

# e-paa rro aa

“Standardize,  
Develop and  
Sustain.”

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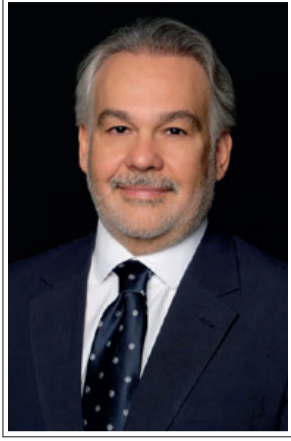
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Erkurt Holding Communication Leadership



Âli Kerem Alptemoçin  
Erkurt Holding President & CEO

# Dear Members of the Erkurt Family,

**F**irst of all, I wish that the year 2025 will be auspicious for our country, our company and our families. I hope that it will be a year that will leave a mark in all our memories with its positive aspects.

There is a saying that inventions are born out of difficulty; I partly agree. It is a fact that difficulties are an important factor that leads people to search for solutions. However, sometimes coincidences can also have an impact. However, the effort to overcome the difficulties of life, to make it easier and to succeed in this process is the main driving force of development. Being in search, trying and being persistent are the basic elements of always achieving better results.

What I would like to express with this introduction is that we are making important changes to SEYİS version 2.1 and our preparations for SEYİS version 3.0. Both version 1 and version 2 of SEYİS were versions that were generally well received but did not receive much criticism. In my view, although SEYİS is conceptually good, its lack of presence in the field and the lack of monitoring and evaluation mechanisms, although well-intentioned, are among the areas that need improvement.

As of 2020, the economic fluctuations that started with the pandemic both in the world and in our country and its ongoing aftershocks have seriously affected the entire automotive industry. This situation has had a disruptive effect on the "sales-cost" balance we have been accustomed to for years. The differences between the inflation rate and the direct and indirect elements that make up the cost, some elements being below the inflation rate while others are above it, constitute the source of our main problem. It seems that this balance will not be achieved in the short term. In this situation, instead of waiting for a solution without any intervention, we should accept this situation as our new normal and put into practice the methods we have developed by searching for solutions. I have said that inventions are born out of difficulty.

It is precisely at this point that the version-hopping SEYİS will be our key, strengthening our presence in the field and reinforcing our working discipline. On this occasion, I would like to introduce Optimization

360, Op360 for short, in the January 2025 issue.

Optimization refers to end-to-end regulation and improvement efforts to ensure that a process or system operates in the most efficient and effective way. These studies aim to make the most efficient use of available resources, reduce costs and increase performance. Optimization studies are carried out using analytical methods and techniques.

At the same time, this concept, which can be translated into Turkish as "optimization", means optimizing a process or system. I just learned that the word optimization is translated into Turkish as "optimization".

Optimization 360 offers a systematic and cyclical approach consisting of three phases. STANDARDIZE, IMPROVE AND SUSTAIN. Over time, this approach will set our operational standards and become part of the daily operational flow.

In addition to identifying and eliminating waste due to deviations, the standardization phase will allow us to increase our competitiveness and reinforce customer trust.

It will also provide a solid foundation for optimizing production and service processes. The main starting point for this phase will be Improved Product Cards, and we will be able to see the traces of this in the field

## standardise improve sustain

through 5S and OHS activities.

The development phase will include products

and services produced in accordance with the standards, eliminating deviations, improving performance in standardized products and services, improving quality, reducing costs, developing alternative raw materials, making improvements through various strategies such as lay-out changes and the use of auxiliary machinery and equipment.

The work to be done in both phases will be guided by the Scout Task Force, Formflex Leadership or Factory Leadership according to a certain prioritization criteria, based on the product family or production lines.

After the selection is made, monitoring and evaluation work should be carried out. In order to achieve success, the correct monitoring and analysis methods must be used and the selected projects must meet their targets. In order to improve the deviations detected, it is essential that improvement works are carried out by all units, from price analysis to procurement, from production to logistics. In this way, 360-degree, end-to-end improvement will be achieved.

In the project steps, the improvements made will be recorded and the successful works will be integrated into daily life by making the necessary arrangements.

In addition to the Improved Product Cards, it will be critical to determine the monitoring and analysis method with the joint decisions of the relevant units under the leadership of SEYİS.

In summary, methodical studies will be carried out on the basis of workstations, covering production and production support activities with a cell logic. Project progress will be made through presentations to the Board of Directors by all production leadership in the 3rd week of each month.

Production Performance Evaluation meetings, where we will see the positive results of the standardization and development activities carried out in sub-detail, will be held in March, June, September and December to be presented to the Board of Directors

The sustaining phase will perhaps be the most challenging phase. Because ensuring and maintaining the continuity of the improvement works carried out and realized with great enthusiasm is long-term, requires repetition, and this situation may become tight after a while. It is kept alive through measurement, control and audit techniques with a disciplined and determined approach.

