SISECAM CHAIRMAN AND EXECUTIVE MEMBER OF THE BOARD PROF. DR. AHMET KIRMAN RECEIVES **'GLASS PERSON OF** THE YEAR' AWARD

ISSUE **ŞİŞECAM** MAGAZINE 336

JULY 2023

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Dear Colleagues,

I am glad to greet you all in this new issue of Şişecam Magazine. As Şişecam Family, we left a busy period behind. When we embarked on our journey as an industrial company in 1935 with the vision of our founder Mustafa Kemal Atatürk, a great leader respected worldwide, our aim was to meet Türkiye's need for glass. Over time, this goal became a reality. By diversifying our business areas and taking strategic steps, we focused on becoming one of the world's top three producers in our main fields of activity.

One of the most significant factors that brought us success throughout the years was our ability to adapt to winds of change brought by the era. As we continue our journey of sustainable growth with the right moves in the right business areas our approach remains the same.

As a technology-driven industrial company, we manage our operations spread across a wide geography through a holistic approach of digitalization and operational excellence. In our journey of growth centered around innovation and technology, we are consistently shifting gears. Drawing strength from data, we base all our decisions on rational grounds, allowing us to readily adapt to change. We believe in continuous improvement for Şişecam, characterized by flexibility, efficiency, and digital integration.

The only constant focus of our 88-year growth journey is "people." One of the main components of our One Şişecam People and Culture Program, the Behavior-Based Safety Culture is among the key outputs of this approach. With our project, for which we have initiated theoretical training, we aim all Şişecam employees to embrace occupational health and safety principles and achieve lasting behavioral change. The health, safety, and development of our employees and stakeholders in the Şişecam ecosystem are our top priorities.

I hope you enjoy reading this issue of Şişecam Magazine.

W. P. Aunt

Görkem Elverici CEO



Owner & Executive Editor Ayşegül Akyarlı

Headquarters

İçmeler Mahallesi, D - 100 Karayolu Caddesi, No: 44A 34947 Tuzla/İSTANBUL **T** 0 850 206 50 50

Published for the employees of Türkiye Şişe ve Cam Fabrikaları A.Ş. and subsidiaries.

Production:

AjansMedya Merkez Mahallesi Seckin Sokak Z Ofis No: 2 - 4A 325 Kağıthane - İstanbul **T** + 90 212 287 19 90 info@timeoutistanbul.com www.ajansmedya.com

Production Director Seda Pekçelen

> Art Director Belma Saraççı

Contributors Gizem Ünsalan

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> TÜRKİYE Company.

MONTH

The "Signature" Line Grows





NEWS

Şişecam Chairman and Executive Member of the Board Prof. Dr. Ahmet Kırman **Receives 'Glass Person** of the Year' Award



TECHNOLOGY The Web 3.0 Revolution





INTERVIEW We discussed vertical farming with Plant Factory's founding partner, Halil Beşkardeşler









INNOVATION The Relationship Between Technology and Sleep





SUSTAINABILITY The Sustainability Adventure of Gastronomy World







A R T Museums with Enchanting Architecture



T R E N D Wellness Trends on Our Radar











INFOGRAPHIC The snapshot of our sustainability projects in 2022 and our future goals for a sustainable environment

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THE "SIGNATURE" LINE GROWS

PAŞABAHÇE MAĞAZALARI CONTINUES TO EXPAND ITS "SIGNATURE" LINE WITH NEW DESIGNERS.

Launched in 2009, Paşabahçe Mağazaları's "Signature" line has featured the works of many well-known artists over the years, including Selçuk Demirel, Alev Ebuzziya, Behiç Ak, Latif Demirci, and Aydın Boysan. The latest artist to join the list is designer and artist Emir Rıfat Işık, whose unique works complement the aesthetic appearance of glass. The resulting collection was added to the "Signature"



line under the Artistic Writing on Glass Collection. Likening the transparency and fragility of glass to the human soul, Emir Rıfat Işık created eclectic works by combining digital designs with acrylic paint on canvas. The four limited-edition decorative objects, "The Key to the Soul," "The Fire of Nothingness," "Protector," and "The Hands of Fate" can be found at Paşabahçe Mağazaları.





WORKSHOP AT THE EXPERIENCE STORE

THE PAŞABAHÇE MAĞAZALARI EXPERIENCE STORE IN ERENKÖY HOSTED A FUN CHOCOLATE-MAKING WORKSHOP.

Paşabahçe Mağazaları organized a fun workshop at its first experience store offering digital solutions and services in Erenköy, Istanbul. Held at the store's workshop space in collaboration with Elit Çikolata, the workshop began with a session informing participants about the history of chocolate as well as chocolateshaping methods. Afterward, the participants practiced chocolate melting to shape and decorate their chocolates, which were given to participants in the Elysia Cocktail glass at the end of the workshop.

REMEMBERING MOTHERS

THE PAŞABAHÇE MAĞAZALARI ERENKÖY EXPERIENCE STORE CELEBRATED MOTHER'S DAY.

Paşabahçe Mağazaları invited customers to its Erenköy experience store for a Mother's Day event with the theme, "The Best Gift Is the Life You Gave Me." Attendees had a great time at the event, where they were served heart-shaped chocolates decorated with the day's theme. A live music performance featuring a flutist, accordionist, and cellist enhanced the event. Visitors were especially interested in the elegant display table featuring Paşabahçe Mağazaları products, as well as the photo space set up for the event, where the photographs taken were instantly printed and gifted to visitors. The event also included various compliments served to guests in Paşabahçe Mağazaları serving products. Noted for its unique design, the Erenköy experience store will continue to elevate the customer experience with future events.













IN HONOR OF WORLD COCKTAIL DAY...

NUDE CREATED A SPECIAL RECIPE FOR WORLD COCKTAIL DAY.

World Cocktail Day is celebrated globally on May 13th to commemorate the first time the word "cocktail" was used in a newspaper in history. As a brand whose designs are popular among cocktail lovers, NUDE celebrated the day with the Vanilla Clover Club, a cocktail crafted by cocktail designer and photographer Murray (Instagram.com/thewestmount). The stages of cocktail preparation were shared in detail on NUDE's Instagram account, with the delicious cocktail in the video served in the Coupe Glass from Brad Ascalon's Hepburn collection.





NUDE TOUCH TO MILAN DESIGN WEEK

NUDE GLASS GAVE VARIOUS GIFTS TO MILAN DESIGN WEEK ATTENDEES.

One of the leading events in the design world, the Milan Design Week was held in Italy from April 18 to 23. During the event-which brings together design fans from all around the world-NUDE stood out with its specially designed gift boxes presented to more than 30 members of the press. The gift boxes contained NUDE's Savage cocktail glasses as well as a Negroni cocktail mix and Remy Savage's Negroni recipe. NUDE also partnered with Bulgari Hotel in Milan to give press members cocktail vouchers to enjoy drinks in NUDE glasses at the hotel's bar.



SMOOTHIE BOTTLE REUNITES WITH CONSUMERS

A nourishing and flavorful beverage beloved around the world, the smoothie is a celebration of fruits and vegetables. Generally featuring fruits, vegetables, yogurt, milk, water, and ice mixed in a blender, smoothies are popular among those who embrace a healthy lifestyle. Noted for its natural look, Şişecam's Smoothie Bottle was recently restocked. The popular product will continue to accompany flavorful smoothies.





ŞİŞECAM WAS AT THE FEED CONGRESS

THE 14TH INTERNATIONAL FEED CONGRESS AND EXHIBITION TOOK PLACE WITH \$İŞECAM'S PARTICIPATION.

The Turkish Republic of Northern Cyprus hosted the International Feed Congress & Exhibition at the end of April. The biennial event drew plenty of participation from local and global customers of soda ash and Vitamin K3 product groups. The world's second largest soda ash producer and Europe's only Vitamin K3 producer, Şişecam was among the participants of the congress, showing its support with a bronze sponsorship.







Our CEO Görkem Elverici and Glass Technologies Director Dr. İlkay Sökmen shared our R&D projects with Prof. Dr. Hasan Mandal.

TÜBİTAK PRESIDENT'S R&D VISIT

TÜBİTAK PRESIDENT PROF. DR. HASAN MANDAL VISITED THE ŞİŞECAM SCIENCE, TECHNOLOGY AND DESIGN CENTER.

TÜBİTAK (The Scientific and Technological Research Council of Türkiye) President Prof. Dr. Hasan Mandal and his team visited the Şişecam Science, Technology and Design Center, one of the biggest R&D centers in Europe. Prof. Dr. Mandal and his team received information about Şişecam's innovative products, development processes, as well as its ongoing projects from Şişecam CEO Görkem Elverici. Şişecam's projects include high-technology initiatives such as Green Transformation in Industry and Smart Production Through Artificial Intelligence, which are carried out with TÜBİTAK's support. Şişecam also continues to collaborate with TÜBİTAK on the 2244-Industry Doctorate Program, which seeks to foster a qualified industrial workforce with doctorate degrees through by partnering universities with industrial firms, to incentivize the employment of industrial researchers with doctorate degrees, and to further the collaboration of industry and academia.

