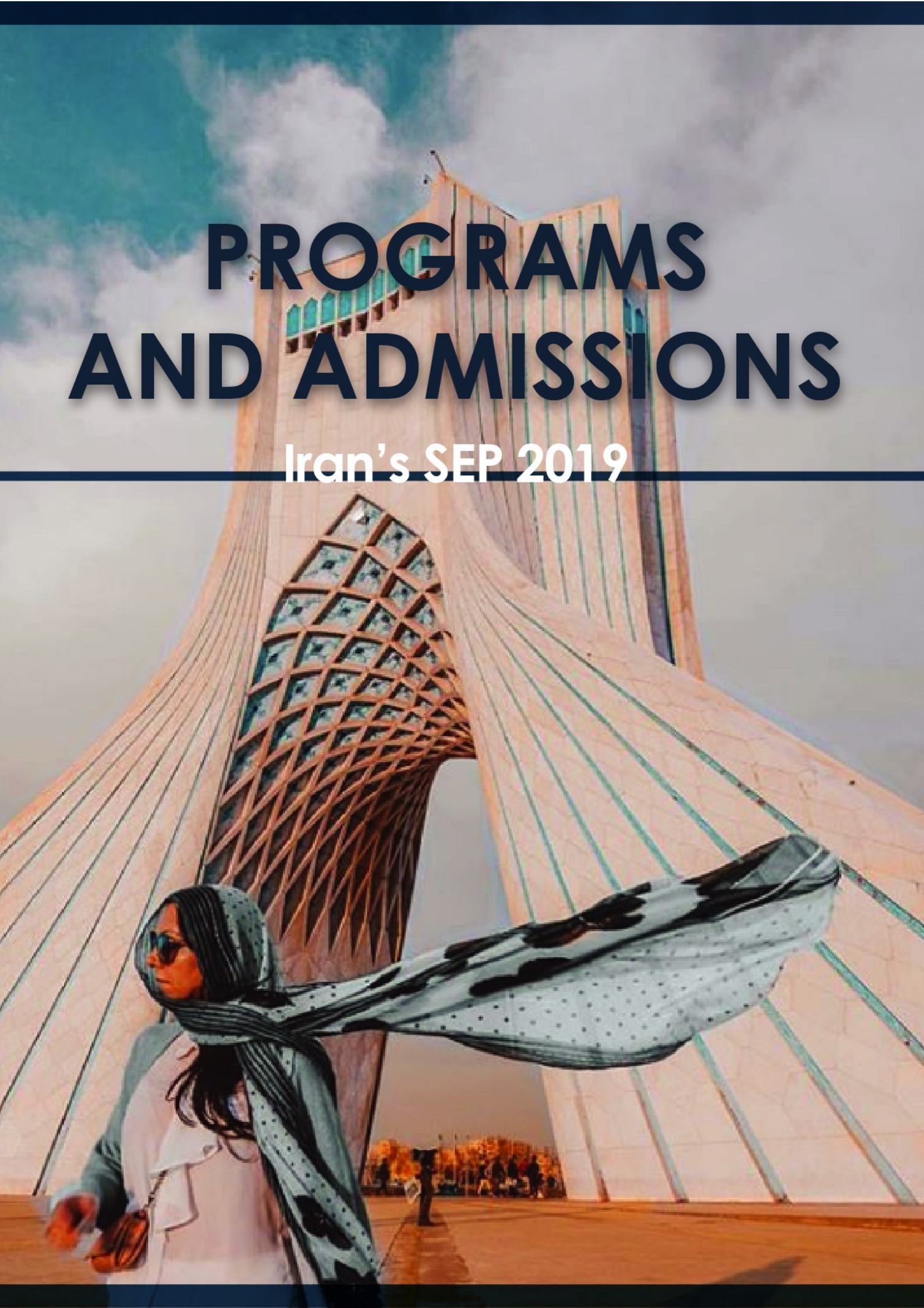


# PROGRAMS AND ADMISSIONS

Iran's SEP 2019





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DESIGNER: FATEMEH  
SHEIKHLAR







# Introduction

This booklet was prepared for you by your SEP team members in cooperation with the IPhSA's media committee. It's going to be your guide before and during the four weeks of your stay here. Here you can find many tips and interesting facts about Iran. That's why we recommend you to read it carefully before visiting here to get the best out of your visit, and the amazing programs we have prepared for you. Hope you enjoy it!

