

Istanbul Topkapı University Smoke-Free, Healthy and Hygienic Campus Policy

Istanbul Topkapı University is committed to providing a smoke-free, hygienic and healthy campus environment for its students, academic and administrative staff to study and work in. This policy aims to prevent smoking on the university campus, promote healthy lifestyle habits and maintain hygiene standards at the highest level. Our university remains steadfast in its commitment to creating a safe, clean, and healthy environment for all members of the community.

Core Values

Istanbul Topkapı University's Smoke-Free, Healthy and Hygienic Campus Policy is based on the following core values:

1. **Health and Well-being:** The university prioritises the physical and mental health of all individuals. It aims to enhance well-being on campus by supporting healthy lifestyle habits.
2. **Smoke-Free Environment:** Our university is committed to creating a smoke-free campus by restricting the use of cigarettes and other tobacco products. This policy aims to both reduce tobacco use and prevent passive smoking.
3. **Hygiene and Cleanliness:** The university ensures that hygiene and cleanliness standards are maintained at the highest level throughout the campus. This ensures that students and staff are in a safe and healthy environment.
4. **Awareness and Education:** Continuous education programmes are organised to raise awareness about healthy living, hygiene and a tobacco-free environment. Our university attaches great importance to awareness-raising activities in these areas.
5. **Environmental Sustainability:** The principle of environmental sustainability is adhered to in order to prevent waste that pollutes the environment, such as cigarette butts. Hygiene and cleanliness policies are implemented using environmentally friendly products and methods.

Smoke-Free, Healthy and Hygienic Campus Policy Strategies

Istanbul Topkapı University implements the following strategies to create a healthy and hygienic campus:

1. **Smoke-Free Campus Areas:** Smoking and the use of tobacco products are not permitted in any open or enclosed areas within the university campus. This rule applies to all building interiors, classrooms, laboratories, dining halls, halls of residence, sports facilities, and open areas throughout the campus. Awareness-raising signage is displayed in smoke-free areas.
2. **Programmes for Preventing Cigarette and Tobacco Use:** The university offers educational programmes and counselling services that provide support for quitting

smoking. These programmes, which aim to instil healthy lifestyle habits in students and staff, encourage the reduction of tobacco use.

3. **Hygiene Protocols:** The university meticulously implements hygiene protocols across the campus. Regular cleaning and disinfection procedures are carried out in areas such as toilets, cafeterias, classrooms and other common areas. Hand sanitiser and hygiene supplies are readily available at accessible points throughout the campus.
4. **Health Services and Consultancy:** The health unit within the university provides the medical services required by students and staff. It also offers advice on healthy lifestyle issues to individuals, thereby raising health awareness.
5. **Measures Against Pandemics and Infectious Diseases:** In particular, to prevent the spread of pandemics and other infectious diseases, our university has tightened hygiene rules. Measures such as physical distancing rules, mask usage, regular maintenance of ventilation systems, and disinfection of communal areas are implemented.
6. **Environmentally Friendly Cleaning Products:** The university uses environmentally friendly, biodegradable products that do not contain harmful chemicals in its cleaning and disinfection work. This ensures that the campus remains clean while also contributing to environmental sustainability.
7. **Waste Management:** Effective waste management strategies are implemented to prevent cigarette butts and other waste from harming the environment on campus. Recycling bins and waste separation systems are widely used to raise environmental awareness.
8. **Supporting Healthy Lifestyle Habits:** Our university encourages practices that support healthy living, such as physical activity, balanced nutrition and stress relieving activities. Walking paths, sports facilities and cafeterias offering healthy food alternatives operate within this framework on campus.

Objectives

The objectives of Istanbul Topkapı University's Smoke-Free, Healthy and Hygienic Campus Policy are as follows:

1. **Completely Smoke-Free Campus:** The complete elimination of tobacco product use on campus. Ensuring that 100% of students and staff are informed about the smokefree campus policy and comply with it.
2. **Continuous Improvement of Hygiene Standards:** Regular review of hygiene and cleaning practices and maintaining the highest standards of cleanliness on campus. Updating cleaning protocols annually and monitoring their implementation.
3. **Smoking Cessation Support Programmes:** Our university aims to increase participation in smoking cessation programmes for students and staff. Each year, it is planned to increase the number of individuals benefiting from these programmes by 10 percent.
4. **Being Prepared for Pandemics and Infectious Diseases:** Strict implementation of measures against infectious diseases on campus and regular evaluation of these

processes. Taking swift action in situations such as pandemics to protect the health of students and staff.

5. **Increasing the Use of Environmentally Friendly Cleaning Products:** Ensuring that 75% of cleaning products used are environmentally friendly and recyclable. Minimising the use of plastic and chemical-based products.
6. **Raising Health Awareness and Consciousness:** Increasing awareness across the campus through health and hygiene training sessions for students and staff. Increasing participation in activities and training programmes that promote healthy living habits by 50%.
7. **Improving Waste Management:** To increase the recycling rate of waste on campus to 60% and completely eliminate pollution caused by cigarette butts. Organising events across the campus to raise awareness of waste management.

İstanbul Topkapı University, by adopting a smoke-free, healthy and hygienic campus policy, aims to protect the health of both its students and staff and to create an environmentally conscious university environment. Our university is committed to the effective implementation and continuous improvement of this policy.