GREEN TRANSFORMATION AWARDS FIND THEIR RECIPIENTS

ŞİŞECAM RECEIVED AN AWARD AT THE CEREMONY ORGANIZED BY THE ISTANBUL CHAMBER OF INDUSTRY.

In keeping with its role as a leader in sustainability, the Istanbul Chamber of Industry (ICI) recognizes industrial firms that focus on the environment and sustainability at every stage of production. Şişecam was among the winners of this year's ICI Green Transformation Awards, which have been held since 1995. The awards ceremony saw Şişecam's Chief Sales Officer Ebru Şapoğlu receive the award on the company's behalf. The winner of the Large-Scale Enterprise Award in the Energy-Efficient Product category, Şişecam's coated glass products provide effective thermal insulation in buildings, thus playing an important role in combating climate change and reducing greenhouse gas emissions caused by the energy consumption of buildings.





ŞİŞECAM'S NOVEMBER 10[™] COMMERCIAL "PARAMPARÇA" AWARDED ONCE AGAIN

THE COMMERCIAL RECEIVED THE AWARENESS AWARD.

Commissioned to commemorate Mustafa Kemal Atatürk, Şişecam's November 10th commercial "Paramparça" received a new award. Created by Swiss contemporary artist Simon Berger and met with great public acclaim, "Paramparça" was given an award in the Social Awareness category at the Awareness Awards hosted by the Institute of Internal Auditing (TIDE). Now in its 13th year, TIDE's Awareness Awards recognize the people and enterprises supporting the development of internal auditing as a profession as well as projects that make a difference in society. Şişecam's Head of Communications Arzu Özcan received the award on the company's behalf. 12 \ \$i\$ECAM MAGAZINE \ NEWS



HUMAN RESOURCES RECEIVES AWARD

Linked™ Talent Awards

\$İ\$ECAM RECOGNIZED AT THE LINKEDIN TALENT AWARDS.

The world's largest professional network on the internet, LinkedIn recently held the LinkedIn Talent Awards. The program recognizes companies for their use of LinkedIn's Talent Solutions, rewarding effectiveness, innovation, and creativity. This year's Talent Awards recognized Şişecam, which received the Best Talent Acquisition Team Award, demonstrating the company's expertise in human resources.

IN-HOUSE MENTORSHIP PROJECTS

PEER MENTORSHIP PROGRAM FOR ENGINEERS KICKS OFF AT \$İŞECAM.

Launched as part of the Engineering Orientation Program, the Peer Mentorship for Engineers Program recently began with 39 mentors and 53 mentees. The training sessions took place in April and May, with pairings made based on various criteria such as line of work, function, title, age, and experience level. The program encompasses topics such as glass production and special techniques, Şişecam culture, primary procedures and rules for engineers, development opportunities, communication and relationship management within an industrial plant, and time management. Mentors will share their experiences in business with their mentees within the program, which is expected to conclude in December.





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DIGITALIZATION CONTINUES AT FULL SPEED

IN-HOUSE TRAININGS NOW USE VIRTUAL REALITY.

Şişecam plants recently adopted a technology-based initiative. Virtual reality is now used in orientation sessions and in-house trainings. The intention with this project is to integrate work instructions into our presentations using VR technology. The pilot project began this year at the Şişecam Glass Packaging Yenişehir Plant. The program is expected to expand first within Türkiye and then at locations outside of Türkiye, with different language options offered.



COURSES BEGAN AT THE GLASS TECHNOLOGIES SCHOOL

THE FIRST COURSES IN THE CURRICULUM HAVE BEEN COMPLETED.

Following the conclusion of the content revision process, the Glass Technologies School's first course, CAM 201, was relaunched to its first group of students in April. The program consists of four models and exams. A total of 182 Şişecam employees will take part in the training courses, which are expected to conclude by April 2024.





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Human Resources team

CEO GATHERINGS CONTINUE

GÖRKEM ELVERICI CONTINUES TO MEET WITH COMPANY EMPLOYEES.

A platform that brings together Şişecam employees with CEO Görkem Elverici, the CEO Gatherings events are going ahead at full speed. During these events, Şişecam employees get to ask Elverici questions on topics they're curious about in an intimate setting. Throughout May and June, CEO Gatherings were held at the Tuzla Glassware Showroom with the Information Technologies, Human Resources, and Financial Affairs departments. The events will continue to welcome different departments in the future.

WHITE FLAG AWARD

ŞİŞECAM INITIATIVES RECEIVED THE WHITE FLAG AWARD. To support unionized organization, the Ministry of Labor and Social Security announced the White Flag initiative and handed out its first awards. Businesses must meet certain criteria to receive a White Flag Award. As such, Şişecam received the award based on its performance in criteria such as formal employment, lack of administrative fines, implementation of collective agreements, meeting occupational health and safety requirements, and lack of work accidents at the company. Şişecam's Chief Human Resources Officer Şengül Arslan received the award on the company's behalf.



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WE CONTINUE ON OUR TECHNOLOGY-AND DIGITALIZATION-ORIENTED JOURNEY OF GROWTH

\$İ\$ECAM SIGNED A LETTER OF INTENT TO INVEST IN TECHNOLOGY FIRM ICRON.

A company that's paved the way in many different areas to date thanks to its know-how and capabilities in different areas, Şişecam defines itself as a technology firm, as developing technologies has long been a part of its operations. Noted for its use of smart technologies and its competence in human resources, Şişecam is a well-established global brand with 88 years of history. The company fuses this expertise with transformation as it continues to grow through promising investments. As Şişecam continues to assess investment opportunities in different business segments to beef up its operations, the company most recently signed a letter of intent to invest in Turkish technology firm Icron.







A CLOSE LOOK AT THE BEHAVIOR-BASED OCCUPATIONAL SAFETY PROJECT

OCCUPATIONAL HEALTH AND SAFETY IS AMONG ŞİŞECAM FAMILY'S PRIMARY CONCERNS. BY DEVELOPING BEHAVIOR-BASED TRAININGS, ŞİŞECAM SEEKS TO CREATE AND EXPAND A POSITIVE OCCUPATIONAL SAFETY CULTURE. The main objective of occupational safety projects and precautions is to ensure that employees work in a safe environment so they can go back to their families and loved ones in full health. To this end, Şişecam's goal is to create and expand a positive occupational safety culture. Studies show that 88% of work accidents are caused by employee behavior. Other studies done in Türkiye and around the world have shown that procedures focused solely on unsafe situations are insufficient in fostering a safe workspace. The most important factor in preventing work accidents is to focus on employee behavior, replacing unsafe behavior with safe behavior and ensuring that this new behavior is sustainable. Behavior-based occupational safety is a process whereby behaviors are analyzed and fixed based on observational data, and any improvement is once again monitored.

THE GOAL IS ZERO ACCIDENTS

When looking at accidents that occur in the workplace, we see that the human factor is the most important cause of said accidents. Although the human factor is a wide-ranging and complex topic when it comes to occupational safety, the behaviors that shape the human factor can be monitored and analyzed. Studies show that the goal of zero accidents can be achieved with a behavior-based approach known as "interdependent," rather than rule-setting managerial approaches or individual-based models.

As indicated on Maslow's Hierarchy of Needs, people are only productive when they can make their voice heard and play an active role in processes. That's why Şişecam seeks to ensure employees engage in safe behavior, thereby forming a positive occupational safety



REASONS WHY BEHAVIOR-BASED MANAGEMENT IS EMPLOYEE-FOCUSED:

- This type of management is most beneficial for employees.
- Employees are made aware of unsafe situations.
- Employees are the ones who can best understand the behavior of other employees.
- Employees can see that their daily activities can make a difference in occupational safety.



REASONS WHY BEHAVIOR MANAGEMENT IS THE MOST FUNDAMENTAL RISK MANAGEMENT METHOD USED TO DIRECT OCCUPATIONAL SAFETY:

- It concentrates on what the employees do.
- It involves all stakeholders
- It ensures that unsafe
- It facilitates the communication of concerns regarding occupational safety.
- It helps the management make the right decisions in terms of occupational safety.
- A connection is formed between behaviors and accidents.
- It reinforces open communication amor employees.

culture at the company, with the Behavior-Based Occupational Safety Project. Field observations, interviews, and surveys held to assess the existing occupational safety culture provide information about the causes and trends of employee behavior.

Accident and incident reports, risk assessment efforts, and regular factory audits and tours reveal that employees engage in unsafe behaviors while at

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- It supports the employees in making a significant contribution to occupational safety
- It enables occupational safety culture to shift.
- It is not an audit.
- It is employee focused.
- It is a part of the job.
- It enables people to notice best practices, strengths, and areas for improvement.
- It facilitates knowledge exchange.
- It sets out clear actions and monitors them to improve the feedback process.

work. Considering that most work accidents are caused by employee behavior, it is evident that organizational precautions are insufficient in preventing work accidents. Therefore, focusing on employee behavior and replacing unsafe behavior with safe behavior emerges as the most effective factor in preventing work accidents. That is why Şişecam continues with its Behavior-Based Occupational Safety Project at full speed.