Your Student Exchange Officer and SEP team members



If you face any unexpected emergency situations during your stay, you can contact the following numbers:

SEO, Ghazal Sharifian: +98-912 936 3109

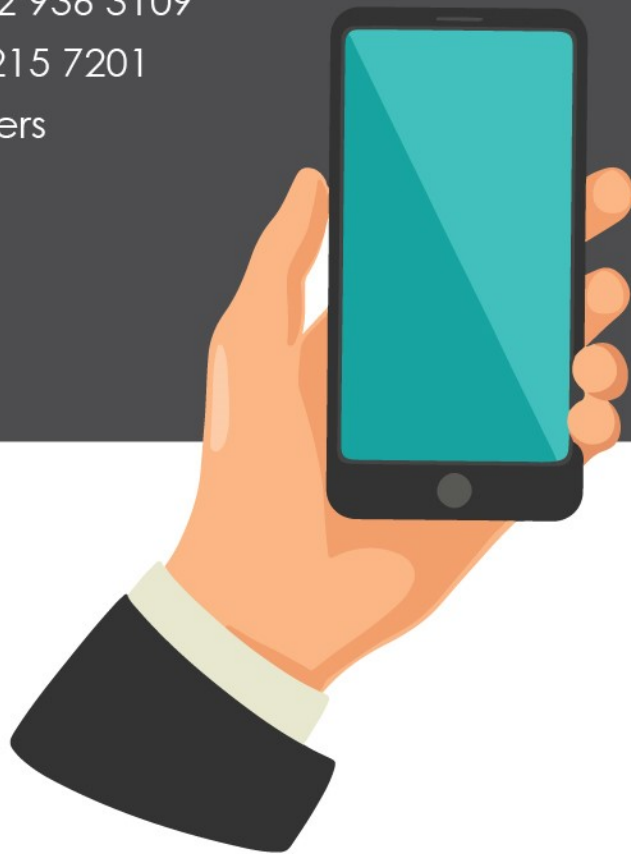
LEO, Tara Forouzan: +98-937 215 7201

Emergency telephone numbers

Ambulance: 115

Police: 110

Fire & Rescue: 125



## Emergency

### WHAT WORDS IN PERSIAN SHOULD I LEARN?

The most important point would be to learn the Farsi numerals before coming to Iran. In most shops around the country, the prices are written in Farsi numerals, so learning them can help you a lot and you can also practice them by looking at the registration plates while you're on the streets. A few phrases like Salam (hello) Khoobi (how are you?) Khoobam (I'm fine), Merci (Thanks), Khodahafez (Goodbye) and Cheghad (How much?) would also help you to communicate more effectively!





## Rules and Dress Codes

- Since 1979, alcohol has been prohibited for Muslim citizens and Iran is a country where alcohol is outright banned across the entire country.
- Pork meat is also taboo as its usage is against the rule of Islam.
- The hijab rule is observed in many Muslim countries including Iran. For observing Hijab, the minimum requirements for a woman include long pants and a long-sleeved shirt (known here as manteau) over it. Women are also required to cover their heads with a shawl or a scarf.
- Any women who come to Iran, Muslim or not, have to cover up their hair, arms, and legs. Using vivid colors for clothes, however, won't cause you any problem.
- The dress code for men is a lot more relaxed. T-shirts are fine, but you should avoid sleeveless vests and stick to t-shirts or shirts. They also have to wear trousers and not shorts.





# Currency

Iranian Rial (IRR) is the currency of Iran. Previously Toman was Iran's currency but about eighty years ago rial replaced toman as the official currency of Iran. Iranians however still use toman as the talk about their daily commercial transactions. For this purpose, one Toman equals 10 Rials.

For example, 100000 Rials is often addressed as 10000 Tomans but Iranian people don't bother themselves with all these other zeros as well and so, they would simply call it 50 Toman! (check out the relative amounts below) But in formal documents including bank notes and vouchers the amounts are nearly always put down in rials.

If you consider this exchange as something confusing, don't worry, just put your finger on the last zero of the currency, in order to find out how much that is in Toman.

