

# KASTAMONU UNIVERSITY



**GUIDE**

**FOR ERASMUS**

**INCOMING STUDENTS**



## THE TOWN OF KASTAMONU



Kastamonu is a long standing city on the western Black Sea Region which has been settled throughout the history and has protected its past and its natural beauties from the every shade of green to the infinity of blue.

The past of Kastamonu begins with the Hittite Empire. These lands dominated by Phrygian and Lydia Kingdoms after the Hittites were seized by the Persians. The Great Alexander made Kastamonu lands as well as Anatolia a part of Macedonia in the 4th century BC.

Kastamonu remained within the borders of the Roman Empire for a long time and it joined to the Byzantium Empire in 395 A.D with the collapse of the Roman Empire. Turkish residents taking part in the activities against Byzantium during the foundation period of the Ottoman Principality provided great support to the principality.

Kastamonu became a part of the Ottoman Empire after Fatih Sultan Mehmet conquered this city and Sinop to integrate it into the empire in 1460 after Candaroğulları Principality fell to pieces.

Being an important province in the Ottoman Period, Kastamonu was the centre of administration for Sinop, Çankırı, Zonguldak, Bolu and Çorum cities and also Üsküdar district for a long time.

Kastamonu was of great importance as it provided logistic support during the National Struggle Period. Especially food, clothes, money, ammo and weapons were sent to Ankara via the İnebolu-Kastamonu road. Kastamonu also sent the greatest number of soldiers to the Independence War.

After it started to be ruled by Turkish sovereignty, it was never attacked by the enemies and it was one of the cities which had great number of casualties in the Independence War. Our city had 2.527 casualties in the Canakkale War. Famous Canakkale folk song belongs to Kastamonu.





A Turkish heaven, Kastamonu is a holiday place for those seeking a peaceful shelter from the tumult of the big cities offering such alternatives as panoramic mountains, emerald beaches, green lands and rich cultural heritage. Kastamonu has beautiful plateau areas with rich plantation and landscape.



These areas which are indeed in Araç, Çatalzeytin and Bozkurt districts are important tourist centres for those wishing to spend their holidays outside the city in summer. Located in Pınarbaşı district, Valla Canyon with its wild nature and Ilgarini, the fourth coldest cave of Turkey are waiting to be discovered by campers and visitors.

Ilgaz Mountain National Park is a perfect centre for climbing sports and it has an incredible impression on the beholder with its rich forests, various wild animals and amazing picnic sites. At 40 kilometres south of Kastamonu, Ilgaz Mountain ski centre attracts many visitors in winter.



## CLIMATE

The dominant climate in the city border displays two different characteristics. Among the shore line, the dominant climate is high precipitant and warm while in the inner region the dominant climate is cold and dry terrestrial climate.





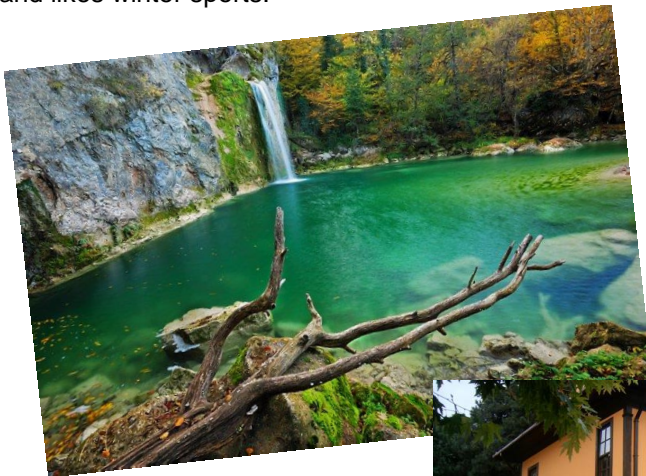
## PLACES TO VISIT

Built by the Komenos of the Byzantium Dynasty and forming the historical basis of Kastamonu, Kastamonu Castle has been welcoming the visitors for centuries.



Kastamonu is one of the distinct cities surrounded by traditional Turkish houses and modern Ottoman architecture pieces. Kastamonu appeals to those seeking sea, sand and sun with its uncontaminated 135 km beach line in the West Black Sea section.