The Phoenix Award®



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sisecam chairman and executive member of the board PROF. DR. AHMET KIRMAN RECEIVES

GLASS PERSON OF THE YEAR' AWARD

THE VALUE ADDED BY \$İŞECAM CHAIRMAN A EXECUTIVE MEMBER OF THE BOAR PROF. DR. AHMET KIRMAN TO THE GLASS INDUSTRY DURING HIS INSPIRING 17-YEAR LEADERSHIP TENURE AT \$İŞECAM HAS BEEN RECOGNIZED BY THE PHOENIX AWARD COMMITTEE, THE MOST PRESTIGIOUS ANNUAL AWARD PLATFORM IN THE INDUSTRY. PROF. DR. AHMET KIRMAN WAS HONORED AS THE 'GLASS PERSON OF THE YEAR' WITH THE UNANIMOUS VOTE OF THE MEMBERS OF THE PHOENIX





This highly prestigious designation is decided by the votes of the committee which consists of key suppliers of the global glass industry. Since 1971, the 'Glass Person of the Year' award has been presented to exceptional scientists, designers, engineers, and business persons who have taken an active role in advancing the industry, supported the sector's development in terms of R&D, product design, engineering, manufacturing, marketing, and sales, and who have led the way forward for the glass industry.

In 1999, this special award was presented to Alev Yaraman, Şişecam Flat Glass Group President. Twenty-four years later, Prof. Dr. Ahmet Kırman has received the same designation for his major contributions to Şişecam's transformation from a regional leader into a global player.

We discussed the Phoenix Award, recognized as the 'Oscar' of the glass industry; and areas of development of the global glass industry with Prof. Dr. Ahmet Kırman. Prof. Dr. Ahmet Kırman has implemented the vision of Şişecam, a forward-looking initiative of the Republic of Türkiye, to become one of the world's leading companies in all its areas of activity.

How do you feel about being named the 'Glass Person of the Year' by the Phoenix Award, the most prestigious award platform in the glass industry?

I have always tried to do my best in all the various tasks I have undertaken over the course of my working life spanning more than 40 years. When I look back, I can see that I have done good things as a judge, as an academician, as a banker, and as a lawyer. However, I must say that the Şişecam period has been a special time in my life. I believe that the Şişecam period is a time when my life's true calling was rewarded. New plants and facilities, new products, and so on, the result of which you can see today... It is truly motivating to be a part of the ongoing efforts of producing and developing glass that has existed for thousands of years. This has been exciting work. Offering what you develop and produce together with people who truly believe in what they're doing to the whole world and being known everywhere is not something that can be easily explained.

It is a wonderful feeling when, what one has accomplished is recognized and appreciated by those who best know the industry from very different regions around the globe. As you can appreciate, it is exciting to be a part of it and to play a key role in this effort. It is an honor to receive so many awards in such an organization with such a rich history and with such an esteemed founder who is admired all over the world. This prestigious award is granted following a comprehensive evaluation by a renowned international organization in which key figures of the glass industry are involved. 'Glass Person of the Year' is a very special designation and is an exceptional honor among the awards I have received during my career.

Beyond my personal feelings, I would like to state that the award I have been honored with is a clear demonstration of how Şişecam is perceived in the world and reflects what Şişecam people can achieve as a team. All of us at Şişecam should share and embrace this feeling of great accomplishment.

When will the award ceremony be held? Could you tell us more about the upcoming ceremony? Early in April, Phoenix Award Committee Chairman Lincoln Brown visited Şişecam Headquarters and personally informed me that the Phoenix Award Committee was willing to present the 'Glass Person of the Year' award to me. The Committee is planning to present this prestigious award, which I will proudly accept, at a ceremony to be held in Como, Italy on September 29, 2023. Our customers and suppliers, as well as leading representatives of the glass industry and the scientific world, will attend this award ceremony as honored guests.

What has been the most impressive and exciting aspect of the glass industry for you?

First of all, as far as genuine creativity in my professional life is concerned, the privilege of being able to produce tangible products has been very impactful and exciting. This is a world that surpasses the positive aspects of working to train students, to make decisions aimed at ensuring justice in disputes, and to provide financing to those concerned in all fields, especially in industry. Glass is a product that has been produced for more than 5,000 years. Not only has glass remained important over the centuries, it has also become a vital part of human life with its new developments. In addition to product and technological developments, working at one of the world's largest and most talented glass and chemicals manufacturers in an area where there are a great number of manufacturers is another impressive point.

I am also impressed by the fact that our global enterprise which produces such a magical material was founded by Mustafa Kemal Atatürk, a global leader respected worldwide for over a hundred years. Early on, I recognized that I have the responsibility to further develop and raise this legacy to the next level, and to help Sisecam leave its mark on the world. I am also very happy to share this excitement, pride, and motivation with Sisecam people, who have been working hard since the company's founding. I know that they feel emotion as much as I do. They are excited about glass production and being a part of it, working at a leading global company.

What are the biggest opportunity areas you see in the coming period for the development of the industry? Looking at the big picture, the glass industry plays a vital role in areas of use that we are not

even fully aware of in our day-today lives. Glass is also a material that significantly contributes to a sustainable system. No doubt, glass will appear in many more interesting places in the future. In addition to its contributions to the medical world, glass's field of influence extends to space research and technology. The output in this field is likely to be transparent by energy-producing glasses in the near future. Glass is poised to play a major and harmonious role in terms of sustainable energy production. These and similar new products show that glass will play a central role for humanity in the future. In addition, the glass industry is on a quest for many innovations related to sustainability, including reducing its own carbon footprint. The solutions that will emerge in this field are also of great importance for the future development of glass and the industry. The opportunities in the coming period include the ability to reduce resource consumption by manufacturing a product that respects the environment and is infinitely recyclable, and development of glass industry technology that supports and is compatible with a sustainable ecosystem, especially the natural environment.

Could you share with us the major developments and milestones at Şişecam over the last 17 years in which you have played a role? During this period, we have taken very important steps forward. Today, we partially see the positive contributions

of these

steps

to our current position and operations. Going forward, it will be possible to see that the steps we have taken will make Şişecam even stronger over time, especially in the future. At this point, I'd like to emphasize the importance of the commitment and determination of all Sisecam employees to implement these major decisions. It is not enough to simply think and plan; effective implementation is critical. Everything we have accomplished and continue to accomplish during this period is what we can do together. It is also necessary to consider what Sisecam has done as part of its responsibility to maintain, protect, and develop the legacy we inherited from our Founder as time marches forward.

Another key point is that these major steps Şişecam has taken, or what is generally known as milestones, should not be seen as merely plant investments, production activities, new acquisitions, and likewise. Şişecam adapts new

> strategies and changes in core principles and tries to implement these changes with 24,000 people at 45 facilities in 14 countries. The goal is to adopt these strategies and principles and make them a permanent part of the organization. In other words, these accomplishments were achieved in an environment where we do what we think while also grasping all the insights that illuminate the way

for what we will do next. All these are major changes, major milestones for us...

Şişecam's international expansion, which started in 2006 with operations in the nearby region, was later extended further and adopted a more global perspective. In 2010 and 2011, the economic crisis was dragging on. During this challenging period, Şişecam started making investments as preliminary preparations from a different perspective. These investments started to create internal resources for the rapid development of Sisecam under economic conditions that normalized in the postcrisis period. Since we have set a growth target with resources created internally by Sisecam, the risk perception toward our projects has been moderate and acceptable. Sisecam has maintained and continues to maintain its risk perception based on in-depth assessments, which include multidimensional and very highly diverse perspectives at every stage.

Our assessments on these issues are now permanent and each one of them is another milestone for the future of Sisecam. We plan to continue conducting our operations by effectively measuring risks and using the advantages we have gained. As I have tried to express just now, taking and sustaining the necessary steps to move forward are key points and milestones for us. In terms of globalization, Sisecam has adopted a versatile perspective that includes not only producing in Türkiye but also producing in different regions and using Türkiye as an export

THE PHOENIX AWARD®

base. In addition to being the driving force for change, this development has also brought Şişecam to a higher level in terms of resource creation. Our current balance sheet shows that our revenues outside Türkiye have reached a whole new level.

Another major milestone was the One Şişecam initiative. This organization-wide effort was designed to enable us to act more proactively, faster, and over a wider area while meeting our financial uniformity and expectations. One Şişecam was a reorganization model that I had envisioned from the moment I started working at Sisecam. I believed this model would put Şişecam in another league in terms of market value and organizational size. To realize this reorganization model, we had to go through a difficult process. Our ability to achieve this restructuring and implement this model with Sisecam employees was truly one of the greatest contributions that could be made to this outstanding organization. As a team, I believe that we should always feel the immense satisfaction and happiness of achieving this major accomplishment.

Meanwhile, Şişecam's efforts to implement a functional reorganization, another important step, have come a long way. Once we complete this reorganization, we will turn another very important corner. Our functional reorganization will ensure that One Şişecam becomes a company that acts proactively, understands market conditions quickly, and can rapidly adapt to changing conditions. This will become one of our truly great success stories. It is crucial for Şişecam to identify its position within the glass industry supply chain accurately. Our business is measured by huge numbers in many areas. However, this fact does not require us to actively engage in all these business areas. One of our most important strategic decisions and success points relates to our approach to when, where, and to what extent we will engage in which parts of this chain and when to invest in other areas. The best example of this approach may be our acquisition of Refel. Engaging in the production of refractories is a key part of the supply chain, and addresses the issue of refractories, one of the important inputs of the glass industry. Another prime example is our investment in the US, which is a part of our own business operations that actually focuses on natural soda production. Yet another reflection of this understanding and strategy is our active engagement in ports and similar investments to sell the products we produce in a complementary way. We formulated our strategy with the understanding that a search for diverse business areas for the future, in addition to our current business activities, is required to ensure guaranteed growth and successful results. This fact, too, is a major milestone for Şişecam.