Here is a brief guide to Iranian cash:

5000 Rials = 500 Tomans

10000 Rials = 1000 Tomans

20000 Rials = 2000 Tomans (relative amount= 2 Toman)

50000 Rials = 5000 Tomans (relative amount= 5 Toman)

100000 Rials = 10000 Tomans (relative amount= 10 Toman)

500000 Rials = 50000 Tomans (relative amount= 50 Toman)

1000000 Rials = 100000 Tomans (relative amount= 100 Toman)



# A Guide to Internet Access and Useful Applications/Sites

## can I get an Iranian SIM card?

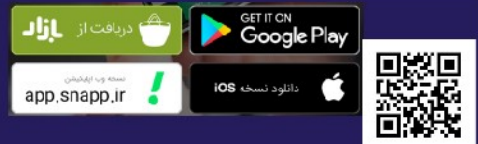
SIM cards in Iran are really cheap and the same is true for data. You can easily buy a SIM card and charge it with for example 10 Gigs of data for around 30,000 Tomans, so it would be a very affordable option for you to use the Internet while you're in Iran. It will also enable you to use Snapp for the taxi, too. If you plan to be in Iran for more than 30 days, you have to register your SIM card.

## What about internet usage in Iran?

To use websites like Facebook and YouTube in Iran you are going to have to use a proxy as those websites are blocked here. There are many applications which are free if you are in Iran for less than 30 days.

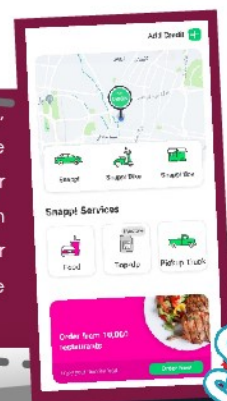
## Online Transportation and Food Delivery

**Snapp** is a useful application which allows you to order your ride online. You can also use Snapp to order food. Sounds great! If you scan the code below you will be redirected to Snapp's official website where you can download the app. Follow the instructions given in the app to sign up.



- . To download the app from Google Play, touch the button at top right.
- . To download the app on iOS, touch the button at bottom right.
- . To use the web version of the app, choose the button at bottom left.

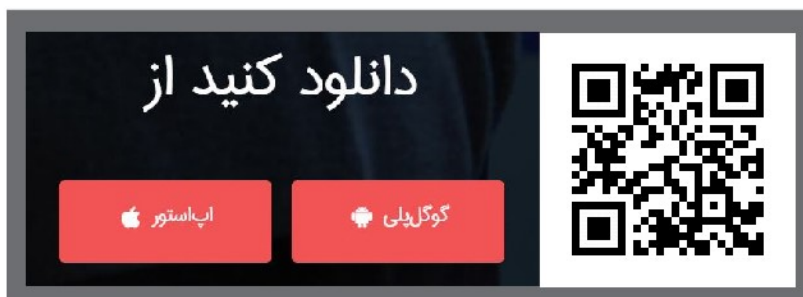
After installing the app and signing up, this screen appears. You can order a ride by touching Snapp!, and setting your pickup location and destination afterwards. There is also a search bar which allows you to find places more easily by searching them.





## Metro Map

Travelling by metro is quite timesaving, and easier than ever thanks to “Tehran Metro” app. You can easily get access to Tehran’s metro map and stations and find the best route to your destination. Scan the code below to go to their official website, scroll to the bottom of the page and touch the right button to download the app from Google Play and the left one to download it from AppStore.



## Daricpay

Unfortunately, no international credit cards also no international ATM or Traveler’s cheques can be used in Iran. Daricpay might help you by offering the safety and convenience of paying with an Iranian debit card. We suggest you to visit their website for more information.

[www.daricpay.com](http://www.daricpay.com)







## Tehran University of Medical Science

Tehran University of Medical Science (TUMS) is a part of University of Tehran, which is the oldest university in Iran. Tehran University campus is located on "16 Azar Street", in the center of the city.

### Walking in the Neighborhood

If you go down the 16 Azar Street, you will arrive at "Enghelab Street" which is one of the most crowded places in Tehran. Enghelab Street is a dreamland for bookworms since it is full of bookstores and publishing centers. If you keep walking around Enghelab Square, you can have some Iranian cuisines such as Aush, Falafel, ect.

Enghelab metro and BRT stations are also there to help you with transportation.