With all these natural and cultural beauties, Kastamonu welcomes everybody who needs peace and solitude in nature and likes winter sports.





## KASTAMONU UNIVERSITY IN BRIEF



Kastamonu University was founded in 2006, and the university was initially composed of Faculty of Science and Arts, Faculty of Education, Faculty of Forestry, School of Health, School of Physical Education and Sports and Vocational School of Higher Education.

Today, the University is proud to employ nearly 600 faculty instructors (professors, associates professors etc.), and 300 administrative personnel. It is a great pleasure to offer education to nearly 22.000 students.

Kastamonu University, whose foundation and construction works are still on going, pursues its educational activities with 8 faculties, 4 schools of Higher Education, 11 vocational schools of Higher Education, 2 institutes (Master and PhD).



Views of the Main Campus : Kuzeykent Kampüsü

## UNIVERSITY CAMPUS

“Kuzeykent Kampüsü” is the university’s main campus and located in the Kuzeykent neighbourhood of the city.

All our faculties can be found on the Kuzeykent Campus (2.367 acres) except for the Faculty of Education situated in the city centre of Kastamonu.



## FACULTIES

|  |   |
|--|---|
| <b>Faculty of Education :</b><br>Pre-school Teaching<br>Primary School Teaching<br>Primary School Teaching for Specialist subjects   | <b>Faculty of Forestry :</b><br>Forest Engineering<br>Forest Industrial Engineering   |
| <b>Faculty of Arts and Sciences :</b><br><u>Humanities</u> : Philosophy<br>History<br>Geography<br>Turkish language and Literature<br><u>Sciences</u> : Biology<br>Physics<br>Maths<br>Chemistry | <b>Faculty of Economics and Administrative Sciences :</b><br>Business Management<br>Economics<br>International Relations<br>Political Science and Public Administration |
| <b>Faculty of Communication :</b><br>Journalism<br>Radio, Television and Cinema<br>Public Relations and Advertising  | <b>Faculty of Architecture and Engineering :</b><br>Landscape Architecture<br>Genetics and Bio-engineering<br>Computer Programming<br>Environmental Engineering         |
| <b>Faculty of Tourism :</b><br>Tourism and Hotel Management<br>Touristical Guide   | <b>Faculty of Fine Arts and Design</b>  |
| <b>Faculty of Theology</b>   | <b>Faculty of Aquaculture and Fisheries</b>   |

## SCHOOLS OF HIGHER EDUCATION

|  |  |
|--|--|
| <b>Fazıl Boyner School of Health :</b><br>Nursing<br>Nutrition and Dietetics | <b>School of Physical Education and Sports :</b><br>Physical Education and Sports Teaching<br>Coaching |
| <b>School of Civil Aviation</b>  |  |



## VOCATIONAL SCHOOLS OF HIGHER EDUCATION

Our schools provide the students with such programmes as Child Development, Electric and Electronic, Business Management, Management of Human Resources, Banking and Insurance, Accounting and Taxation, Tourism and Hotel Management, Computer Programming ...

- Kastamonu Vocational School of Higher Education
- Inebolu Vocational School of Higher Education
- Cide Rifat Ilgaz Vocational School of Higher Education
- Taşköprü Vocational School of Higher Education
- Tosya Vocational School of Higher Education
- Araç Vocational School of Higher Education

- Devrekani Vocational School of Higher Education
- İhsangazi Vocational School of Higher Education
- Küre Vocational School of Higher Education
- Abana Sabahat-Mesut Yılmaz Vocational School of Higher Education
- Bozkurt Vocational School of Higher Education