Sustainability has been the primary focus of our operations since our founding. We reflect this perspective in every link of our value chain - from raw materials to final products. Glass is a very special product that yields benefits for every added value. At Şişecam, we have always embraced the responsibility to raise awareness globally about this special product. Glass creates miracles in every field it is used. We have taken many steps to raise world awareness about glass and its many uses.

We worked hard to realize the declaration of 2022 as the "International Year of Glass" by the United Nations. We express the technological, scientific, and economic importance of glass via many different projects and initiatives. We explain the uniqueness of glass wherever we are. We share about the miracle of glass with large audiences through workshops, conferences, high-school and university collaborations. All these efforts are very valuable steps taken not only for the future of Şişecam but also for a more livable world.

I would also like to tell you what Şişecam has achieved from 2006 to the end of 2022 and how it has grown in figures:

From 2006 to 2010, Şişecam expanded its market leadership from Türkiye market to the wider region. The number of countries our products reached increased from 130 to 150, and our sales jumped from TRY 2.2 billion to TRY 95.3 billion. International sales as a percentage of total sales increased from 40-45 percent to 63 percent during this time. Our annual investment went up from TRY 577 million in 2006 to TRY 7.77 billion in 2022.

In addition, we significantly expanded our production capacities. Our annual glass production of 2.2 million tons in 2006 climbed to 5.78 million tons in 2022. Our soda ash production capacity rose from 1.1 million tons to 4.87 million tons. Meanwhile, we have further expanded our highly competent human resources. In 2006, Şişecam had 15,000 employees. Today, Şişecam is moving forward with more than 24,000 employees worldwide.

Throughout our 88-year history, we have always maintained an upward growth trajectory. Şişecam is a unique corporate example that has always managed to grow by developing and transforming. For the continuity of this track record of success and sustainability of our development, we have yet more steps to take together...

The winds of change in the world have intensified in recent years. Artificial intelligence is leaving its mark on this process of major change affecting all areas of life. This worries many people. What do you think about artificial intelligence?

It is certainly true that artificial intelligence has rapidly entered and settled into the center of our lives. In a short time, artificial intelligence has gained a permanent place in many industries. I am very excited about the potential of artificial intelligence and the profound changes it brings. Artificial intelligence presents a great opportunity for humanity and a promising vision for the future. However, I can also understand the concerns of those who are apprehensive about artificial intelligence. The speed and complexity of technological developments can cause some difficulties during the adaptation phase. At this point, the responsibility falls on the rule makers, institutions, and experts. It is increasingly important to encourage the active involvement of society in artificial intelligence development and take steps to engage, such as open communication and training.



Prof. Dr. Ahmet Kırman will receive his award for "Glass Person of the Year 2023" in a ceremony at Lake Como in northern Italy on September 29.

Therefore, I think that the most strategic development in artificial intelligence is the European AI Act, which the EU has been working on for a while. The Act is adopting a risk-based approach to regulating artificial intelligence. This law classifies risks related to artificial intelligence technologies as follows: threats to people's life safety, fundamental rights, and livelihoods are deemed 'unacceptable risks'; threats to infrastructure, education, medicine, the judiciary, and democratic processes are 'high risks'; chatbots are 'limited risks'; and video games are classified as 'minimum risks.'

In short, we live in the age of artificial intelligence. It seems likely that the presence of this technology in our lives will increase even more. It is in our hands to shape the future by using the positive aspects of artificial intelligence. Development of artificial intelligence technologies with a human-centered approach in line with ethical values has the potential to greatly benefit society and take us to a better future. That's why I think it's very important for humanity to be able to move forward hand in hand with artificial intelligence. The best way to do this is not to resist or ignore artificial intelligence, but to use it correctly.

Şişecam is a global company operating in multiple regions. And each region in which Şişecam operates has its own dynamics and risks. How do you manage these risks and dynamics? In fact, this is the leading subject of the new era we are currently going through... As local risks and needs become evident as a result of the pandemic, this is a key focus area of every company operating in multiple geographic regions. At Şişecam, we understand that each region has its own dynamics and risks. We base our strategy on this understanding. Effective management of risks and dynamics plays a critical role in Şişecam's sustainable growth journey. Sisecam uses data analytics to predict the future. We capitalize on our common wisdom and advanced technology capabilities - as well as our 88 years of experience and our forward-looking vision - to manage for the future.

This is where our global perspective comes into play. As a global organization, we adapt to local needs and operate in our markets as local players. We make a joint effort to manage customer expectations that differ by country, and dynamics and risks that change instantly. By developing appropriate strategies to hedge against regional risks, we can minimize adverse effects and take a proactive approach. Şişecam correctly reads the dynamics of the countries where it operates, taking into account the needs of society and providing added value to their economies.

Another key benefit of globalization is that Şişecam is embraced by different societies and reaches more people around the globe. I am pleased to report that we have recorded major achievements that have had a positive impact on our stakeholders, customers, and employees.





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THE WEB 2.0 TECHNOLOGY CURRENTLY USED BY MANY WEBSITES IS SOON EXPECTED TO BECOME OUTDATED. HERE, WE TAKE A CLOSER LOOK AT WEB 3.0, WHICH IS CENTERED AROUND TECHNOLOGIES LIKE MACHINE LEARNING AND ARTIFICIAL INTELLIGENCE, AND WHICH WILL LIKELY ELEVATE THE INTERNET EXPERIENCE TO A WHOLE NEW LEVEL.



In the future, the invention of the internet will undoubtedly be noted as an incredible turning point in the history of humankind. And it seems likely that the transition to Web 3.0 will be a turning point in the history of the internet. Join us as we take a closer look at what Web 3.0 technology is, what it promises us, and how it will improve our internet experience.

A BRIEF JOURNEY THROUGH HISTORY

First, we should mention that Web 3.0 is seen as the future of the internet. But before we take a closer look at what Web 3.0 is and what it has to offer us, we need to briefly recall what Web 1.0 and Web 2.0 mean. Defined as the earliest form of the internet, Web 1.0 refers to the internet technology available between the years 1989 and 2004.

During this time, users could not produce their own content on the internet. Defined as the most primitive and limited era of the internet, Web 1.0 offered websites that served as a library of sorts, with users only able to consume the content available. Back then, when we went on the internet, we could only obtain information from a few servers, and we couldn't go further than reading said information. 🔪 ŞİŞECAM MAGAZINE 🔪 TECHNOLOGY

Then, in the Web 2.0 era-which is estimated to have begun in the year 2000-internet users were allowed to contribute to content production. To put it another way, the start of the Web 2.0 era allowed us to produce our own content and interact with other users on the internet.

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The active presence of users on the internet is also why some sources define Web 2.0 as the era of social media. Web 2.0 enables us to engage in many of our routine activities on the internet, from writing blogs to rating movies on IMDB. On the flipside, the start of the Web 2.0 era was certainly what paved the way for the emergence of the social media outlets that currently play an extremely important role in our lives.

WHAT WILL WEB 3.0 OFFER US?

Now, let's focus on Web 3.0 technology... First, we should emphasize that Web 3.0 is still in development, and as such it doesn't have a clearcut definition. Yet a salient feature of this next iteration of the World Wide Web is that it largely benefits from machine learning and artificial intelligence. Additionally, decentralized apps and blockchain-based technologies are expected to rise to prominence in the Web 3.0 era. Thanks to Web 3.0, it will be possible for independent parties to own and operate internet servers instead of central authorities. This is important, as it may enable search engines to offer a much safer search experience in the future. In short, Web 3.0 is likely to make the internet

much smarter and democratize it by moving away from centralization.

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So, what does all this mean? First, with Web 3.0, content won't only be produced by internet users; we will also encounter content producedand even interpreted and categorized-by artificial intelligence. Seeking to democratize the internet, Web 3.0 technology will be able to automatically filter data on the internet based on the user's interests and goals. This will make it possible for users to access accurate information faster and more efficiently. In other words, Web 3.0 will enable search engines to understand the information on websites, thus delivering much more personalized results for our internet searches.

To give a more concrete example, Siri is a present-day application that successfully uses Web 3.0 technology. As you likely know, this Al-based virtual personal assistant by Apple allows users to carry out certain activities on their device or in their environment via voice control. Since Web 3.0 is expected to take us one step closer to a decentralized internet, it's also possible for browsers to become much more secure and privacy focused. Currently, the Brave browser is a good example of this. Noted for its ability to hide all ads from the user, the Brave browser also has a search engine bearing the same name.

It's also likely that crypto wallets will play an important role in Web 3.0 technology. When you hear the words

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"crypto wallet," the first thing that currently comes to your mind might be places to store crypto assets, but things are different in Web 3.0. Here, crypto wallets serve as a key to unlock the Web 3.0 ecosystem-thanks to them, you can access all the services you use on Web 3.0. The Brave browser we mentioned earlier also comes with its own crypto wallet. Using the built-in Brave Wallet, users can store their crypto portfolio.