You can walk Enghelab Street to the east in order to reach "Valiasr Street", which is the longest street in the Middle East, and was reported as one of the longest in the world by BBC. (17.9 km, from Tajrish Square to Rahahan Square)

If you take 16 Azar Street to the top, you will arrive at "Keshavarz Boulevard", one of the oldest streets of Tehran, which will cross the "Valiasr Square".

## ARE IRANIANS ARAB?

Although some may think, Iranians are not Arabs and the vast majority of them are Persian and speak Persian (Farsi) and calling them Arabs is like calling an Irish man British or English!

Also there are some people who are of both mixed Arab and Persian ethnic or cultural background. Conversely, ethnic Arabs and Arabic speakers living primarily in the Khuzestan province of Iran.



# Program Locations

All the locations provided are also written in Persian to make it easier for you to ask the locals for directions if needed.

## 1. Faculty of Pharmacy - Tehran University of Medical Sciences

Address: School of pharmacy, Tehran University of medical sciences, Enghelab st., Tehran.

آدرس: تهران، خیابان انقلاب اسلامی، دانشگاه علوم پزشکی تهران، دانشکده داروسازی

## 2. Imam Khomeini Hospital

Address: East Baqer Khan St., Chamran Highway, Tehran.

آدرس: تهران، انتهای بلوار کشاورز، بیمارستان امام خمینی

## 3. Sina Hospital

Address: Emam Khomeini St., Hasanabad sq., Tehran.

آدرس: تهران، میدان حسن آباد، خیابان امام خمینی، بیمارستان سینا

## 4. Shariati Hospital

Address: Jalal Al Ahmad St., Tehran.

آدرس: تهران، بزرگراه جلال آل احمد، بیمارستان شریعتی.





## Nearby Places

In this section, we are going to introduce off-campus places that seem to be helpful.

### 1. 16 Azar Clinic

16 Azar Clinic is a Tehran University dependent clinic, provided for students and staffs, where you can visit physicians in case of emergency. There is also a Drug Store if needed.

Address: 16 Azar clinic, 16 Azar St., Enghelab St., Tehran.

آدرس: تهران، خیابان انقلاب اسلامی، خیابان ۱۶ آذر، کلینیک ۱۶ آذر

### 2. Lamiz Caffee

You cannot buy happiness but, you can by coffee. Lamiz can be good choice to bring you happiness with a perfect cup of coffee.

Address: No. 1012, North Kargar St., Enghelab sq., Tehran.

آدرس: تهران، میدان انقلاب اسلامی، خیابان کارگر شمالی، پلاک ۱۰۱۲، قهوه‌لیمز

### 3. Cluna

If you need a budget-friendly healthy meal, Cluna is there for you.

Address: Corner of Nosrat St., North Kargar St., Enghelab sq., Tehran.

آدرس: تهران، میدان انقلاب اسلامی، خیابان کارگر شمالی، نبش نصرت، کلنا

### 4. Visland Fast Food

A Pizza lover? Then Visland is going to be your choice for having your daily meal.

Address: No. 258, Between 16 Azar and Qods St., Keshavarz Blvd, Tehran.

آدرس: تهران، بلوار کشاورز، بین خیابان ۱۶ آذر و قدس، پلاک ۲۵۸

## TEA OR COFFEE?

Although you may find many coffee shops which serve coffee in Iran, Iranians love to drink tea, even more than Irish or English people! Everywhere you go in Iran you'll be offered tea and they have it with a rock candy called Nabat. You simply stick it in and you spin it around and it is absolutely delicious!

### 5. Boulevard Restaurant

If you are looking for a nearby Iranian restaurant to have a delicious Persian food, without worries about communication, Hotel Boulevared seems to be a good choice.

Address: No. 109, corner of Jalaliyeh st., Keshavarz Blvd, Tehran.

آدرس: تهران، بلوار کشاورز، نبش کوچه جلالیه، پلاک ۱۰۹، رستوران هتل بولوار

### 6. Tea Art Café

Tea Art Café with its nice and quiet atmosphere is a nice place to spend your time and have a delicious dish.

Address: In front of the Faculty of Medicine on the corner of Jalaliyeh st., Poursina St, Tehran.

آدرس: تهران، خیابان پورسینا، نبش کوچه جلالیه، کافه تی‌آرت







## Transportation Tehran Metro and BRT Buses

Being one of the largest and most populated metropolitans in the Middle-East, Tehran is well equipped with diverse sets of transportation that facilitates traversing around this colossal city.