These studies will identify new deviations that may occur and trigger Standardize-Improve mechanisms as well as protecting the gains.

Continuous improvement is vital for Formflex

to remain competitive and to continuously achieve better results. For this reason, the improvement process needs to be considered and effectively managed as a continuous process, not just a temporary solution. This in itself is a phenomenon that requires cultural change.

This year Op360 will be the main communication plane of our company. Today, we have only presented a short trailer, but very soon we will all be an active part of this process. We will start more detailed information activities in January and the first presentation to the Board of Directors will be in February.

I am convinced that together we will make this process a success.

Together and Always.

# FORMFLEKS 2024 YEAR-END EVALUATION MEETING

On December 28, 2024, a year-end evaluation meeting was held under the leadership of Formfleks Company leader Mert Bekler. At the meeting, which was held with the wide participation of Formfleks employees, the company's data for 2024 was reviewed.

During the meeting, members of the Formfleks Executive Board and leaders from different departments of the company evaluated the situation in 2024 and emphasized the achievements and areas of improvement during the year. In addition, the targets and focus areas set for 2025 were shared with the participants.



# AUDI LOGISTICS AUDIT, FORMFLEX OSB HELD AT THE BRANCH OFFICE

The logistics audit conducted by Audi at Formfleks OSB branch on December 19-20, 2024 was carried out by expert auditor Erdem Baysal.

As a result of the audit, our branch showed a successful performance with 87 points out of 100. This success reflects the strong management and professionalism of Formfleks OSB processes. The audit results also shed light on the improvements to be planned.



# OUR SUPPLIER KMT WATERJET VISITED OUR FORMFLEKS OSB BRANCH

Tomasz Paszek, Sales Manager and Ihab Kain, TUR - AFR & Business Development Manager from KMT Waterjet visited our Formfleks OSB branch on December 16, 2024. The visit provided an opportunity for important discussions to strengthen our cooperation and review the existing processes.

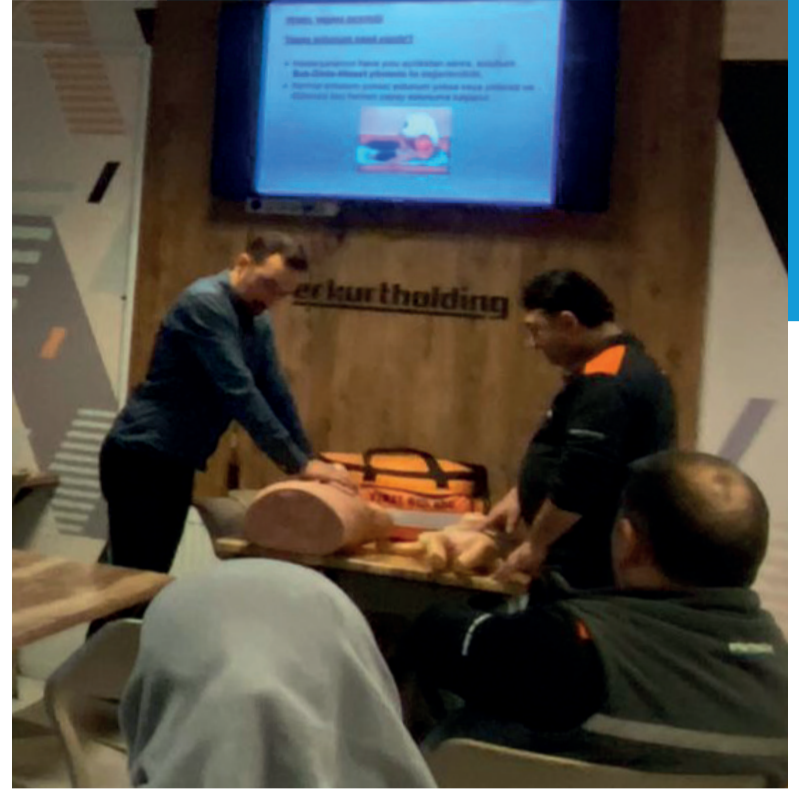
During the meetings, both sides evaluated the current business processes and shared their views on various strategies to make future collaborations more efficient and sustainable.



# FORMFLEKS FIRST AID AWARENESS TRAINING

On December 27, 2024, "First Aid Awareness Training" was organized under the leadership of Formfleks Workplace Physician Numan Ural. In the training, which aims to increase the effective intervention skills of employees in emergencies, it was emphasized that correct first aid practices are life-saving. Participants gained the necessary skills to prevent permanent damage in emergencies and accelerate the healing process.