Another application that already uses Web 3.0 technology is Stepn. This gamified lifestyle and fitness app is blockchain-based. The app tracks your movement using GPS, offering tokens based on your outdoor exercises.

Given Web 3.0's promise of offering a much more personalized experience for users by focusing on machine learning, privacy, security, and artificial intelligence, we have no doubt that the technology will play a much larger role in all our lives in the future. We are excited to keep track of this technological transformation still under development.



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THE VERTICAL FARMING TECHNOLOGIES FIRM, PLANT FACTORY, OPENED ITS NEW URBAN PARK AT ISTINYEPARK SHOPPING MALL FOLLOWING THE LAUNCH OF ITS R&D CENTER IN DRAGOS. WE DISCUSSED VERTICAL FARMING WITH PLANT FACTORY'S FOUNDING PARTNER, HALİL BEŞKARDEŞLER.

First, let's enlighten those who are hearing about vertical farming for the first time. What exactly is vertical farming, and how is it done?

Vertical farming is a system that delivers the best conditions for plants such as the temperature, humidity, and amount of carbon dioxide they require, as well as all conditions needed for photosynthesis to occur. Soilless and indoor vertical farming has long been practiced both in Türkiye and around the world. At our facilities, we use LED lighting to provide plants with the sunlight and photons they need for photosynthesis. Thanks to complete climate control, the plant rests, photosynthesizes,

and draws nutrients at the best possible conditions. This allows us to produce 365 days a year in an indoor environment regardless of the season-a sort of clean room where we don't have to use pesticides or insecticides.

Vertical farming is referred to as the agricultural technology of the future. Could you briefly expand on this definition? Why does the future of agriculture lie in vertical farms?

Vertical farming is called the agricultural technology of the future, or the future of agriculture, but in present-day conditions, it is actually complementary to agriculture. After all, it isn't possible to grow every type of crop

with this method. But it is rapidly evolving. We don't know what will happen in the future, but today, it is now a requisite for firms that produce leafy green vegetables with the right feasibility at the right cost, right in the city. Since these crops have a low shelf life, it's not logical to produce crops that guickly lose their nutritional value some 400-500 km away, then transport them to the city and hold them in store before placing them on the shelves. Therefore, vertical farming should be thought of as a complement to traditional farming.

Vertical farming isn't a threat to traditional farming methods; on the contrary, it is what complements these methods within the city. Vertical farming should be thought of as an agricultural model similar to greenhouses. Its main goal is to produce agricultural crops with the right feasibility within the city, which requires less logistical effort. Vertical farming is also still improving technologically, which requires more research, development, and investment. This may keep costs high, which is why the adoption of vertical farming as a main agricultural model may be difficult.

Why is vertical farming currently important for metropolises? How could it be an advantage for our cities?

Since vertical farming is done in cities, it doesn't require long-distance logistics. At such a short distance, we also minimize our carbon footprint. In traditional farming, produce travels an average distance of 300 kilometers, with 20% of it rendered inconsumable by the time it reaches the consumer. All these factors make vertical farming quite advantageous for the crops we produce as compared to traditional farming. We provide fresh produce with a long shelf life for both the end consumer and the HORECA (hotel, restaurant, café, and catering) industry. Hotels and restaurants that buy produce on a large scale use up liters of chlorinated water to clean the produce, then sort and dry it before use. This process results in losing 20% of the produce. Since our crops are devoid of soil residue and pesticides, there is no need to wash them. This makes vertical farming much more advantageous for both the HORECA industry and the end consumer in large cities.

How did you decide to establish Plant Factory as a company focused on vertical farming technologies? What sorts of projects does Plant Factory take on?

The founding partners of Plant Factory are me, Halil Beşkardeşler, as well as Ahmet Güney, Emre Kaynar, and Anıl Sönmez. Since 2014, we've been working vigorously to do farming in controlled indoor environments. With Plant Factory, we aim to make inner city production possible and to foster the change needed in agricultural production by establishing eco-conscious technological croplands to feed our society with healthy, nutritious, and flavorful produce. In 2020, we opened our first plant named PF001, which we use as a center for R&D and production. With a weekly harvest, it has the capacity to produce approximately 5,000 units. Then, in 2022, we opened the PF-GTÜ within the campus of Gebze Technical University, where we carry out functional food projects. We use this facility for R&D projects related solely to products whose nutritional value is tailored to different requests or needs. Then, on May 4th of this year, we opened Plant





Factory's first commercial farm, the PF002, on Level -4 of the İstinyePark Shopping Mall. With an annual production capacity of 900,000 units, PF002 will grow 20 different types of vegetables, with daily harvests transported to customers. We are very excited about our new farm, as it is the first time in the world that an indoor vertical farm within a shopping mall will produce at a commercial level.

Plant Factory develops soilless, pesticide-free agricultural plants as well as technologies that simulate the right climate conditions for each plant's needs. How is it possible to simulate these conditions and to grow plants without soil? We provide the optimal conditions for plants. We use the same fertilizers used in traditional farming. We have LED lighting for photosynthesis. We use climatization systems to provide the climate conditions the plants need, such as temperature, humidity, and carbon dioxide. So, at its core, what we are doing is understanding the plant's needs, developing the technological infrastructure necessary to meet them, and producing crops with the right feasibility study.

Carbon emissions caused by food production is among the leading causes of climate change. The depletion of water sources also threatens our future. What solutions does Plant Factory offer to these problems? We don't use pesticides or insecticides in vertical farming, as we don't need them due to our clean-room approach to indoor production. This is the top benefit

we offer for the health of both people and our planet. In traditional farming, you lose the water used during irrigation, as it mixes into groundwater. Since the water contains fertilizers and pesticides. it also harms the soil-in fact, that's part of the reason for the practice of fallowing, and where we get the expression "to lie fallow" from. The soil must recover from the degradation caused by fertilizers and pesticides. By contrast, in vertical farming, there is no soil, no pesticides, and no water wasted. We reuse irrigation water by adding in the missing minerals. Our closedloop system allows us to consume 95% less water. So, at Plant Factory, we use our water sources properly to combat the water shortage we're in. We avoid wasting water.

In the future, both the population and therefore the number of buildings in cities are expected to grow. This makes vertical farming all the more important, as it allows for production in confined spaces. As you were developing your vertical farming technology, what sort of vision did you have for the future? With this technology and the right feasibility study, producers can utilize the idle storage spaces and car park levels within the city to grow crops. The best example of this is the facility we built on an

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unused level of the İstinyePark Shopping Mall. So, this isn't a type of unplanned construction. There are hundreds of thousands of points throughout the city that are idle in every sense of the word. These points can be utilized.

Plant Factory's commercial vertical farm opened in the IstinyePark shopping mall is a world first. What are some of the projects carried out here? İstinyePark will become a prime example of urban farming, as it is the world's first commercial vertical farm located within a shopping mall. It will grow produce for the restaurants within the mall, for the supermarket chain Macrocenter and its nearby locations, as well as for other hotels and restaurants. This will allow all our business partners to add fresh products with a long shelf life to their stores and menus 365 days a year. We will offer them a significant and sustainable operational advantage. We aim to enlarge and expand our facilities, and we want to add products like strawberries, cherry tomatoes, saffron, and hemp to our portfolio. However, there is a lack of workers specialized in this area. We train engineers as experts in the field. Everything must happen in time, but in the best way possible.



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Are there any vertical farms around the world that inspire you? Where can we see some successful uses of this technology?

Every country has different consumer habits, so companies like ours must develop technologies and undertake production with these habits in mind. Of course, the Far East is where some of the leading firms in the area are located. The Japanese company Spread has been in production since the early 2000s, and they are truly one of the leading global firms in this area. That's one of the companies that inspire us.

How can those living in metropolises benefit from Plant Factory? What should people do who wish to access sustainable and nutritious food via Plant Factory? In short, how does the process work?

We currently sell to restaurants within the İstinyePark Shopping Mall and to the Macrocenter within the mall, as well as its nearby locations. End consumers can also access our products at Macrocenter locations on the European side as well as online via the TazeDirekt website.

What sorts of crops does Plant Factory grow at the moment?

Our farm currently has the capacity to harvest 900,000 units per year, where we grow different types of lettuce, green and purple kale, rainbow chard, bok choy, basil, aromatic basil, purple basil, cilantro, Italian parsley, French parsley (chervil), and mizuna. We hope to enlarge and expand our facilities. We hope to add items like strawberries, cherry tomatoes, saffron, and hemp to our portfolio.

We see that one of the founding aims of Plant Factory is to create a sustainable and effective future for food production, and to minimize the carbon footprint caused by said production. In addition to your projects at Plant Factory, what do you do in your daily life to make our future more sustainable or to reduce the carbon footprint?

We try to at least recycle our waste, as most informed citizens try to do. That's the most important thing we can do. Other than that, we strive to buy our company vehicles as electric or hybrid. That's what we're doing at the moment. But what we do at Plant Factory goes way beyond that.

Vertical farming actually proposes a solution for a growingly more arid world. What other solutions or outlets will we see in agriculture besides vertical farming?