Tehran metro has five fully operational lines and another two which are currently under construction and upon their completion Tehran metro will cover all its districts.

Tehran metro is huge but finding one's way is really easy as you can find metro maps everywhere in the stations and also in the trains. You can also get Tehran metro map from the internet.

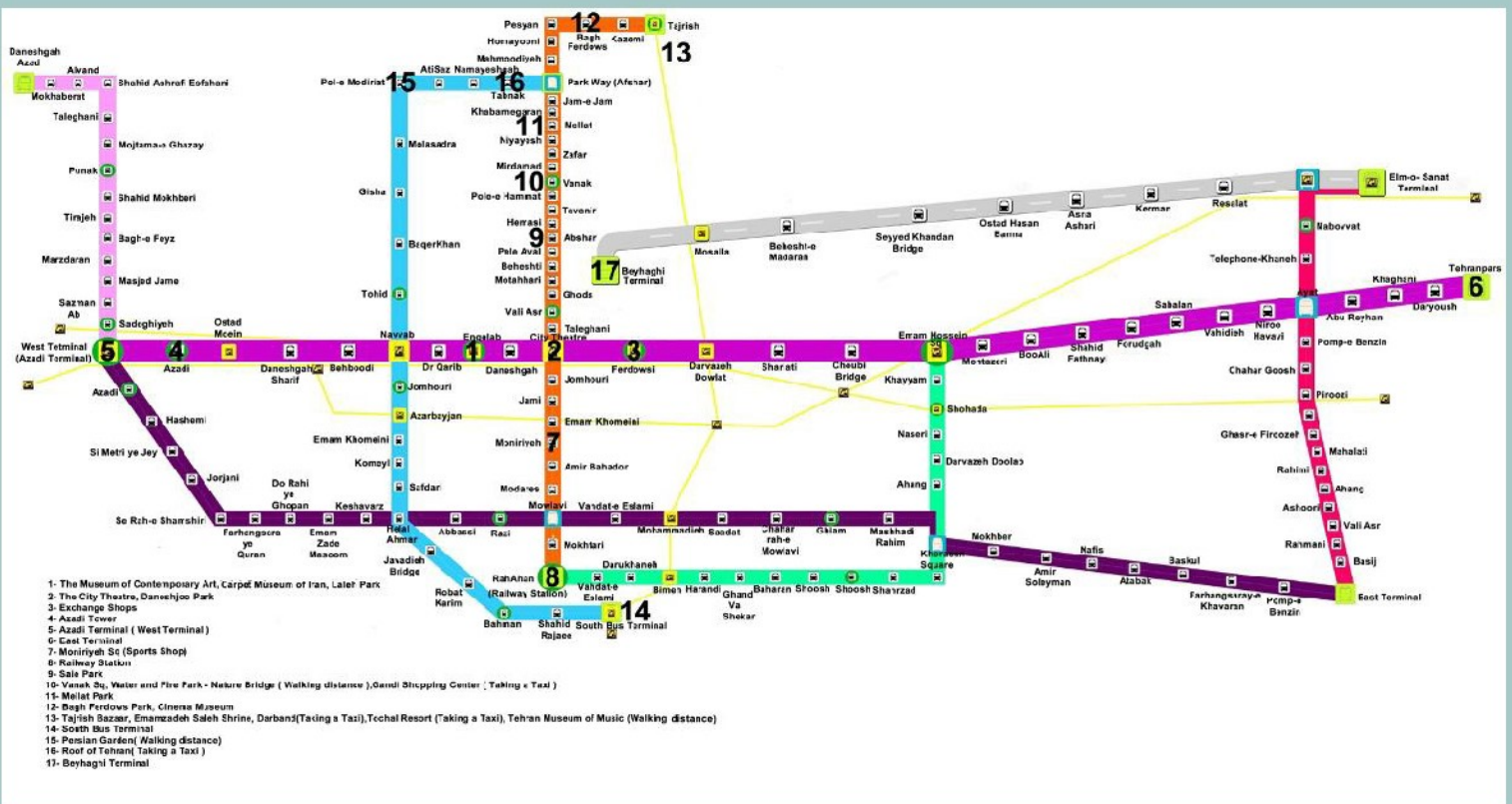
Another means of public transportation in Iran's capital is Tehran BRT Bus system. These large vehicles have the capacity of moving over 50 people at a time and they are very fast due to their exclusive lines in streets and freeways. Similar to metro lines here you will find Tehran BRT buses map in every vehicle and station.

