

# Chapter 11

## A FORGOTTEN PRACTICE OF TEACHER TRAINING HISTORY IN TURKEY: HEYBELIADA TEACHERS CAMP

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### INTRODUCTION

In his best-selling book, *The Seven Habits of Effective People*, Stephan Covey recounts that a woodcutter who tries to cut down a tree with a blind ax and does not take time to sharpen his ax, fails to cut down the tree despite hours of effort (Covey, 2012). In Covey's "sharpening the ax" reference refers to the development of all four dimensions (physical, spiritual, mental, and social / emotional) of human nature (Edlich & Gear, 1996). This is what makes someone effective and productive, according to Martin (2004). The teaching profession, on the other hand, is a high level of stress and teachers show a high level of burnout (Clagett, 1980; Jacobson, 2016; Kanene & Mushungekelwa, 2016; Shaheen & Mahmood, 2015; Skaalvik & Skaalvik, 2016). According to a study, the burnout rate is about 10% higher in some occupational groups, such as doctors and teachers (Schaufeli, 2003). Holiday, a somewhat neglected research subject and a relatively long rest period, is probably a powerful weapon against work stress and its consequences (Bloom, Geurts & Kompier, 2010).

Holidays are seen as an important time for employees to renew their resources, both physically and mentally, and to get rid of work related demands (Fritz, Ellis, Demsky, Lin & Guros, 2013). In addition, holidays can be said to be the perfect time to renew and restore their working capacity (Flaxman, Horan & Mcintosh, 2017). Relaxation holidays, which should be mental as well as physical, are an investment to increase efficiency (Peters, 1985). In a study conducted, holidaymakers known to have high levels of mental tension before the holidays; It is concluded that when they and their relatives have enough time for their needs, exercise, sleep well and socialize in a warm holiday climate, it is easier for them to recover (Strauss-Blasche, Reithofer, Schobersberger, Ekmekcioglu & Wolfgang, 2005). In a semi-experimental study with 76 participants to determine whether work stress

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Heybeliada Teacher Camp, which has been serving for many years, teachers who are tired and need to rest and renew themselves are prepared in a healthy and fit new academic year. It can be said that the teacher camp, which was opened in Heybeliada in 1936, was a successful practice when the founding philosophy and conditions of the period were evaluated as a whole. The fact that the organization continued its activities over a long period of time supports this result.

Considering that the camps and teachers' hotels, which are carried out in schools affiliated to the Ministry of National Education, are not preferred today, Heybeliada Teacher Camp has been very effective in the physical, spiritual, mental and social / emotional renewal of teachers and has assumed an important task. The London Vacation Course, held between 1922 and 1938, was an application aimed at bringing together 500 primary school teachers from England and abroad for a two-week holiday course in London in summer, and organizing activities to improve their professional, social and cultural aspects (Robinson, 2011). When viewed from this angle; Heybeliada Teachers Camp is an application ahead of its age, which can be compared with the London Vacation Course.

This study is a small contribution to the evaluations about the development of teachers' social and cultural aspects. However, recreation camps alone are not sufficient in developing the social and cultural aspects of teachers. Of course, apart from the rest camps, examining other practices made in the past to increase the morale and motivation of teachers will shed light on future plans.

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