This is how we should think of the process: The solutions used during the years when agriculture emerged gave rise to irrigation systems as technology developed. Right afterward, greenhouse cultivation emerged due to climate conditions. We then built plexiglass and glass greenhouses, adding in climatization systems. What we're doing right now is to eliminate the need for sunlight entirely, using LED lighting to trigger photosynthesis. We are also thinking of what our next step could be. Many companies around the world currently aim to optimize and make these systems more efficient, to grow highercalorie plants.

What kinds of innovations will we see in vertical farming in the future?

Thirty years ago, it wasn't possible to predict that vertical farming would evolve this much. It's hard to adopt a futuristic outlook and claim what will or won't happen. But in the very short term, vertical farming could vield much more nutritious and calorie-dense crops. In particular, we think crops like barley and wheat will definitely be grown. Being able to do so will take vertical farming to a whole new level anyway, as we'll be able to offer food that truly nourishes people. I would like to add that Plant Factory may attempt to do this in the very near future, as well.

So, in the upcoming years, will people be able to sit out on their balcony, picking and eating the apples they grow in their own vertical farms? If such things are already being done, do you think it's possible that they'll become more commonplace in the future?

The current technology doesn't allow us to grow trees or shrubs. Let's say you rolled up



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your sleeves to create such a technology-you won't be able to do it feasibly. And no household will be interested in projects with a very high initial investment cost. It's just a fun perspective. I wish these things could happen, but it's not really possible with today's technology. Even if it were possible, it's debatable whether companies would strive to do it. Yet technology is advancing quite rapidly, and we don't know what awaits us in the future. It's truly impossible to keep track of all the development. Each day we hear different news from all around the world. There are ongoing experiments and feasibility studies. We will all watch and see what happens together.

What are Plant Factory's future plans? What can be done to introduce vertical farming to a much wider audience?

Plant Factory will not become a financer. We, as the founding partners, will not allow the company to turn into an enterprise that constantly seeks to raise funds through investments. Our industry has a very bright future, and there is a long way to go. Although it is our seventh year in the business, we are also at the very start of our journey. Plant Factory is an important step for our country's development, as well, and its success will pave the way for many engineers and entrepreneurs. We also need to have more companies that will provide our technological infrastructure as well as more suppliers. After all, Plant Factory alone cannot meet the need for healthy food. We don't hope for monopolization but rather for pluralism, for advancing by inspiring one another through new initiatives. In short, our goal for the future is to arow through slow but steady steps, to become a key player in the world and in vertical farming.



(ZZ EL. W SA SA SA THE RELATIONSHIP BET TECHN AND SLEE





DID YOU KNOW THAT IT'S POSSIBLE TO USE TECHNOLOGY TO SLEEP BETTER? GET READY TO BE INTRODUCED TO IMPRESSIVE TECHNOLOGICAL DEVICES AND APPLICATIONS THAT HAVE A POSITIVE IMPACT ON SLEEP.

Nowadays, the first thing that springs to mind when it comes to the relationship between technology and sleep is that we should steer clear of devices that emit blue light such as smartphones, laptops, or televisions before going to bed. Although sleep experts emphasize the importance of turning off tech devices a while before going to bed so as to clear our mind and fall asleep easier, there is actually more to the relationship between technology and sleep. There are also many technological devices and apps developed to help you rest better, fall asleep easier, or improve various stages of the sleep cycle. What's more, you don't need to experience difficulty sleeping to use them, as anyone wishing to sleep better can benefit from these technological assets. Here are some of the tools to help you take your sleep to a whole new level.

SMARTPHONE APPLICATIONS

Your top technological tools to use for better sleep are smartphone applications. Easy to download and use on your smartphone, these applications are developed to meet many





Falling Back to Sleep

Nothing feels more frustrating than waking up in the middle of the night and having difficulty nodding off again, especially when you start overthinking it. Step out of the thinking mind with an exercise that's designed to lull you into a place of rest, allowing you to drift off to sleep.







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different needs. Certain popular apps like Sleep Cycle track your stages of sleep, waking you up at the optimal time for maximum restfulness and energy. Known as sleep tracker apps, these tools not only wake you up at the lightest phase of sleep, but they also offer intriguing statistics on your sleep quality. For instance, you can find out how long you remain in bed, whether or not you speak during your sleep, how long it takes you to fall asleep, how many hours you spend in deep sleep, and how much you snore. It's also important to be

able to track how these values change over time. Those wishing to sleep better are also showing an interest in apps that help get the user ready for sleep. The peaceful meditation sessions and bedtime stories for adults found in these apps are the key to clearing the mind and leaving behind the stress of daily life. Another successful app that can potentially improve your sleep is Endel, which creates personalized soundscapes in collaboration with SleepScore Labs. With peaceful content based on the user's circadian

rhythm and the ability to block out unwanted noise, Endel helps both babies and adults sleep better.

SLEEP HEADPHONES

Tech devices that promise to give you higher-quality sleep include headphones designed specifically for nighttime. Sleep headphones are ideal for those wishing to block out distracting noises, fall asleep to calming music or sounds, or to mask problems such as tinnitus. Although most of these devices resemble the wireless earbuds we use in daily life, there are also ones that come in headband form. At this point, you may be wondering why we don't use everyday wireless headphones while sleeping. What sets sleep headphones apart is the design. Ordinary headphones may hurt your ear, fall out, or cause other issues while sleeping. By contrast, sleep headphones have been designed specifically for use in bed, so you won't encounter such problems. In fact, they are so comfortable that you tend to forget you're wearing them. If you want to

suppress unwanted outside noises with calming sounds and get a restful eight hours of sleep, you too can give sleep headphones a chance. Once fully charged, the headphones can generally be used uninterrupted for at least 8 to 10 hours.

SMART LIGHTS

You can use smart light sources to ensure that your living space is ideal for sleep. A marvel of technology unto their own, these devices are quite successful in helping you to relax before bed and then enjoy a restful night's sleep. Generally controlled via app, these smart light sources allow you to develop an efficient bedtime routine. The trademark of these devices is that they help you get sleepy and wake up naturally by simulating sunset and sunrise, respectively. Smart light sources are particularly popular during winter months, as they make it easier to start the day even when it's still dark out. Consumers can choose from a wide range of options, from bedside lamps that support the body's natural sleep and wakefulness cycles through warm light to devices that

complement lighting with peaceful music and white noise.

SMART BEDS

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A comfortable bed is undoubtedly a must-have for healthy and restful sleep. Designed through technological research on the subject, smart beds are quite ambitious when it comes to boosting sleep quality. There are a variety of smart bed models available on the market, each with different technological features and designs. Smart beds are often equipped with sensors that gather various data points pertaining to sleep. Smart beds track heartrate, sleep duration, and other factors, then use this information to offer you tips for a better sleep experience. Some smart bed models transmit these statistics to smartphones, allowing us to gain in-depth information about our sleep cycle. Other smart beds come with a built-in thermostat that allows you to regulate mattress temperature. Still other smart beds have sound systems as their selling point. These models let you listen to comforting sounds during sleep and allow you to connect to your home's sound system if desired.





heartrate, sleep duration, and other factors, then use this information to offer you tips for a better sleep experience.



THE **SUSTAINABILI** ADVENTURE OF GASTRONOMY WORLD
ŞİŞECAM MAGAZINE 37



SINCE 2014, JUNE 18TH HAS BEEN CELEBRATED WORLDWIDE AS SUSTAINABLE GASTRONOMY DAY. HERE, WE TAKE A LOOK AT THE CONCEPT OF SUSTAINABLE GASTRONOMY IN HONOR OF THIS SPECIAL HOLIDAY DESIGNATED BY THE UNITED NATIONS.

Similar to many other areas of life, sustainability remains a hot topic in gastronomy, as well. Sustainability has different implications for different industries, and when it comes to gastronomy, it focuses on the principle of not wasting any natural resources during food preparation. Another focal point of sustainable gastronomy is carrying out projects aimed at producing food in a way that won't harm the environment or human health in the future. Sustainable gastronomy deals with where the ingredients used in kitchens come from, how they're produced, and how they're transported to markets and ultimately to our plates-in short, it deals with all the stages our

ingredients undergo, with an eye toward environmental awareness. In 2016, the United Nations General Assembly designated June 18 as Sustainable Gastronomy Day around the world. This decision is important in terms of gastronomy being accepted as a cultural form of expression. Disruptions to the global food chain during the pandemic reminded the whole world of how valuable local and seasonal production is. As a result, sustainable gastronomy plays a bigger role today than it ever has, as it values seasonal ingredients and local producers with care toward the protection of different cultures' culinary traditions and of natural life.







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The "Sembrando el future" ("Seeds for the Future") project, Roca brothers. From left to right: Jordi, Joan and Josep Roca.

INSPIRING PROJECTS

Nowadays, many well-informed chefs as well as restaurants both big and small operate in accordance with the principles of sustainable gastronomy. The choice to use local and seasonal ingredients in food is the primary step taken in that direction. Using fresh and local ingredients not only contributes to sustainability but also boosts the flavor of food, of course. Even though the public has grown much more aware of sustainability in recent years, we must do much more to guarantee the future of our seas, our forests, and ultimately our planet. At this point, it may be useful to look at inspiring sustainable gastronomy projects to get an idea of what else could be done in the future.