### SEGREGATION IN PUBLIC TRANSPORTATION

There are "women only" sections on most forms of public transport. However, women actually don't have to use these sections, but if they're alone or in groups with other women, then they tend to make use of them. Also, men and women can't go to the gym at the same time in Iran.

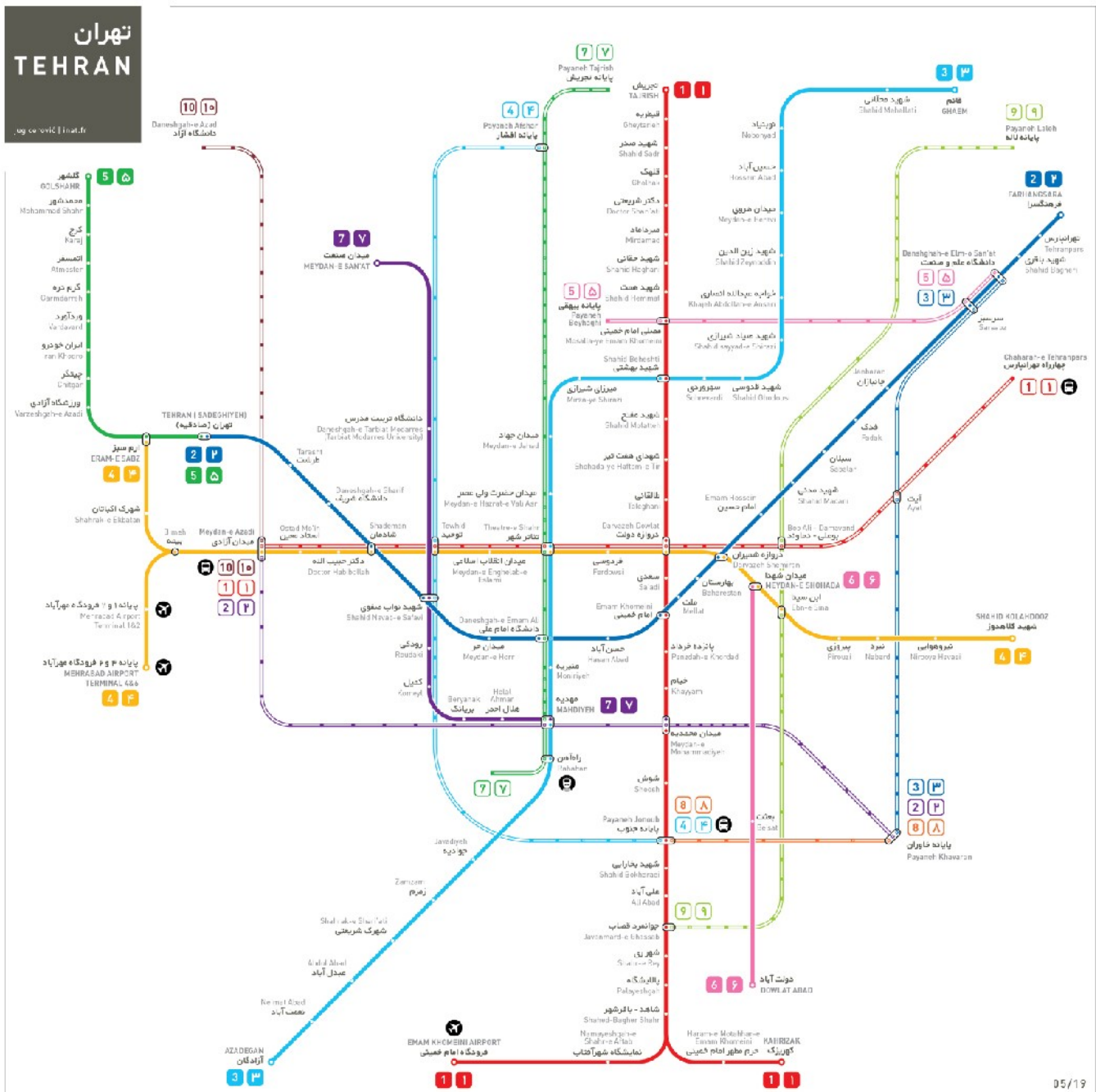


# Tehran's bus lines





# Tehran's metro map







# Tehran

Imamzadeh Saleh

**Tehran** is a cosmopolitan city, with great museums, parks, restaurants, and warm friendly people. Plus, you are going to spend three quarters of your visiting time in this populated city. Therefore, it would be very disappointing if the famous, historical and recreational places in the capital city of Iran are not introduced. We shall now start to explore Tehran from the very north to the very south...