Formfleks plans to continue raising social awareness and consciousness on first aid with such trainings.



# PERIODIC HEALTH SCREENINGS WERE CARRIED OUT

Between December 11-13, 2024, comprehensive health screenings were carried out within the Holding and our subsidiaries.

Within the framework of the 6331 Occupational Health and Safety Law, various tests such as blood tests, chest radiography, audiometry (hearing test) and pulmonary function test (SFT) were performed by Bursa Tuberculosis Control Association (BURVERTA) OSGB.

With this screening, the health status of employees was closely monitored and early diagnosis of possible occupational diseases was aimed.



# FIRE TRAINING AND DRILL

On January 7, 2024, Holding, Formfleks Cemre and Kayapa Branch personnel were given Fire and Fire Intervention training by OSB Fire Department officials.

After the training, the Emergency Evacuation, Fire Intervention and Rescue drill, accompanied by the OSB Fire Department and ambulance, was completed according to the predetermined scenario. The aim of the exercise was to review possible scenarios against emergencies, identify deficiencies and test the timely response time of emergency services.

Thanks were given to the OSB Fire Brigade team, managers and all participants who contributed to the organization of the training and drill.





# FORMFLEKS GÖLCÜK BRANCH ENVIRONMENTAL AWARENESS TRAINING

On January 08, 2025, Emine Tefon, Environmental Coordinator, provided environmental awareness training at Formfleks Gölcük Branch. The training was organized to raise environmental awareness and inform employees on sustainability issues.

With this training, the importance of environmentally friendly practices was emphasized and awareness was raised on issues such as the protection of natural resources and waste management.





Çağla Altun  
Management Systems Coordinator

# SUSTAINABILITY...

Hello Friends

As Sustainable Erkurt Holding Management and Manufacturing Systems Leadership, we are committed to seeking innovative solutions to promote environmental sustainability and increase the resilience of societies. Information about our sustainability strategy, our goals and the initiatives we plan to implement to achieve these goals are given below.

In the last quarter of 2024, the Sustainability Committee was established and the Committee announcement was sent to all units. The purpose of the Sustainability Committee is to determine the sustainability strategy in the areas of environmental, social and corporate governance, to formulate, implement, monitor and audit policies, targets and implementation plans in this context, and to ensure the coordination and harmonization of the sustainability approaches and activities of the Holding's subsidiaries. In this context, the committee held three meetings in total.

The Sustainability Committee and its members are formed, authorized and assigned by the Company Management. The Sustainability Committee is responsible for reporting to the Board of Directors.

Sustainability Committee Chair: Seyis Leader / Ceyhan Aydın

Sustainability Committee Members:

1. Management Systems Coordinator / Çağla Altun
- 2nd Environmental Coordinator / Emine Tefon
- 3rd Energy and Utilities Coordinator / Vedat Şengezer
4. Occupational Safety Coordinator / Zeki Özay
5. Occupational Safety Coordinator / Neslihan Kul
- 6th Supplier Development Team Member / Seyide Nur Çapa

The Sustainability Committee was established to advise the Board of Directors on all matters related to corporate sustainability, including but not limited to strategy, organizational structure, targets, performance, monitoring and reporting, expanding on the existing Environmental, Social and Governance dimensions.

## FORMFLEKS CARBON FOOTPRINT 2024

Carbon footprint is the carbon dioxide equivalent of greenhouse gas emission, which refers to the damage caused to the environment by the emission activities of humans. It is measured in units of carbon dioxide (CO<sub>2</sub>). Combating the climate crisis requires minimizing the carbon footprint.

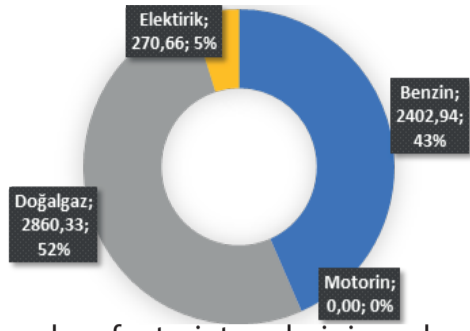
**Primary (Direct) Carbon Footprint:** It arises from the combustion of fossil fuels used for the activities of individuals or organizations. For example, emissions from heating and transportation activities.

**Secondary (Indirect) Carbon Footprint:** Refers to the emissions that occur throughout the entire life cycle of the products used. For example, emissions that occur in the manufacturing or supply chain of the consumed product.