**Faculty of Tourism**



**School of Physical Education and Sports**



**Fazıl Boyner School of Health**



**Faculty of Forestry**



**Faculty of Education**



**Kastamonu Vocational School of Higher Education**



## CAMPUS LIFE

### Student Clubs



University Youth Club

Preschool Education Club

İnebolu Drama Club

Entrepreneurship and Career Club

Intellectual Club

Tosya Development Club

Design Club

Environment Club

Culture and Art Club

Sports Club

Cinema Club

Turkish History Club

Photography Club

Forest Industrial Engineering Club

Conscious Youth Club

Folk Dances Club

Culture and Travelling Club

Forest Travel Club

Maths Teaching Club

Biology Club

Social Politics Club

Science, Art and Brotherhood Club

Frame of the Nature, Photography Club

Social Youth Club

Young Historians Club

Club for Preserving Turkish Language and Culture

### Sports, Social Activities & Facilities

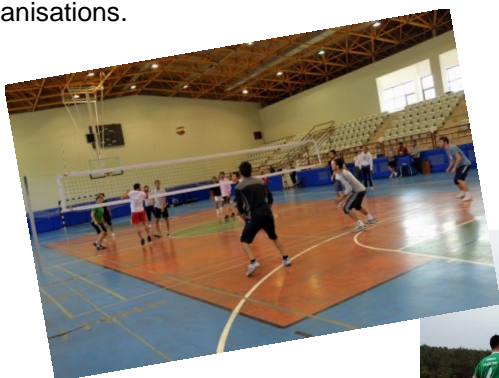
There are several mountains of 2000 meters altitude in Kastamonu which attract many enthusiasts of skiing and mountaineering.

Students and trainers who have an interest in skiing and running can make good use of the facilities nearby. Many students take advantage of these ski centres which are only 40 kilometres from the university campus.

For many people, campus sports and entertainment centre is a bonus to the campus life. Basketball, volleyball, indoors soccer, tennis, table tennis and athletics are among the activities provided in our sports centre.

Sports fields are located in the campus and there are trainers for almost any type of sports. There are 2 sports centres and 2 soccer fields in different parts of the university.

Besides, students make use of 1 mini soccer field, 1 basketball field and 1 tennis court. In our university, a traditional sports festival including several sports contests between faculties and colleges is arranged every year. Likewise, players from different fields of sports representing our university win high places in national and international organisations.





## ACCOMMODATION

There are public and private dormitories nearby the campus and in town. The dormitories usually have a laundry and dining hall.

Students share the room with one or two roommates and each room includes private bathroom, personal desks, wardrobes and chest of drawers, TV and fridge.

Accommodation in public dormitories costs approximately 60€ per month.

There are several private dormitories as well as the public ones. They are slightly more expensive and cost around 150€ per month.

Students who want to live off campus can stay in a flat on their own or may share their flat with a friend.

|                           |                      |
|---------------------------|----------------------|
| Accommodation (Dormitory) | 50 to 60 € per month |
| Furnished House Rent      | 300€ per month       |
| Household Expenses        | 100 € per month      |



## MEALS

Kastamonu University has small canteens in every Faculty building and a main restaurant on the main campus and at the Faculty of Education for students serving a large variety of choices, ranging from traditional Turkish dishes to fast food meals.

A meal costs a little less than 1 € to students.

Alternatively, they can also use the other cafes located in or around campus serving different tastes.

There are also restaurants and/or canteens in the student dormitories where the students stay.

For students staying in dormitories, breakfast and dinner is included in the accommodation fee.



Moreover;

The province of Kastamonu is rich in food varieties. Every Sunday, the common folk cook bread with preserved meat or bread with meat at bakeries.

Among the local food varieties, Tarhana soup (soup made of dried yoghurt), ana - kız soup (mother - sister soup) , Ecevit soup, Külbasti (grilled cutlet), Miklama, Kapatma, Kavurma (fried meat), Erişte (vermicelli), Köle hamuru (slave paste), Banduma, Kaygana, Cırık, Biryani kebab, Mantı (meat pastry), Haluçka, Simit tiriti, Misir çöregi (corn bun), Baklava, Kaşık (spoon) halvah, Pekmezli un helvasi (flour halvah with grape molasses), Çekme halvah and Hasüde are among the most popular desserts and meals.





## COST OF LIVING



Turkey is cheaper in many respects than most of the European countries.

Most Turkish students live on around 250 - 350 € per month including the cost of dormitories.

Transportation is also quite reasonable for students. Buses run in every 10 minutes and a student ticket costs 50 cents for in-city public transportation.