## HELPFUL GREETING TIPS

Making friends in Iran is easy. People will get social soon, and do not be surprised if they (not everybody, though) start ta'aroffing around or asking a few personal questions. All these are signs of friendship.

**1.** Tehran is located in the foothills of Alborz, and that's why the north of Iran has many pathways for hiking or spending the weekend just to enjoy the environment. Plus, these sites are not much far from the city center.

For instance, there is only 30 minutes' drive to Jamshidieh Forest Park where you can feel the fresh air and breathe it deeply through your lungs. You can also spend a dreamy night in Darband, where you can find unique sceneries, loads of restaurants and tea places (which are called "Chaikhane") to chill out and escape from hectic city life.

As for a little bit of hiking or maybe taking a tele-cabin ride to the height of 3964 meters, Tochal -the tallest mountain of Tehran- where its foothills are named as Bam-e-Tehran can be a great choice to visit.

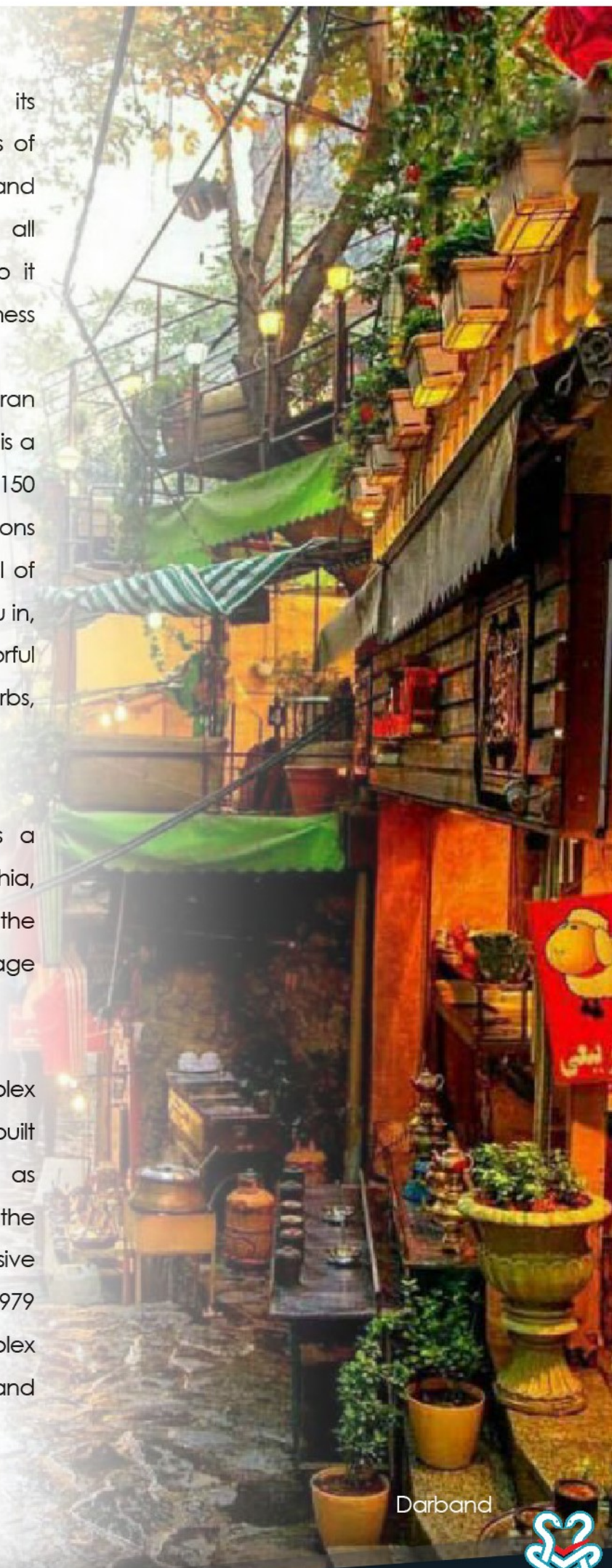


**2. Tajrish square:** Tajrish square and its surroundings are one of the most vivid sites of Tehran. This old square connects a few main and crowded streets of Tehran. People from all classes and backgrounds are attracted to it because of its reputation for being a business center for many years.