When it comes to sustainable gastronomy, one of the first

names to spring to mind in the eating & drinking scene is the Roca brothers. The Spanish chef trio was named "Food Heroes" by the Food and Agriculture Organization of the United Nations (FAO). The Roca brothers earned this distinction for initiatives that promote sustainable gastronomy, including their "Sembrando el futuro" ("Seeds for the Future") project which aims to reclaim ingredients facing the threat of extinction and protect biological diversity. Restaurants play an important role in sustainability according to Joan Roca, who underscores the importance of such projects in the eating & drinking industry in terms of generating public awareness.

Another chef with inspiring sustainability projects is Massimo Bottura, the star chef of Italy's Michelin-starred Osteria Francescana. Striving to combat one of the key problems of the gastronomy industry, Bottura works to prevent food waste by transforming an abandoned theater in Milan into a soup kitchen where excess food is used up. He is also the founder of the non-profit Food for Soul, which works to promote sustainable practices that reduce food waste.

One of the leading figures in the Turkish sustainable gastronomy scene is the talented chef Fatih Tutak, after whom the two-Michelin-starred restaurant Turk Fatih Tutak is named. According to Tutak, each day his team goes into the kitchen with the same level of awareness and meticulousness, and the restaurant's menu is also designed based on this principle. Turk's menu pays respect to our culinary traditions and features ingredients grown in our geography. By collaborating with local producers, the team behind Turk contributes to the creation of a sustainable cycle that the eating & drinking industry needs.

WHAT CAN WE DO IN OUR KITCHENS TO SUPPORT SUSTAINABLE GASTRONOMY?

It's a must for producers and restaurants to pay attention to the use of natural resources, but we as consumers should also pay attention to how we select and prepare our food. Let's take a look at what we can do on an individual level to support sustainable gastronomy.

SUPPORT FOR LOCAL PRODUCERS

One of the first steps we can take to contribute to sustainability is to support local producers. It's quite important to do our food shopping in







Fatih Tutak









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neighborhood markets and to opt for the products of local producers, farmers, and fishermen. In doing so, you will not only be able to support the regional economy and smallscale producers, but you will also contribute to the reduction of greenhouse gas emissions caused by the transportation of food grown in distant places. You can also support sustainable gastronomy by choosing restaurants that use local ingredients in their menus when dining out.

THE IMPORTANCE OF SEASONAL PRODUCTS

When grocery shopping, strive to choose seasonal products instead of using out-of-season ingredients in your cooking. It is an undeniable fact that food prepared with fresh, seasonal ingredients grown through natural methods is both much healthier and much more flavorful. In restaurants, when you opt for dishes prepared with seasonal ingredients, you will also impact their purchasing policies. When the demand for seasonal ingredients grows, restaurants will have to support local and small-scale producers.

PREVENT FOOD WASTE

Today, nearly one-third of the food produced worldwide is estimated to go to waste. Wasted food also means that the money, effort, energy, and resources used in preparation are wasted. To prevent such waste, look into how you can best make use of each ingredient before you begin cooking. Utilizing both leftover ingredients and dishes in your next meals is an important step you can take toward protecting natural resources.

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MUSEUMS WITH ENCHANTING ARCHITECTURE

ART SPACES NOTED FOR THEIR ARCHITECTURE...

The Centre Pompidou in Paris has welcomed more than 180 million visitors since its opening in 1977.

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CENTRE POMPIDOU

The Centre Pompidou is one of the first buildings to come up in conversation about architecturally notable museums. Although this famous Parisian museum was criticized when it opened in 1977 by Le Monde newspaper for its resemblance to King Kong, today, it welcomes art lovers as an extremely inspiring building. Designed by Renzo Piano and Richard Rogers, the Centre Pompidou is a predominantly glass and metal structure with transparent details. Designed as an "inside out" art museum that "inhales and exhales," the Centre Pompidou's most memorable architectural feature is the color-coded pipes visible along its exterior. The blue pipes are for climate control; the yellow, for electrical; the green, for plumbing; and the red, for pedestrian flow (escalators and elevators). Home to a library and music center as well as works of art, the museum's architects have stated that they focused on the idea of culture and arts being fun while designing the Centre Pompidou. Known as the "caterpillar," the massive glass-covered mechanical escalator is another iconic part of the museum that's hosted more than 180 million visitors to date.





GUGGENHEIM

One of the leading spaces in New York's art scene, the Guggenheim Museum is the work of American architect Frank Lloyd Wright. Named after American art collector Solomon Robert Guggenheim, this Manhattan museum opened in October 1959, six months after the passing of Frank Lloyd Wright. The museum can also be seen as a work of art that pays homage to the memory of its architect. In its early years, the museum was subject to many debates due to the unorthodox design of its exhibition spaces. In fact, the reason behind the Guggenheim's tilted walls was Wright's desire to play with the visitors' perception. Inspired by nature and noted as the turning point of 20th-century architecture, the Guggenheim's design and construction took a full 15 years to complete. As this hub for modern and contemporary art was being designed, one of Solomon Guggenheim's most important requests was that the structure not resemble any other museum on earth. Also notable for the geometric shapes spread throughout the building, the Guggenheim Museum was officially designated as a New York City Landmark in 1990, thus becoming the youngest structure to receive the title.





LOUVRE

One of the most iconic symbols of Paris, the Louvre is celebrated for its history as well as its architecture. The museum's home, the Louvre Palace, was commissioned by King Philip II toward the end of the 12th century to defend the city against attack. In 1793, part of the Louvre Palace was opened as a public museum named Musée du Louvre. Then, in 1983, François Mitterrand-then-president of France-asked American architect I. M. Pei to work on a project for the new Louvre. This sowed the seeds of the Louvre's iconic glass pyramid and the structure which includes the underground exhibition spaces. Starkly contrasting with the Louvre's historic and majestic structure, the modern pyramid was originally met with shock from Parisians when it was first introduced in 1989. However, today, the Louvre is one of the world's most intriguing structures thanks to its architectural blend of history and modernism.

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I. M. Pei









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CHICHU ART MUSEUM

Located on Japan's Naoshima Island, the Chichu Art Museum is best known for its bird's eye view. The triangular and rectangular structures resembling fallen confetti pieces were designed by Japanese architect Tadao Ando. A majority of the Chichu Art Museum's exhibition spaces are located underground. Constructed in 2004, the museum was purposefully designed as an underground structure so as not to harm the environment. With a permanent collection that includes works by Claude Monet, James Turrell, and Walter De Maria, the Chichu Art Museum's impressive design lets in sunlight throughout the day despite its underground location. Thus, architect Ando seems to have fulfilled his mission of bringing together nature and architecture as well as ensuring the museum building flows with its surroundings. Constructed primarily out of concrete, the museum is instantly memorable thanks to its minimalist design. Various artists contributed their ideas to the museum's design, making the building a massive site-specific artwork in its own right.



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BAKSI MUSEUM

Located in the Eastern Black Sea region, the Baksı Museum is situated 45 km outside of Bayburt, on a hill overlooking the Çoruh Valley. Combining contemporary art and traditional handcrafts under one roof, the museum was opened in 2010. The name "Baksı" is a nod to the former name of the Bayraktar Village where the museum is located. Founded by artist Dr. Hüsamettin Koçan, the Baksı Museum successfully integrates into the Eastern Black Sea geography thanks to its architectural design. Featuring exhibition halls. a warehouse museum, workshops, a conference hall, a library, and a guest house, the Baksı Museum has quite the impressive architecture, with four adjacent structures that allow in plenty of sunlight and stand in harmony with the silhouette of the surrounding mountains.

ODUNPAZARI MODERN MUSEUM

Showcasing modern and contemporary artworks from Türkiye and around the world, the Odunpazarı Modern Museum (OMM) is another Turkish art center notable for its architecture. Designed by the Japanese architecture firm Kengo Kuma and Associates, the OMM building opened its doors in 2019, after which it guickly became one of Eskişehir's symbols. This undoubtedly owed in part to the museum building's design, which puts a contemporary spin on the historic texture of the Odunpazarı region. Using as little concrete as possible in their projects in favor of natural materials like wood, stone, and paper, Kengo Kuma and Associates also deserves praise for fusing Odunpazarı's civic architecture, Ottoman dome architecture, and hints of traditional Japanese architecture in OMM's design.





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WELLNESS TRENDS ON OUR RADAR

WHICH TRENDS WILL SOON DOMINATE THE WELLNESS INDUSTRY, WHICH FOCUSES ON BOTH OUR PHYSICAL AND SPIRITUAL WELL-BEING? INTRODUCING THE BEST WELLNESS TRENDS FROM BIOTECHNOLOGY EQUIPMENT TO MICRO WORKOUTS...

As people worldwide have begun paying more attention to living and feeling well, healthy lifestyle trends have also become popular. Nowadays, many people are looking to adopt a better lifestyle through healthy habits, be it a more balanced and nutritious diet, regular exercise, meditation, or sleep. As more and more healthy lifestyle applications emerge by the day, they help people lead a happier, healthier. and more balanced life. Here, we've gathered some of the most interesting wellness trends that have lately become popular.