Here are some approx. prices in Euro:

|  |        |                            |               |
|--|--------|----------------------------|---------------|
| A loaf of bread                        | 0,30 € | A kilo of chicken meat     | 4 €           |
| A litre of mineral water in the market | 0,50 € | A dozen of eggs            | 2 €           |
| A cup of coffee in an average café     | 1 €    | A kilo of beef meat        | 10 €          |
| A litre of milk                        | 1 €    | A kilo of apples           | 0,75 – 1,50 € |
| Butter (250 gr)                        | 1 €    | A kilo of oranges          | 0,50 – 1 €    |
| Burger King Menu                       | 3-4 €  | Cinema ticket for students | 3 €           |
| A can of Coke in the supermarket       | 1 €    | Meal at student cafeteria  | 1 €           |
| A kilo of sugar                        | 1,5 €  | Average restaurant meal    | 5 €           |

### Phone Calls

Public pay phones operate on prepaid phone cards which can be bought from the post offices as well as stationary shops. To make an international call, one needs to dial 00 before dialling the international code of the country you want to call.

In Turkey, three cell phone companies operate, namely Turkcell, Vodafone and Avea. All of these companies provide a variety of tariffs.

### Electrical and Electronic Devices

Turkey uses conventional European system in electricity working on 220 volts. The sockets are two-pin.

### National Holidays

October 29th : Republican Day  
January 1st : New Year's Day  
April 23rd : National Sovereignty and Children's Day  
May 19th : Youth and Sports Day  
August 30th : Victory Day

## HEALTH SERVICES

There is a public hospital in Kastamonu namely

**Kastamonu Dr. Münif İslamoğlu Public Hospital.**

Address: Saraçlar Mahallesi Araç Caddesi, Kastamonu Merkez, Kastamonu

☎ (0366) 214 10 53

There is also a private hospital;

**Anadolu Hospital**

Address: Beyçelebi Mah. Atatürk Cd. No: 36/1 KASTAMONU

☎ (0366) 212 78 78

## USEFUL PHRASES IN TURKISH

|                              |                                  |                               |                                    |
|------------------------------|----------------------------------|-------------------------------|------------------------------------|
| Yes                          | Evet                             | No                            | Hayır                              |
| Hello                        | Merhaba                          | See you                       | Görüşmek üzere                     |
| Good morning                 | Günaydın                         | Good evening                  | İyi akşamlar                       |
| What is your name?           | Adın ne?                         | Nice to meet you.             | Tanıştığıma memnun oldum.          |
| My name is ...               | Benim adım ...                   | Excuse me                     | Pardon                             |
| How are you?                 | Nasılsın?                        | What time is it?              | Saat kaç?                          |
| I'm fine.                    | İyiyim.                          | Thank you.                    | Teşekkür ederim.                   |
| I don't understand.          | Anlamadım.                       | Can you speak slower, please? | Lütfen daha yavaş konuşur musunuz? |
| Can I have the menu, please? | Menüyü alabilir miyim, lütfen?   | Can I have the bill, please?  | Hesabı alabilir miyim, lütfen?     |
| You are welcome.             | Önemli değil.                    | How much is it?               | Fiyatı ne kadar?                   |
| I don't know.                | Bilmiyorum.                      | I need your help.             | Yardıma ihtiyacım var.             |
| May I use your phone?        | Telefonunuzu kullanabilir miyim? | I'm sorry.                    | Özür dilerim.                      |
| Can you repeat it?           | Tekrar edebilir misiniz?         | Can you spell it?             | Heceleyebilir misiniz?             |
| That's ok.                   | Her şey yolunda.                 | Enjoy your meal.              | Afiyet olsun.                      |
| What's the weather like?     | Hava nasıl?                      | Have a nice day.              | İyi günler.                        |
| Where is the ... ?           | ... nerede?                      | Good bye                      | Güle güle                          |
| university                   | üniversite                       |                               |                                    |
| dormitory                    | yurt                             |                               |                                    |
| canteen                      | kantin                           |                               |                                    |
| bus stop                     | otobüs durağı                    |                               |                                    |
| coach station                | otogar                           |                               |                                    |
| post office                  | postane                          |                               |                                    |
| bank                         | banka                            |                               |                                    |
| hospital                     | hastane                          |                               |                                    |
| shopping centre              | alışveriş merkezi                |                               |                                    |
| cinema/museum/               | sinema/müze/                     |                               |                                    |
| cafe/restaurant              | kafe/restoran                    |                               |                                    |



# HOW TO REACH TO KASTAMONU?

## 1. ARRIVING AT KASTAMONU AIRPORT

Since the spring of 2013, there are daily flights from Istanbul Atatürk Airport to Kastamonu Airport. These flights are run by Turkish Airlines.

