my mind / I'm okay, I'm alright / with you". When I am tired of a travel (or of life) I always sing that song of Aurea. It makes me feel hopeful and happier.

I left the hotel shortly and now I'm going to Dolmabahçe Palace, former home of a rich sultan, I think.

These days, my anxiety problem seems like it has never existed. I'm afraid it'll get worse when I return to Portugal. The bus trips are long and give me time to think. I've been wondering if they'll give a lot of school stuff. But, I always remember "I'm okay". When I look through the bus window and I see all these frozen landscapes, I think that the world is so big and I'm so young... There are so much to see ... I wonder if I'll ever see these people again, if any of them will mark me so deeply that I can never forget them again ... I am afraid to forget! Yes, I think this must be my biggest fear. Forget who I am, where I come from, the people, the places ... Forget the life.

Dear diary, you need a name ... Kitty? Help me to remember when the mind doesn't help and the heart asks...

I'll sleep a little.

See you,

Ariana

Eşme, Tuesday, 26th February, 2019

Dear Kitty,

Yesterday, I went to the big bazaar... or better, the big big big bazaar. Can you imagine over 3000 stores in the same market? Me, Nuno and teacher Leonor almost got lost inside! But, it's so beautiful, so scrambled. In all sides there are men (yes, only men) trying to sell their products. There are a little of everything from carpets, jewellery, Turkish eye against the "evil eye", handicrafts, lamps, spices and scarves.

Golden rule: bargain. Always.

Here, a man called me "Isabella" I don't know why. But, it was a name that, sometimes, people started to call me Xd.

Inside the bazaar, we took a fright! I bought two bracelets to a young Syrian. After, he called Nuno to come the inside his store but all the three got inside. He quickly pushed the teacher Leonor, shut the door and turned off the lights while he was saying: "Look for this beautiful porcelains that glow in the dark!". Actually, they were awesome, but we only were laughing because we were afraid. We thought that we were going to be stolen. Teacher Leonor described that like "our adventure"ahaha.

After doing our shops and I have bought some things to me and to my family and friends: postcards, a scarf to my mum, soaps and rose tea. After, we had lunch ("moussaka", I think). It was delicious.

In the afternoon, we did the Bosphorus tour. The first time that I travelled by boat was magical! Although, it was very cold. It was lovely to see the water moving away as the boat advanced, it seemed that it was alive. It's amazing seeing everything walking so fast through us; the seagulls; the snow that covered everything, the expectations...

We were between two continents: Europe and Asia... does the sea have nationality?

Then a travel by the sea, we had to face a travel by road. We made a travel to Uşak during six hours. During this time, almost everybody felt asleep. I took the opportunity to get to know the group better, especially Italian team. In six hours we can meet very well someone, we only need to "listen" what they have to say us.

We arrived late and so we went for dinner (Şefin Melodisi Restaurant). After that, we took the last bus trip of the day to Eşme. Our host families were smilingly waiting for our arrival!

When I saw them, I confess that I didn't know (and I still don't know) how I should greet them: two kisses? a handshake? or a double hug? My answer: a smile and kindness.

Kitty, they are so nice people... Mr. Ahmet, the uncle of Elif, carried my suitcase. He, Elif and Mrs. Dudu (the aunt) were very curious, worried and attentive. Before getting into the house, I had to take off my shoes. Here, I met "the grandmother" and the twins, Sena and Kutay (cousins of Elif).

Their house is very big and full of carpets. It is a beautiful and cozy house. There aren't so many differences between a Portuguese and a Turkish house, after all.

Her family went to their rooms and she said "you must be hungry" and offered me a slice of chocolate cake that was already prepared by her aunt.

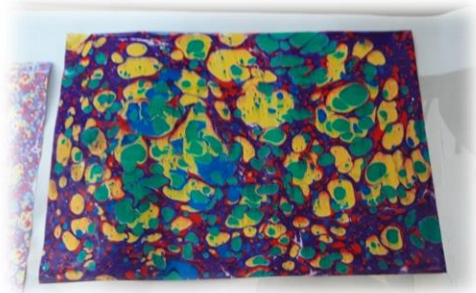
Elif is two years younger than me. When she showed me her/our



room, there was one of the most beautiful designs I've ever seen! I attached the photo to the side so you could feel it too 😊.

Today, I had breakfast with my host family.

Me and Elif went to school, Galip Çetin Secondary School, at 9:20. I could see Turkish traditional dance.



After, I was an artist by few minutes. I made "Ebru Arte".

In the afternoon, we had a folk dance workshop...

During our breaks, we played football or volleyball or we talked. I loved when kids asked me questions and told me things about them, I wanted to take pictures or, even when they smiled and only said me "hello". A "little boy", named Selahattin Boyaci (or Selo), had a lot of interest in Portugal. He was always making me questions. He was very friendly and he only was 14 years old.



After school, Elif and I went home on foot. During our way, I asked her if she had acetone to remove varnish. She answered me "no" but, it was all okay for me. It wasn't nothing of important. However, she brought it in the nearest pharmacy. Although it wasn't necessary, I was very moved by her gesture.





Dolma Kutay about his circumcision. I stayed very impressed and curious about their religion, Islam.

At 7 o'clock, more or less, we had a party. Here, Erasmus students and their host families danced the folk dance (like Damat Halayi music). The same that we rehearsed in the afternoon. It was really funny.

After that, we went to the café and played the "hands game". Pablo wanted that "Spanish team" won to the "Portuguese team" but, unfortunately to him, we draw.



It was getting late and, therefore, we went back home. However, before, we stopped in a kind of pastry shop and Mr. Ahmet bought some Turkish cakes (Baklava, tulumba (very similar to our "farturas"), between others) and ice cream.

Mr. Ahmet always questions me what it was my day like, what I have enjoyed the most and things about Portugal. He is very friendly and welcoming with me.

Mrs. Dudu asked me if I miss my family... I miss of course... but I know that I'll miss her family too...

Today, I offered some gifts that I brought from Portugal: keyrings, two cups



with the "Lenço dos Namorados" printed, a bottle of Porto wine, Portuguese biscuits from Paupério and a necklace for Elif. All the family stayed very happy, specially the twins with the keyrings of Porto city. They showed them to everybody.

I'm very happy with my luck. I couldn't ask for a better host family.

Now, everybody is sleeping. Elif seems like an angel <3.

I'm going to rest too.

"İyi geceler" (I saw in the translator... don't judge meahaha)

Ariana

Eşme, Wednesday, 27th February, 2019

Dear Kitty,

Today the day ran...

Breakfast at home: as usual, I was a little late, and when I went to the kitchen, everyone was waiting for me. Ups!



A defect of mine is my lack of ability and laziness to take pictures! As I don't have many, I leave here one that I found on the Internet, very similar to my breakfast. I found it very different of my "Portuguese breakfast".

After, we went to the school. I met the classmates of Elif. I talked with them and I showed them some pictures of Portugal and from my life. They were very curious and I was willing to respond to everything.



However, I was curious too. Something that surprise me in Turkey: their toilets. Rule of thumb, in public places there are two types: the occidental and the oriental toilet. Fortunately, in my host family's house there is the "normal" Xd.

Today, at school we played some traditional Turkish games (that also exist in Portugal but it doesn't matter, it was funny xd) and we participated in a science workshop (very interesting).

We visited other school, very well equipped. In the music classroom, the teacher sang a Turkish song for us... In the and, my teachers started to say "Ariana, sing

a song too". After, all the people was saying my name... and I went.

I was very very nervous, and I sang "Rosa Sangue" by Amor Electro. I did my best (or I tried, although my nerves). Challenging myself makes me feel alive. "I knew I belonged to the public and to the world, not because I was talented or even beautiful, but because I had never belonged to anything or anyone else" (Marilyn Monroe). After that, many teachers came and congratulated me. The Italian teacher told me that, although she didn't understand Portuguese, she could feel my song. These words were very special to me because, when I am singing, I always try to pass what I am feeling, the message of the song and, I stayed happy to see that it resulted with that woman.



After travelling to Uşak we visited the "Ulubey Canyon", that is the second longest in the world after the Grand Canyon in the United States. It was one of the most beautiful landscapes that I have ever seen. I felt empowered and brave to face



the world if it was need. I felt confident and self-possessed.

One good thing about this type of travel are these sensations. It's like reencounter with ourselves and with the world. My grandmother usually says that we only know the world if we read or if we travel. She is right.

For the second time we had lunch at Şefin Melodi Restaurant. But, this time was different. A waiter, named Tutku Peker, had a conversation with us. She told us a little of her story and asked for ours. She was only eighteen, and she lived only with her mother because, her father had died. She was very nice with us, especially with Portuguese team (you can't say this anyone but, she said that she thought that Portuguese team were the friendliest of all ahaha). One funny thing about this place is that, when we are leaving the restaurant, waiters put on our hands a type of water perfume . It's a very good idea. Turks is the culture with most hygienic habits that I've ever known.



When I arrived at home, as usual, all of us sit in the sofa and talked. In this moment, my Portuguese family called by video call and I answered. It was a good moment. Both families were talking through me (I was the human translator xD). Both made their time (and home) available for an upcoming meeting in the future. My heart was dancing inside me.