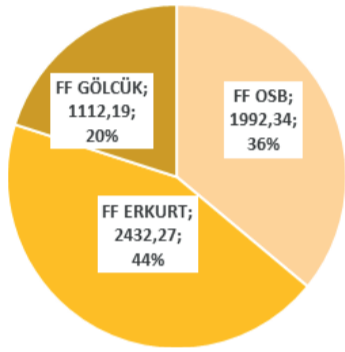
Formfleks Osb Branch, Formfleks Erkurt Branch and Formfleks Gölcük Branch Our realized carbon footprint for 2024 is 24797,48 tCO<sub>2</sub> in Scope 1, Scope 2 and Scope 3 in total. Detailed analysis is as follows;

Natural gas ranks first in terms of high carbon footprint with 2,860.33 tCO<sub>2</sub> with 52%. The second highest consumption is gasoline with 2,402.94 tCO<sub>2</sub> with 43%.

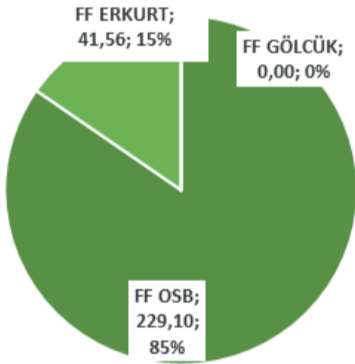




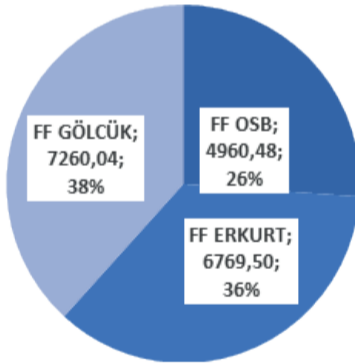
When Scope 1 carbon footprint analysis is analyzed, Formfleks Erkurt Branch ranks first with 2,432.27 tCO2 with 44%. In second place is Formfleks Osb Branch with 1,992.34 tCO2 with 36%.



**Scope 2 When the carbon footprint analysis is analyzed, Formfleks Osb Branch ranks first with 85% and 229.10 tCO2. Formfleks Erkurt Branch ranks second with 41.56 tCO2 Formfleks Erkurt Branch ranks second with 15%.**



**Scope 3 When the carbon footprint analysis is analyzed, Formfleks Gölcük Branch ranks first with 7,260.04 tCO2 with 38%. In second place is Formfleks Erkurt Branch with 36% and 6,769.50 tCO2.**



You can liken your carbon footprint to the footprints you leave on wet concrete. These footprints remain intact in the concrete for a long time. Your carbon footprint is like a permanent stamp of your actions on the planet. Although you may not realize it, every choice you make leaves such a

mark on our earth and atmosphere.

### FORMFLEKS SUSTAINABILITY NEWS

By recycling 676,430.0 kg of waste in Formfleks Osb Branch, Formfleks Erkurt Branch and Formfleks Gölcük Branch in 2024,

25,316.02 tCO2 greenhouse gas savings.

3,565,237.14kWh of energy was saved.



126,580 trees saved.



As a result of the improvements made at Formfleks Gölcük Branch, waste transportation was reduced from 55 trips per month to 35 trips after baling and crushing. A total of 76,411 tons of CO2 emissions were reduced annually.

186 trees were saved annually.

In 2024, the following improvements were achieved through Energy Efficiency projects;



- Benefit from the Energy saving projects carried out in 2024: 119,250kWh.



- 14,866 tonsCO2e greenhouse gas emissions were reduced to 12,901 tonsCO2e with the measures taken and improvements made in 2024.

- In this way, 1,965tonCO2e greenhouse gas reduction was realized and approximately 3,930 trees were saved.

- With the studies carried out, the carbon footprint per person across all Formfleks has decreased from 16tonCO2e to 14 tonCO2e. It continues to decrease.

### CURRENT NEWS FROM AROUND THE WORLD

#### PwC Survey Results

The EU's new Corporate Sustainability Reporting Directive (CSRD) puts sustainability reporting at the center of companies' business models, making it as important a requirement as financial reporting. Only 42% of the 215 senior executives surveyed said their companies were "fully prepared" to start CSRD reporting in 2024. According to the survey conducted by PwC;

- 5% have not yet started any preparations.
- 22% are still trying to understand CSRD requirements.
- 30% of companies gave themselves a score of 3 out of 5 or less for their ability to successfully comply.

For companies that will start reporting in 2025, confidence is even lower: only 14% consider themselves "fully ready".

#### GRI in Sustainability Reporting

Global consulting firm KPMG's 2024 Sustainability Reporting Survey reveals that GRI Standards maintain their leading position in sustainability reporting worldwide. According to the survey, 77% of the world's 250 largest companies (G250) and 71% of the 100 largest companies (N100) from each country use the GRI Standards.