### 1.1. From Kastamonu Airport to the city centre and University:

1.1.1. There is an airport shuttle bus that will take you through the city centre all the way to the university and close by to the university Hall of Residences.

1.1.2. Taxis are also available outside the airport.

## 2. ARRIVING IN ISTANBUL ATATÜRK AIRPORT

Here's how to travel between Atatürk Airport and the Otogar (main bus terminal) in Istanbul, Turkey:

### 2.1. Airport to Bus Terminal (Otogar)

Atatürk Airport has its own Metro station beneath the terminals.

You should have a minimum TL5 in TL1 coins to buy Metro tokens (*jeton*) from a *Jetonmatik* machine at the Havalimanı (Airport) Metro station. Small TL notes (bills: TL5, TL10) may work, but often the machines will not accept them. Unfortunately, there is no way to get coins at the Metro station, and once you're at the station, you would have to go through the security check again to re-enter the airport terminals to find coins.

Also, I know of nowhere to buy an Istanbulkart transit pass at the airport. There should be!

You should be able to get TL1 coins and small notes from a currency exchange office or cash machine (ATM) in the baggage claim area. (If you buy something at the duty-free shops in the baggage claim area, you can ask for TL1 coins and/or small TL notes as your change).

There are also currency exchange offices, ATMs and shops in the International Arrivals Hall outside the secure Customs area.

When you have your coins, follow the signs to *Metro/Subway*, go down the escalator (or elevator), through the sliding glass doors, turn right and follow the signs along the broad underground concourse to the *Havalimanı* (Airport) Metro station on the left at the end. This concourse beneath the parking garage connects the Domestic and International terminals.

Pass through the turnstile, descend the escalator (or elevator) and board a Metro train for Aksaray. The Havalimanı (Airport) station is the end of this Metro line, so you can board any train—they all go toward Aksaray. You can't get the wrong train.

Stay on the Metro to the Otogar station, the 10th stop. Take the escalator up and you'll be at the heart of Istanbul's Büyük Otogar (Main Intercity Bus Terminal).

### 2.2. Bus Terminal (Otogar) To Airport

To travel from the Otogar to Atatürk Airport, look for the Metro signs in the building at the center of the terminal complex. Buy a token (*jeton*), descend the escalator to the platform, and look for the TV monitor signs with arrows indicating the track on which the *Havalimanı* (Airport) trains run.

Board the train and take it to the end of the line at the *Havalimanı* station beneath the airport terminals.

From the station, walk along the underground concourse to either *İç Hatlar* (Domestic Flights) or *Dış Hatlar* (International Flights).

You will have to pass through an x-ray and metal-detector security checkpoint to enter either terminal, then another security check to enter the gates area.

### 3. ARRIVING IN İSTANBUL SABİHA GÖKÇEN AIRPORT

Transport between Sabiha Gökçen Airport and the centre of Istanbul is by city bus, Havataş Airport Bus, Havaş Airport Bus or taxi.

The journey between Old Istanbul and the airport can take as little as 40 minutes under the best conditions (06:00 am on a weekend morning, for example), but at other times you must allow 60 to 90 minutes, and perhaps even more.

#### 3.1. Havataş Airport Bus

TO KADIKÖY: Havataş airport buses depart Sabiha Gökçen Airport for the Kadıköy ferry dock every 30 minutes on the hour and half hour (for example, at 04:00, 04:30, 05:00 am, etc.) The first bus departs at 04:00 am, the last bus at 01:00 am. Thus, no buses between 01:30 and 03:30 am. One-way fare is TL8.

From the Kadıköy ferry dock you can easily take ferries to Eminönü (for Sirkeci and Sultanahmet) or Karaköy (for Galata/Beyoglu). The Kadıköy ferry dock also has a major city bus station for buses along the Asian Bosphorus shore to Haydarpaşa train station, the Harem Otogar (intercity bus station), and Üsküdar.