Elif told them that I sang at school and, Mrs. Dudu asked me to sing for them too. However, it was very late but, I promised that in the next day I'm going to do it.

See you tomorrow, kitty.

With love,

Ariana

Eşme, Thursday, 28th February, 2019

Dear Kitty

Wish I could keep some "Turkey" in a bottle.

Now it's almost two o'clock a.m.

Today, it was my last day in Eşme. Like the others days, I took my "Turkish breakfast" and I went to school. Here, I played some Turkish math games... I only lost one, therefore, I liked to play them ahaha. After we had a code hour in "scratch" This class was a good time for me know better the Lithuanian team, especially Ramune... She is always smiling and she has a good heart.



Then, we travelled to Denizili, where we visited the Hierapolis ancient city (a big theatre of the 2nd Century) and Pamukkale travertines. This last was my favourite place of our travel, a landscape so natural and perfect. It is hot and cold at the same time. I think that I identified myself with this place. Although my sign is of the "Earth", I am of the "water". In this place, I could found a mix between both. A mix of different types of souls.

Nuno is a very droll and sensitive boy. I'm happy for sharing one of the best experiences of my life with this group.



After a time, we had dinner at the shopping. All Erasmus students were together and we shared all stories and take a lot of pictures to remember this day. Lithuanian girls made bracelets for all of us. They were very kind.

Something that I could learn about Turkish people: for them, Mustafa Kemal Atatürk is like a hero. Elif has his photo on the phone; there are photos in the school, in streets, in everywhere. It's impressing.



When we arrived at home, as usually, I was received with a smile, two kisses and a double (or a trip) hug from the grandmother...

Mrs. Dudu prepared to me a delicious meal. It seems like a spice soup with meat balls; ground beef inside of a rap and, for drink, ayran (I think that it was the only thing that I don't like very much. It tasted like natural yogurt, but it wasn't so bad as when I started to drink).



I sat down on the sofa and we talked. My host family gave some presents to me and to my family <3: a Turkish eye, a necklace and earrings for me; two scarves and two socks for me and for my mother (in the scarves there were beautiful hand-made



flowers by the grandmother); a typical candle decoration for my mum; a Uşak magnet, a rosary for my father and Turkish delights. Soon after, I put my scarf, I was very happy, and I saw that they, specially grandmother, were happy too.

As I promised, I sang the same song as yesterday. Mr. Ahmet recorded it. Mrs. Dudu was with bright-eyed. I think it was a beautiful moment for all.

It had to be ... we said goodbye to cry. It was the last time (for now) that I would see them.

Elif fell asleep. I packed up my suitcases and I finished writing them a letter and a postcard with my address. I intend to leave it tomorrow on the table. There aren't words to say goodbye, to say what I am feeling.

Letter for turkish family



MAIS

Hi! Thank you a lot for this unforgettable week. It was one of the best experiences of my life.
You looked after me like part of your family, and I'm very grateful for that. I truly hope we meet each other again.
Thank you for making me feel like I'm at home", for all the good turkish food, all the Love and smiles.
You will Always be welcome in Portugal.
Mr. Ahmet, thank you for Always trying to speak with me and ask me how it was my day, every time.
Ms. Dudu, thank you for Always being so Nice and smiling during these days.
Twins, take care of you. You can change the world.
"Grandmother", who have always received me with two kisses and a smile, you have a beautiful heart, as all of you.
"Grandfather", Always curious about Portugal, thank you.
Elif, you have a beautiful smile, thank you for Always being worried with me, you are so friendly!
I can't find words to describe this week. You will Always be kept in my heart.
I Love you all. I only have one thing to say:
THANK YOU.

"I will always be beyond a rainbow."

Good night!

Ariana

Izmir, Friday, 1st March, 2019

Hi, Kitty!

Finally, I am in Izmir.

Today, I left “my” house at six o’clock a.m. Mrs. Dudu woke up the twins and grandmother in order to have the chance to say goodbye, once more.

I was happy and sad to the same time. Happy because I had met amazing persons and sad because I had to leave them.

Everybody was crying during my departure: twins, Mr. Ahmet, Mrs. Dudu and grandmother. Grandmother gave me a tight hug that I’ll never forget. Now, I’m writing at the same time I’m crying. I already feel “saudade”. Saudade is a unique word in world. It only exists in Portuguese... but everybody feels it. I’ll never forget them and I truly hope to keep in contact with them. Dear Ariana of the future: if you are reading this, send them a message and tell them the news and what you’re feeling!

Well... during our travel to Izmir, we passed by a lot of ancient castles, Greeks and Romans, that were in the top of mountains. We saw “Efis Ancient City”, Greek city, later taken by the Romans. It was one of my favourite places. This city is all I had talked in my history classes. It was wonderful seeing all that with my own eyes. I could feel myself like I was Roman. There, they talked about things that I already knew it and, about new things like the origin of the symbol of Nike and the symbol of Medicine.