**Tajrish Bazaar:** One of the main Bazaars of Tehran is Tajrish Bazaar is located in Tajrish Square. It is a covert bazaar with a history of more than 150 years which is one of the many tourist attractions of Tehran. Walking down its lanes, the smell of delicious edibles and various spices bring you in, and you will find yourself surrounded by colorful stores selling rare and traditional fruits and herbs, and traditional apparel and costumes.

**3. Imamzadeh Saleh:** Imamzade Saleh is a shrine of Saleh, son of the seventh Imam of Shia, Located just next to the main entrance of the Tajrish Bazaar. It is an important cultural heritage where people do their prayers.

**4. Sa'dabad Complex:** Sa'dabad Complex located at the north of Tajrish square, was built and inhabited by the Qajar monarchy as summer residence in the 19th century. In the 1920s the Pahlavi dynasty made extensive expansions and resided in it. After the 1979 revolution, it was turned into a unique complex museum where Royal Family's rooms and furniture are displayed.



Darband



## 5. **Baghe Ferdows Garden and Cinema**

**Museum of Iran:** Baghe Ferdows is a historically valuable manor from 200 years ago and became the Cinema Museum of Iran about 17 years ago. It contains old pictures, documents, posters of cinematic characters and the very first filmmaking equipment in Iran.

## 6. **Tabiat Bridge:**

Tabiat Bridge (translated as “nature” bridge) is the largest pedestrian overpass in Tehran. The 270-metre (890 ft) bridge connects two public parks and it has been awarded for its unique architecture.

## 7. **Museum of the Islamic Revolution and Holy**

**Defense:** As the largest museum in Asia, It has been equipped with modern technologies and devices that display contemporary history of Iran with focus on Iraq-Iran war (1980-1988).

## 8. **Milad Tower:**

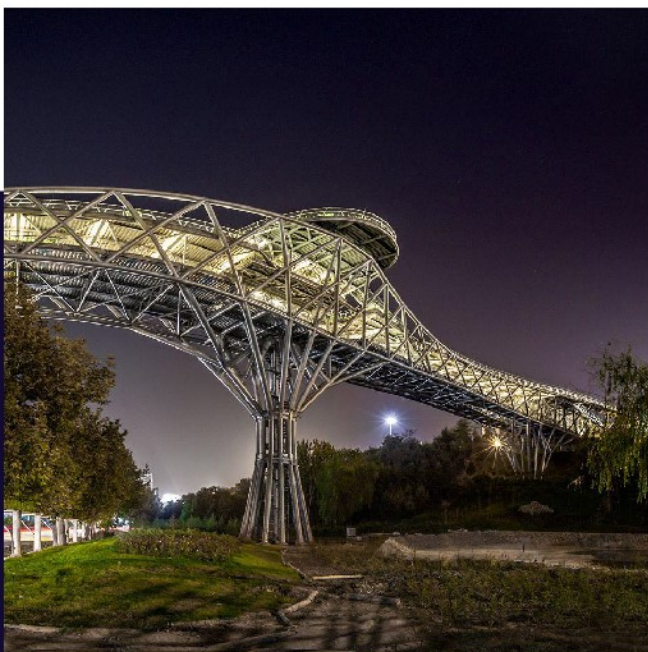
Milad Tower, also known as Tehran Tower, is a multi-purpose tower. It is the sixth-tallest tower and the 24th-tallest freestanding structure in the world.

## 9. **Chitgar Lake:**

Chitgar Lake, an artificial lake in western Tehran, is a popular spot for family gatherings and picnicking with many recreational activities such as cycling and boat riding as well as being able to wander around the shopping malls located there.

## 10. **Azadi Tower:**

Azadi Tower, formerly known as the Shahyad Tower, is a monument located on Azadi Square in Tehran, