



İpek Özel is a lecturer at the Department of Communications of Istanbul Bilgi University. She is also a freelance researcher and writer. She is a daughter of a Cretan immigrant family and has been researching her roots and the cultural affects of the Exchange, mainly concentrating on the Cretan cuisine, traditions and culture. Özel has been working on her book project titled “the Birth, Wedding and Mourning Traditions, Cuisine and Culture of the Cretan Immigrants.”