#### Artificial Intelligence in Achieving Sustainability Goals

The COP29, held in Baku last November, undoubtedly highlighted, among other things, the importance of artificial intelligence in achieving climate goals. As leaders, companies and NGOs from around the world discussed solutions to reduce environmental impacts, the consensus was that technology can accelerate this process.



Vedat Şengezer  
Energy and Utilities Coordinator

# ENERGY WEEK AND SUSTAINABLE FUTURE

Every year, various events organized around the world raise awareness on the energy sector and sustainability, and raise public awareness on energy efficiency, renewable energy sources and environmental impacts. "Energy Week", which will be held on January 6-12, 2025, consists of a series of events organized to discuss these important issues, share innovative solutions and take steps to shape the future of energy. As an organization open to the participation of not only professionals but also students, researchers and energy users, Energy Week offers the opportunity to reflect on the social and environmental aspects of energy.

## Purpose and Scope of Energy Week

Energy Week provides an important platform to accelerate the global energy transition. During this week, topics such as transition from fossil fuels to renewable energy, energy efficiency, combating carbon emissions are discussed in depth. In addition, participants have the opportunity to learn about innovative technologies in the energy sector and come together to promote global cooperation on environmentally friendly solutions.

The year 2025 marks a time when energy efficiency targets will become more important worldwide. In this context, the focus of the events is not only on energy production, but also on using energy more efficiently and preventing waste. These annual events aim to build a bridge between governments, the private sector and individuals to promote more sustainable energy use.

## Hot Topics and Prospects

Among the main topics on the agenda during Energy Week, the following stand out:

- **Renewable Energy Sources:** The dissemination of renewable energy sources such as wind, solar and hydroelectricity, technological advances in this field and application examples will be shared. Technical developments such as the efficiency of solar panels and the power capacity of wind turbines are

among the most talked-about topics of this year.

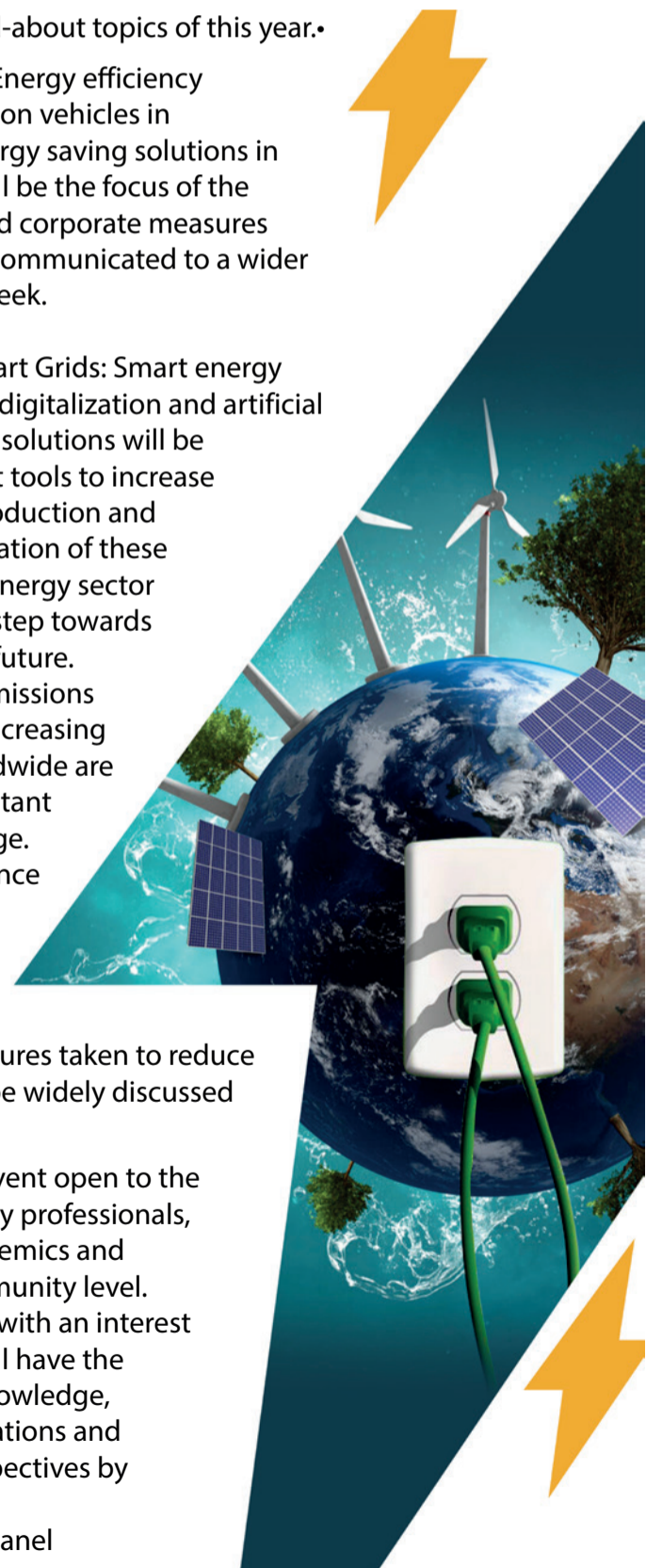
**Energy Efficiency:** Energy efficiency in buildings, low emission vehicles in transportation and energy saving solutions in the industrial sector will be the focus of the activities. Individual and corporate measures to save energy will be communicated to a wider audience during this week.

