

Travel Plan

TO
TÜRKIYE



**TRAVEL GUIDE MADE BY MADISON MAICHIN
BASED ON HER EXPERIENCE WITH TRU WVB**

WHAT TO PACK

- ID (PASSPORT, SECOND PIECE)
- TRAVEL INSURANCE
- TAKE A PHOTO OF YOUR PASSPORT
- LIMIT MEDICATIONS & OTC DRUGS
- NECK PILLOW FOR PLANE
- WATER BOTTLE
- TRAVEL SIZE TOILETRIES OR BUY WHEN YOU ARE THERE
- SWIMSUIT
- VOLLEYBALL GEAR
- RUNNING SHOES
- SANDALS/SLIP ONS
- PYJAMA'S
- SWEATPANTS
- ATHLETIC WEAR
- SUNGLASSES
- HAT
- FANNY PACK
- HEADPHONES/EARBUDS
- ELECTRONIC PLUG ADAPTOR FOR TURKEY
- TURKISH LIRA
- EYE MASK
- TOTE/PURSE/WALLET
- ESIM

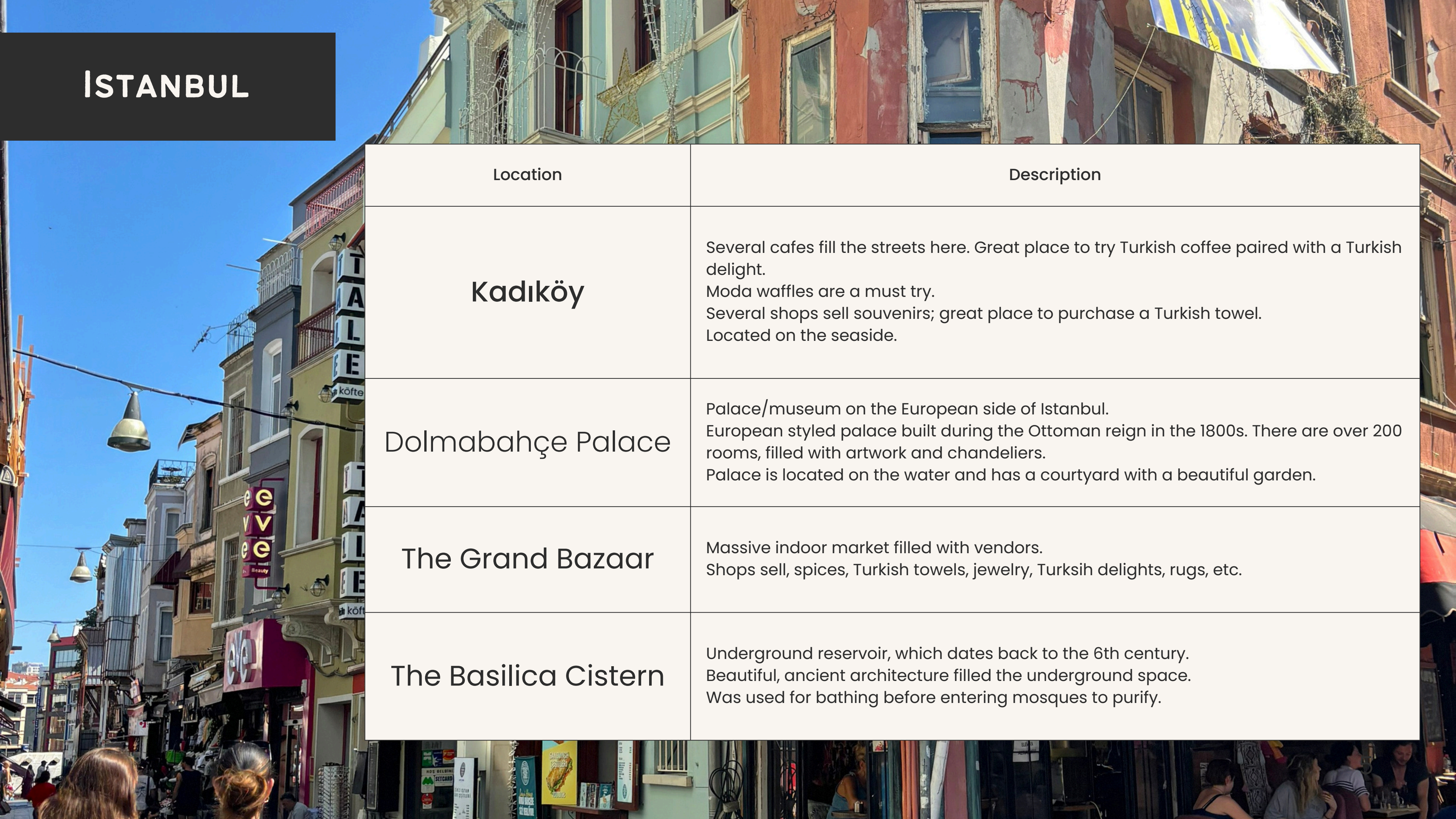


TURKISH CULTURE

- MOST PEOPLE ONLY KNOW MINIMAL ENGLISH - GOOGLE TRANSLATE IS NEEDED.
- NO NEED TO TIP AT RESTAURANTS, ETC.
- MUSLIM/TRADITIONAL COUNTRY.
- CARS DO NOT STOP FOR PEDESTRIANS.
- TAP WATER IS NOT DRINKABLE - BUY BOTTLED WATER AT GROCERY/MARKETS. PAY FOR WATER AT RESTAURANTS.
- TAXI DRIVERS TAKE ADVANTAGE OF TOURISTS - HAVE ROUTE ON YOUR PHONE FOR QUICKEST ROUTE.
- FOOD IS NATURAL AND INGREDIENT ORIENTED, OIL AND SALT USED AS DRESSING FOR MOST DISHES.
- CATS AND DOGS EVERYWHERE.
- PRIORITIZE INCLUSIVENESS - NEIGHBOURS, FRIENDS, FAMILY.
- EVIL EYE PROTECTS AND GUIDES PEOPLE.



ISTANBUL



Location	Description
Kadıköy	Several cafes fill the streets here. Great place to try Turkish coffee paired with a Turkish delight. Moda waffles are a must try. Several shops sell souvenirs; great place to purchase a Turkish towel. Located on the seaside.