After, visiting “Holy Mary Church” ... it was the place that, probably, Virgin Mary lived her last years of life. It was a very calm place. We always were surrounding by Nature. In this moment I felt that this travel wasn’t the end of all the relationships that I had made. My heart calmed down and I felt very happy. I love Turkey. I love the world although all the problems that it has.

Now, I’m in the hotel. It’s twenty to six and I have free time until half past seven. We said goodbye to our “host friends”. Mustafa, the boy that hosted Nuno, although he’s very shy, he’s a very smart boy, who has a good conversation and very friendly eyes. I was



sorry because I didn’t talk to him more this week.



At the moment, I'm waiting my Turkish friend, Emre. Me, Bogna and Margarida are going to meet him.

After I come back to talk with you again.

See you,

Ariana

Airplane, Friday, 2nd March, 2019

Dear diary,

I'm very tired because last night I didn't sleep.

Yesterday, as I said to you, I met with Emre <3. We went to the park and talked about us, how life is going. When he left Portugal he told me, while I was crying: "we will meet again", and we met and now, both are saying "we will meet again" ... I feel it



in my bones.

We had exchanged some gifts about our country's football team to us and to our brothers (Porto and Beşiktaş). Actually, I don't care very much about football, but he does. However, the scarf that he gave to me is very important for me. He even gave me some bracelets for some girls of my schoolahaha. It was good to meet him again.

After, I had dinner. There were three tables. I was sit with Polish and Lithuanians girls. However, Spanish boys were alone and, for that, I changed my table. It was a good choice. I could know them better. Andrés Fuentes Martinez is very innocent and generous boy. He is always smiling and trying to understand our Portuguese language. Pablo, although he doesn't seem, he is very sensitive and, Alberto is careful and thoughtful boy. After, Italian team that were late, joined to us. It was a good evening, in my opinion.



At night, we went see the ocean and took a coffee. When we arrived to the hotel again, we went to one room, all together, and we talked about our week. Everybody was so sad... I was sad too, but I wanted to enjoy our last hours as a group. There were missing two persons, Elia and Bogna. I called Elia and he came...

Portuguese team had to take the plain at six o'clock a.m. Therefore, we had to leave the hotel at three hours.

At ten to one, I had to take the initiative and I started to say "see you" to the group. While I was hugging each person, I exchanged some words – things that I had feel during this week. There was one person that said me something that mark me... "Pablito" said me that I was a good person which a different personality, very emotive and that I thought and spoke like the people who write books with perfect histories. He told me that I seemed like a character of a book because I always knew the right thing to say. This left me very emotive and happy.

At last, I said "I believe in the future, I believe in you. Never ignore a rainbow".

Lastly, Portuguese team left the room, left Erasmus (by a while) and we went to our rooms. Teacher Leonor was already sleeping. Margarida slept too... but I was nervous and excited and for that I didn't do the same. I took a shower and packed my things. I wanted to be "good ready" to my arrival in Portugal.

Now I'm flying back to Portugal. I'm flying through the air and through my thoughts.

This experience has almost finished. It was one of the best of my all life. I will never forget this week. I will stay forever thankful for all the people that I knew. They'll have a special space in my heart. I wrote a little poem while I was here. Honestly, I wrote very much... Turkey gave me the inspiration that I thought I had lost. This experience was so perfect that it seems like a dream.

Saudades de ser Turquia

Tenho saudades de quem eu era lá.
Saudades de cantar o que sentia,
e que o hoje era tudo o que havia.

Tenho saudades do cheiro das camélias;
Das perguntas que me faziam ter saudades da terra;
Do bom dia que tornava o dia bom.

Para além das saudades que sinto,
sinto amor e sei que o amor também me sente.
Por entre um olho azul materializado,
uma nação cuida da outra.

Turquia, por onde andaste?
Tu que me vias sem eu te ver,
nunca mais voltarás a ser...
parte do mapa que eu não via.

Ariana Moreira

In fact, "Games achieve my Educational Success". I learnt very much with all I did during this week. I learnt about Turkish culture, English (and even Portuguese), science, history, maths... all...

When someone asked me what I liked most, I answered: the people. I was very well received and I met extraordinary people from Turkey, Italy, Poland, Lithuania and Spain.

My soul and mind has enriched a lot from this experience. Thank you to the teachers, to students, to my friends and, with a special love, to my host family. It was a



whole of a time.

Kitty, my dear diary, I hope someday I'll write in you about Turkey again.

See you on the next trip.

With love,

Ariana