- **Digitalization and Smart Grids:** Smart energy management systems, digitalization and artificial intelligence supported solutions will be presented as important tools to increase efficiency in energy production and distribution. The integration of these technologies into the energy sector stands out as a critical step towards building a sustainable future.

- **Combating Carbon Emissions and Climate Change:** Increasing carbon emissions worldwide are among the most important causes of climate change. This week, the importance of global agreements to reduce carbon emissions will be highlighted. National and international measures taken to reduce carbon emissions will be widely discussed in the activities.

Energy Week is an event open to the participation of not only professionals, but also students, academics and individuals at the community level. Participants of all ages with an interest in the energy sector will have the opportunity to gain knowledge, establish new collaborations and develop different perspectives by attending the events.

A variety of seminars, panel



# The Future of Energy is in Your Hands

We can leave our energy to future generations by using limited resources effectively



discussions, technology exhibitions and working groups will offer both theoretical and practical knowledge to participants.

**Educational Seminars:** Participants can attend seminars organized on topics such as energy efficiency, renewable energy applications and smart energy solutions. These seminars will provide in-depth information on the latest developments and successful projects around the world.

**Innovation and Technology Exhibitions:** Showcasing the latest technological developments in the energy sector, this event will be a platform where companies and researchers producing innovative solutions will come together. Participants will have the opportunity to experience the latest innovations in the sector.

**Panel Discussions and Conferences:** Energy Week will feature panel discussions and conferences where industry leaders, scientists and policymakers will engage in in-depth discussions on the energy of the future and environmental sustainability.

More than just a one-week event, Energy Week is an important step towards accelerating the transformation of the energy sector. With each passing year, investments in renewable energy sources are increasing and the level of awareness on energy efficiency is rising. In this process, it is essential for everyone to fulfill their responsibilities in order to prevent global warming and create a sustainable living space.

This week, from January 6-12, 2025, will offer participants the opportunity to develop a more informed approach to the

future of energy and take important steps to shape the future of energy. For sustainable energy solutions and a low-carbon economy, such events are of great importance.

For a sustainable future focused on energy efficiency

Together and Always.



Zeki Özay  
Occupational Safety Coordinator

# WHAT IS PERSONAL PROTECTION?

**O**ccupational safety is a priority in every workplace. Personal protective equipment is especially important for those working in risky areas. As Formfleks, we are very sensitive about choosing the right personal protective equipment to ensure occupational safety and minimize risks.

Personal protective equipment is the equipment and clothing that workers use to protect their bodies against various hazards. This equipment helps to reduce the risk of injury, while at the same time allowing workers to perform their work more safely.

In order to reduce the frequency of occupational accidents, the Occupational Safety and Health Law No. 6331 requires risk assessments to be carried out in order to identify the hazards that exist in the workplace or that may come from outside, to analyze and rank the factors that cause these hazards to turn into risks and the risks arising from hazards, and to decide on control measures (Occupational Health and Safety Law No. 6331, 2012). The risk control hierarchy is taken into consideration when deciding on control measures. The practices to be carried out according to the control hierarchy are elimination, modification, engineering controls, administrative controls and the use of personal protective equipment. In this study, elimination, design change, collective protection measures, etc., which are at the top of the control hierarchy, are not included in the scope, and personal protective equipment is focused on.

## What is Personal Protective Equipment?

Personal protective equipment is any device, tool or material designed to be worn, fitted or carried by persons to protect against one or more health and safety risks. PPE includes products designed to protect different parts of the body such as the head, face, eyes, ears, respiratory system, hands, arms, feet and legs.

## THIN OCCUPATIONAL SAFETY



**Why is Personal Protective Equipment Important?** Personal Protective Equipment (PPE) is the equipment and clothing used in workplaces to keep workers safe and protect them against potential risks. This equipment is critical to protect the health and safety of workers in various industrial fields. We can list the importance of PPE as follows:

**Employee Safety and Health: PPE protects workers' bodies against potential hazards. Occupational safety hazards include chemicals, risk of falling from height, electric shock, impact and the use of cutting tools. Proper use of PPE prevents injuries from these risks and protects workers' health.**

**Legal Obligations: In accordance with the Occupational Safety and Health Law No. 6331 in our country, employees are obliged to protect, store and use the personal protective equipment provided to them.**

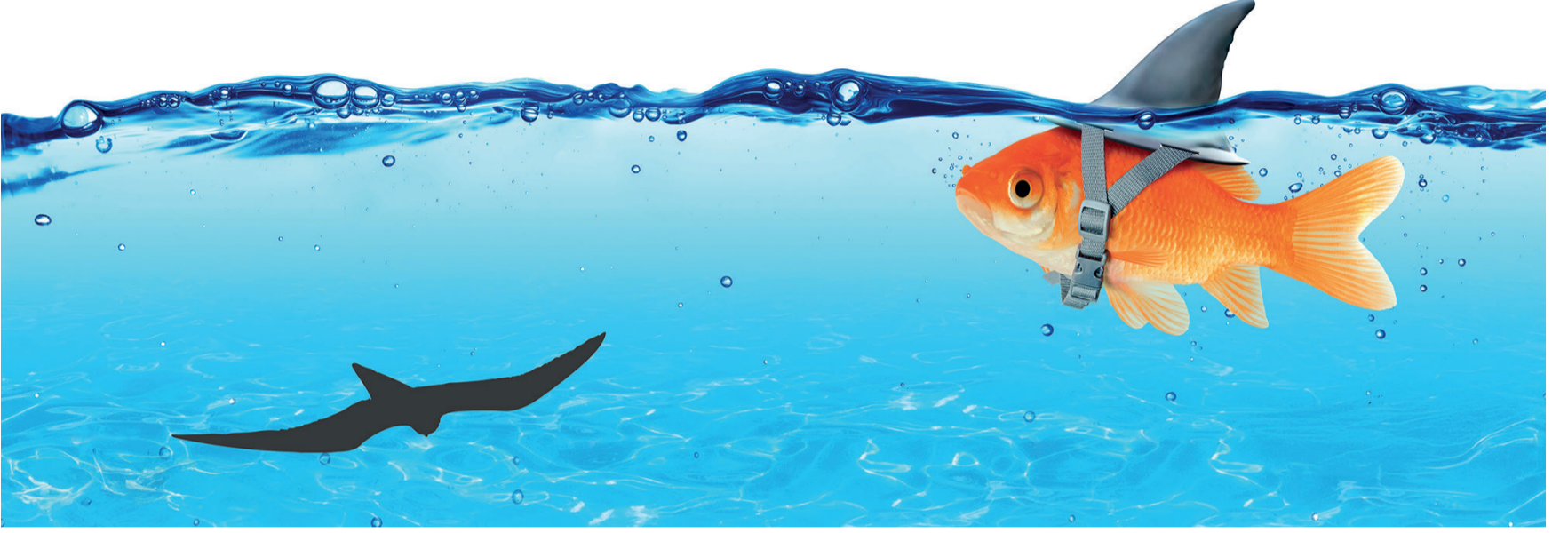


**Reducing Work Accidents:** The use of the right PPE reduces work accidents and injuries.

**Improving Safety Culture in the Workplace:** The use of the right PPE contributes to the development of a safety culture in the workplace as well as machine improvements.



# Right Equipment, Right Use Saves Lives



The importance of personal protective equipment in the workplace cannot be underestimated. Both employers and employees should be careful about the selection, use and maintenance of the right PPE. This is critical to ensuring a healthy and safe working environment.

### How to choose personal protective equipment?

The choice of personal protective equipment should be based on the risks to which the employee is exposed, the conditions of the workplace and the work to be performed. Here are some important points to consider when choosing PPE:

**Risk Assessment:** The decision is made according to the highest risk in your workplace.

**Compliance with Standards:** PPE must comply with national and international standards.

**Correct Fit and Sizing:** Each employee's personal protective

equipment must be suitable for the body in use.

Important Steps for a Healthy and Safe Workplace Occupational safety is everyone's responsibility and it is important to choose the right personal protective equipment and use PPE correctly.