MICRO WORKOUTS

Micro workouts are the most interesting wellness trend of 2023. Nowadays, many people complain about not being able to find time to exercise. This is precisely where micro workouts have the potential to make life easier for many of us.



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The cabins have a minimalist design without any phoneconnection or wireless internet.



Digital detox cabins are designed for those who want to take a break from the fast pace of modern life.

So, what exactly is a micro workout? As the name suggests, micro workouts are low-intensity workouts that last for a short duration. For instance, if you've gotten involved with a dance challenge on TikTok that lasts several minutes, you've already embraced the micro workout trend. If you squat for a few minutes on your afternoon break from work, that's another micro workout. You can try your hand at this trend by downloading apps such as Seven: 7 Minute Workout on your smartphone.

BIOTECHNOLOGICAL SKINCARE

Encompassing all types of technology based on living organisms or biological systems, biotechnology has also made its way into the skincare realm. Experts suggest that biotechnological skincare products will play a bigger role in our lives in the near future. Featuring natural ingredients grown in a lab, biotech skincare products can target specific skincare concerns. Additionally. producing natural skincare ingredients in a lab significantly cuts down on the environmental harm and carbon footprint of the cosmetics industry. In short, this trend encourages us to move away from the use of synthetic or artificial products in skincare in favor of protecting our skin with eco-friendly products and natural ingredients produced using biotechnological methods. Experts agree that the future of the cosmetics industry lies in biotechnology. After all, in today's world it is much more logical to make

use of the endless possibilities of biotechnology instead of depleting our limited natural resources, especially considering the future of our planet.

DIGITAL DETOX

Although the idea of a digital detox isn't all that new, it continues to be popular when it comes to healthy living. In today's world, most of us spend our days working in front of a computer and our evenings staring at either smartphones or television screens. Now that even our smartphones quide us to keep our screen time under control, it should come as no surprise that the digital detox trend continues to gain momentum. Put simply, a digital detox entails limiting the amount of time we spend in front of a

screen. Experts suggest that a digital detox can help us feel less stressed, become more active in social life, sleep better, and be more productive at work. We would also be remiss if we didn't mention the digital detox cabins called Unplugged. Located in London, these cabins are designed for those who want to take a break from the fast pace of modern life. Offering a three-day digital detox experience, these cabins have a minimalist and modern design without any phone connection or wireless internet. You leave your smartphones at the door before entering the cabin, although you are provided with an old Nokia in case of emergencies. An ideal way to spend time and find peace in nature.







FACIAL YOGA

Facial yoga is another wellness trend that's becoming more popular by the day. This form of exercise aims to strengthen and relax facial muscles while adding elasticity. Since these exercises seriously relax the facial muscles, they have the potential to reduce the appearance of wrinkles and sagging skin caused by tension, stress, and anxiety, as well as prevent early signs of ageing. A simple and effective method you can easily add to your daily routine, facial yoga increases blood flow to eliminate grogginess and tiredness when done in the morning. The fact that it is both inexpensive and more practical compared to cosmetic surgery helps make facial yoga a wellness practice that's embraced by more people

each day. One study revealed that middle-aged women who did facial yoga for several months appeared three years younger. You can opt for facial yoga both to take better care of your skin as well as to de-stress and relax.

SUSTAINABLE NUTRITION

A trend that's been on our radar for sometime, sustainable nutrition is critical for both human health and the future of our planet. The fundamental goal of this trend is to help us eat healthy, diverse, and balanced food while encouraging the conservation of natural resources during food production. Efficient use of water sources and agricultural land, effective waste management, and reduction of carbon emissions are also among the goals of sustainable

nutrition. At this point, it's also important to remember that the overconsumption of animalderived products increases greenhouse gas emissions and wastes energy sources. For instance, producing a 225-gram hamburger requires more than 3,000 liters of water. Additionally, the greenhouse gases emitted from cooking a meatless hamburger are nearly 90% less than those emitted while cooking real meat burgers. As a result, the sustainable nutrition trend also encourages people to consume less animal-derived products and focus more on plant-based diets. Given the increasing importance we place on both human health and the future of our planet, we're sure the sustainable nutrition trend will remain on our radar for quite some time to come.







RECENT NEWS FROM ŞİŞECAM SPORTS CLUB



Golden Horn Rowing Cup









Spring Cup Academy League Turkish Championship







Turkish Cup Canoe Champions May 19th Commemoration of Atatürk, Youth and Sports Day Cup

THE ROWING AND CANOE DIVISIONS FOUND SUCCESS IN COMPETITIONS.

Şişecam Sports Club had success in all categories of the May 19th Commemoration of Atatürk, Youth and Sports Day Cup, which appears on the 2023 activity calendar of the Turkish Canoe Federation, and which is organized by the Eskişehir Metropolitan Municipality. At the competition, the club scored a total of eight medals, two first-place trophies, and one third-place trophy.

The Spring Cup Academy League Turkish Championship was held in Sapanca at the end of May. The Şişecam Sports Club Rowing Division participated in the competition with 24 athletes, winning one silver and six bronze medals. The team also received the third-place trophy in the Young Women and Star Women categories.

The International Regatta Bratislava Canoe Sprint Cup was held in Bratislava, Slovakia, from May 26 to 28. During the three-day competition, Ergün Vatan Baydemir from Şişecam's Canoe Division had the opportunity to compete wearing the national team jersey. Baydemir came in fourth place in the K2 Junior Men 1000-meter semifinals, ninth place in the K2 Junior Men 500-meter semifinals, and sixteenth in the K1 Junior Men 5000-meter finals.

The Turkish Canoe Sprint Cup was held at the Sarısungur Pond in Eskişehir from June 6 to 8. The competition saw 280 athletes from 29 clubs compete, with Şişecam Sports Club participating with 21 athletes. Şişecam athletes received a total of 27 medals in the competition, including nine first-place, ten secondplace, and eight third-place medals. In a ranking based on the total number of first-place medalists, the club received the first-place trophy in young men, the second-place trophy in adult women, and the secondplace trophy in girls.

The Golden Horn Rowing Cup was held at the Haliç Water Sports Center on June 10 and 11 with the participation of 25 clubs and 400 athletes. Şişecam participated with one manager, two trainers, and 20 athletes, receiving one silver and one bronze medal.



Now in its fifth year, Kaş Jazz Festival brings together music fans with the leading jazz performers from Türkiye and around the world. The festival lineup includes acts like the Enver Muhamedi Trio, Elif Çağlar Quartet, Burhan Öçal & Istanbul Jazz Ensemble, Social Inclusion Band, Korhan Futacı, and Birsen Tezer. Get ready to spend a few evenings enjoying jazz music at a seaside location.

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W. R. D. Fairbairn Psikanalitik Kişilik Çalışmaları

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book Psychoanalytic Studies of the Personality

W. R. D. FAIRBAIRN TÜRKİYE İŞ BANKASI CULTURAL PUBLICATIONS

Psychoanalytic Studies of the Personality is a collection of papers by Scottish psychoanalyst W. R. D. Fairbairn from various publications. Focusing on infants' and kids' need for relationships, these papers had a profound impact on psychoanalytic theory. These papers offer a whole new perspective on the structure and dynamics of personality, revealing Fairbairn's innovative contributions to psychoanalysis.



film Outdoor Cinema at OMM

UNTIL AUGUST 16

OMM - ODUNPAZARI MODERN MUSEUM, ESKİŞEHİR

In collaboration with Français and the Goethe Institut, OMM - Odunpazarı Modern Museum invites movie lovers to outdoor screenings all summer long. A collection of intriguing films from French and German cinema will be shown, free of charge, at OMM Cinema every Wednesday at 20.30. The program includes productions such as Paris Calligrammes, Mr. Bachmann and His Class, and Walchensee Forever.



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exhibition

UNTIL SEPTEMBER 8 MUSEUM GAZHANE, İSTANBUL

Famous director Zeki Demirkubuz is currently welcoming art lovers to his photography exhibition. Shown in the L Building, the new exhibition space at Museum Gazhane, the collection brings together 78 photographs taken by Demirkubuz since 2009. The director's first solo exhibition, "Life" is curated by Nurhak Kaya.



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GUIDED BY THE "PROTECT THE PLANET" ELEMENT IN OUR 2030 CAREFORNEXT SUSTAINABILITY STRATEGY, WE HAVE DESIGNATED OUR AREAS OF FOCUS AS CLIMATE CHANGE, WATER USE, AND CYCLICAL PRODUCTION.





A SNAPSHOT

OF OUR SUSTAINABILITY AND ENVIRONMENTAL **EFFORTS IN 2022**



Amount of spending on investments and improvements

~ 35,000,000 Euro

Amount of water recycled 6.8 million m³

> procured and processed by Çevre Sistemleri A.Ş.

170,000 tons

The glass cullet supplied externally for production will grow to 35%.

OUR SUSTAINABILITY GOALS



Our amount of clean water

consumption

will decrease

by **15%.**

We will switch to a lowcarbon business model in in 2030.



During the same timeframe, our installed renewable energy capacity will be multiplied eightfold.

Our packaging waste will be reduced by 50%.



We will become carbon-neutral by 2050.



Amount of glass cullet

1.4 million

tons

used in glass production