Dolmabahçe Palace	Palace/museum on the European side of Istanbul. European styled palace built during the Ottoman reign in the 1800s. There are over 200 rooms, filled with artwork and chandeliers. Palace is located on the water and has a courtyard with a beautiful garden.
The Grand Bazaar	Massive indoor market filled with vendors. Shops sell, spices, Turkish towels, jewelry, Turkish delights, rugs, etc.
The Basilica Cistern	Underground reservoir, which dates back to the 6th century. Beautiful, ancient architecture filled the underground space. Was used for bathing before entering mosques to purify.

ISTANBUL

Hagia Sophia Grand Mosque

One of the largest and oldest mosques in Istanbul, dating back to 537 AD.

My teammates and I toured the mosque, wearing the appropriate clothing of scarfs, pants, and long sleeve tops.

The mosque is filled with mosaics on the walls and ceilings, displaying stories of the muslim religion.



Foods To Try

- Turkish coffee
- Turkish delights
- Lentil soup
- Lahmacun
- Pide
- Dolma
- Simit
- Midyedolma
- Salep
- Turkish Bread



AYVALIK

Location	Description
Pelitköy Bağlarburnu	<p>Packed beach with clear blue water. Beach was crowded with umbrellas, as many were sunbathing. Beach boxes were available for changing. Outdoor showers to rinse off. Public washrooms.</p>
Elies Tiny Glamping	<p>Tiny homes and glamping property, located on an olive orchard. Traditional Turkish breakfast included. Views of Aegean Sea and Greece were notable at sunrise and sunset.</p>
81 Kite Club Ayvalik	<p>Grass volleyball. Group canoeing/row boats. Restaurant with traditional Turkish 3 course meal. Ambiance heightened with dj and dance floor in the evening.</p>