Source:  
[www.dergipark.org.tr](http://www.dergipark.org.tr)

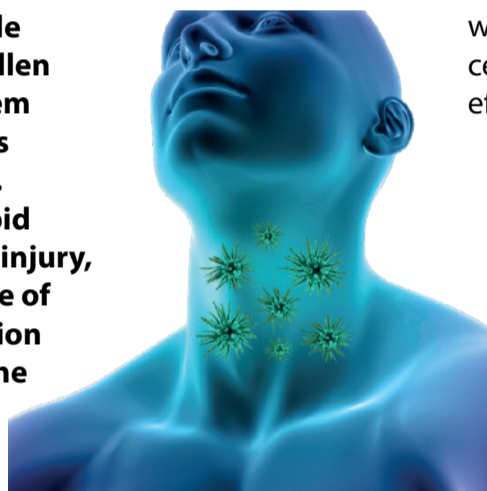


Mustafa Numan Ural  
Workplace Physician

# YOU ARE MY DOCTOR: ANTI-INFLAMMATORY DIET



**When our body recognizes something foreign, for example an invading microbe, plant pollen or chemical, our immune system is activated. This often triggers a process called inflammation. Inflammation is the body's rapid defense response to a sudden injury, infection or irritation. This type of inflammation fights the infection by directing immune cells to the damaged area and starts the healing process.**



Normally, intermittent bouts of inflammation against threatening invaders protect your health. But sometimes inflammation persists day in and day out, even when you are not threatened by a foreign invader. That's when inflammation can become your enemy. Many of the major diseases that plague us, including cancer, heart disease, diabetes, arthritis, depression and Alzheimer's, have been linked to chronic inflammation. One of the most powerful tools to fight inflammation comes not from the pharmacy, but from the grocery store. Experts have shown through many experimental studies that components of foods or beverages can have anti-inflammatory effects. If you choose the right anti-inflammatory foods, you can reduce your risk of disease. If you consistently choose the wrong ones, you can speed up the inflammatory disease process.

## **Foods that cause inflammation**

Try to avoid or limit these foods as much as possible:

- Refined carbohydrates such as white bread and pastries
- French fries and other fried foods
- Soda and other sugar-sweetened drinks
- Red meat (burgers, steaks) and processed meat (sausages, salami)
- Margarine, shortening and the like

**Experts state that "some of the foods associated with increased risk for chronic diseases such as type 2 diabetes and heart disease are also associated with excess inflammation".** This is not surprising, because inflammation is an important underlying mechanism for the development

of these diseases. Unhealthy foods also lead to weight gain, which in itself is a risk factor for inflammation. Furthermore, certain food components or ingredients can have independent effects on inflammation, as well as increased calorie intake.

## **Anti-inflammatory foods**

- An anti-inflammatory diet should include the following foods:
- Tomato
- Olive Oil
- Green leafy vegetables such as spinach, kale and chard
- Nuts such as almonds and walnuts
- Fatty fish such as salmon, mackerel, tuna and sardines
- Berries such as strawberries, blueberries, cherries and oranges

In addition to foods that cause inflammation, we also know that there are drinks and foods that reduce chronic diseases. Particular attention should be paid to fruits and vegetables rich in natural antioxidants and polyphenols (protective compounds found in plants), such as blueberries, apples and leafy greens. Research has also linked nuts to lower markers of inflammation, lower risk of cardiovascular disease and diabetes. Coffee, which contains polyphenols and other anti-inflammatory compounds, may also protect against inflammation.

Aim for an overall healthy diet to reduce inflammation levels. If you are looking for an eating plan that closely follows the principles of anti-inflammatory nutrition, consider the Mediterranean diet, which is rich in fruits, vegetables, nuts, whole grains, fish and healthy fats. In addition to reducing inflammation, a more natural and less processed diet can have noticeable effects on your physical and emotional health. Experts say that a healthy diet is not only good for reducing the risk of chronic diseases, but also for improving mood and overall quality of life.

In the light of this information, try being your own doctor by thinking about the effects of proper nutrition and controlled diets on our health.

Kaynakça:

Health.harvard.edu (Howard E. LeWine, MD, Chief Medical Editor).



# FIRAT YENİ

# aRamlzdaki Sen



Hello Friends

I am Firat Yeni. I started my military service as an ensign at Eğirdir Mountain Commando School in 2016. We did a lot of mountaineering, trekking and camping activities here. After that day, these activities turned into a hobby for me.

After my military service, I started walking the Lycian Way in 2017 and I continue trekking whenever I have the opportunity. I set a goal to climb to the summits and most recently I climbed to the summit of Tahtalı Mountain in October.

Being in the mountains allows me to get away from the stress of city life, clear my head and recharge. It is an incredible pleasure to reach the summit after the difficulties we encounter during the hike. The greater the difficulties, the greater the pleasure. This reminds me that we need to push the limits to enjoy life.

I am also a member of the Yıldırım Municipality Search and Rescue Team and a AFAD volunteer. With such activities, I aim to contribute to both my personal development and society.



together & forever

BEINGGLOBAL