#### 3.2. City Bus

The least expensive way to go between the airport and the city is by E10 city bus, which costs less than TL5 to go to the Kadıköy ferry dock (about one hour). From Kadıköy, you can walk (10-15 minutes) north to nearby Haydarpaşa Railway Station. The E10 also stops at Numune Hastanesi (hospital), 1.6 km (1 mile) SE of the Harem Otogar (Intercity bus terminal), a good place to catch a bus to anywhere in Anatolia.

The E10 city bus departs Sabiha Gökçen Airport about every 30 minutes throughout the day. From 21:00 (9 pm) to 06:00 am departures are more or less hourly (21:00, 22:00, 23:00, 24:00, 01:00, 02:00, 02:30, 03:30, 05:00, 06:00). The bus makes several stops in the town nearby, then it goes on the E-5 highway to Kadıköy.

#### 3.3. Taxi

The daytime fare may be about TL90 to Taksim Square, TL105 to TL120 to Sirkeci or Sultanahmet, TL110 to the Büyük Otogar (main bus terminal).

### 4. ARRIVING IN ANKARA ESENBOĞA AIRPORT

Ankara's main bus terminal is called AŞTİ.

Services at AŞTİ include ticket offices (*yazıhane*), snack stands, restaurants, pastry shops, book stalls, telephone stations, bank ATMs, toilets, showers, Internet cafés, amusements, a *mescit* (small mosque), and two *Emanetçi* (Left Luggage/Baggage Check) counters (on the lower level).

AŞTİ has its own Ankaray metro/underground train station, with a covered passage connecting the terminal and the station. With the underground, you can reach Ankara city centre (Kızılay station) within 15 minutes.

Several companies operate buses to Kastamonu: Metro, Ulusoy, Kamil Koç, Özlem, Güven.

The airport bus from Esenboğa Airport begins and ends its route at AŞTİ.

### 5. HOW TO BUY AN INTER-CITY BUS TICKET ONLINE

To buy a bus ticket Online (Intercity buses), please check the following websites:


Metro Turizm: <http://www.metroturizm.com.tr/index.htm>

Kamil Koç: <http://www.kamilkoc.com.tr/>

Ulusoy Turizm: <http://www.ulusoy.com.tr/>



## USEFUL CONTACTS

| ERASMUS OFFICE   |                   | ERASMUS OFFICE<br>ERASMUS INSTITUTIONAL COORDINATOR |     |
|--|-------------------|---|-----|
| <u>Address:</u> Fazıl Boyner Sağlık Yüksekokulu<br>Kuzeykent Kampüsü,37100 Kastamonu, TURKEY |                   | Assoc. Prof. Dr. Ahmet SIVACIOĞLU                   |     |
| ☎ + 90 366 280 16 60 / 62  |                   | ☎ + 90 366 280 17 34                                |     |
| www.kastamonu.edu.tr   |                   |   |     |
| ✉ erasmus@kastamonu.edu.tr   |                   | ✉ asivacioglu@kastamonu.edu.tr                      |     |
|  |                   |   |     |
| ERASMUS VICE COORDINATOR   |                   | ERASMUS OFFICE                                      |     |
| Mrs Aline SARIYILDIZ   |                   | Mrs Özlem TIRAŞ                                     |     |
| ☎ + 90 366 280 16 62   |                   | ☎ + 90 366 280 16 60                                |     |
|  |                   |   |     |
| ✉ asariyildiz@kastamonu.edu.tr   |                   | ✉ otiras@kastamonu.edu.tr                           |     |
|  |                   |   |     |
|           |                   |   |     |
|  |                   |   |     |
| LOCAL TICKET OFFICES (KASTAMONU)<br>FOR INTER_CITY BUSES                                     |                   | EMERGENCY NUMBERS                                   |     |
| Metro  | +90 366 215 45 45 | Emergency Services                                  | 112 |
| Ulusoy   | +90 366 215 29 50 | Fire Brigade  | 110 |
| Kâmil Koç  | +90 366 215 47 17 | Police  | 155 |
| Özlem  | +90 366 215 47 47 | Gendarmes   | 156 |
| Nilüfer  | +90 366 220 06 01 | Forest Fires  | 177 |