AYVALIK

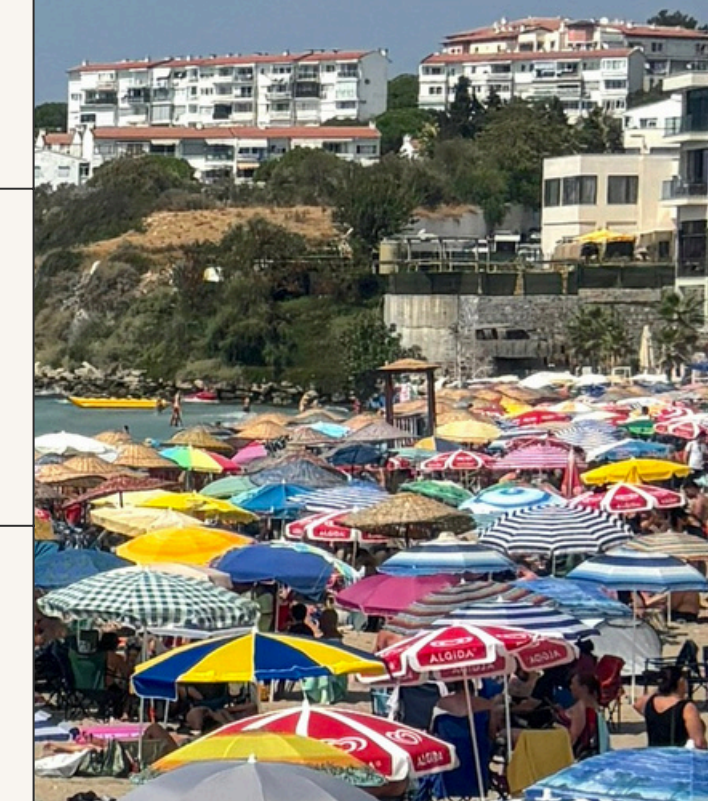
Cunda Adasi – Boat Tour

Visited several islands and swimming spots off the coast of Ayvalik. At the stops we were able to snorkel in the crystal clear water and collect shells. Was served lunch and dinner on the boat. The fish dish was my favourite. There was also a boat that pulled up to our boat and sold us delicious ice cream. Once we got back to the town, we went shopping in the market that had several Turkish trinkets. I bought some olive oil and evil eye decorations.



KUSADASI

Location	Description
Malek Abla's Place	Restaurant and farmers market located on the side of the road. Food was traditional and locally grown. Vegetables were cheap and fresh.
Kadınlar Plajı	Packed beach with clear, turquoise water. Many restaurants and shops line the beach.
Kusadasi Grand Bazaar	Souvenir shops and vendors; great place to barter. Try stuffed mussels at the seaside or ice cream



VOLLEYBALL



Term	Description
Izmir	<p>Had 2 scrimmages, one against pilot team of Karsiyaka and then played against Karisiyaka in the evening.</p> <p>The arena was the largest venue that I have played in.</p> <p>The competition was incredible; they are technically sound in their skills.</p>
Global Volleyball	<p>Ran a practice with Bubba's youth team near his village.</p> <p>The kids were very excited to participate and play volleyball with us.</p> <p>Was a great experience to teach volleyball to kids who knew very little English.</p>
Ayvalik	<p>Had a practice in Ayvalik with a couple youth players.</p> <p>In the evening, the youth club team joined us to play some grass volleyball.</p> <p>The young girls are quite skilled and were enjoyable to play with.</p>
Istanbul	<p>Got to practice at the volleyhotel where professional teams from around the world have stayed.</p> <p>We got to watch the Turkish men's national team and women's B team practice.</p> <p>We also got to have a practice at the vakifbank centre.</p>



KUSADASI

OTEL
KAYHANBEY

SEA STAR SAMOS

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The End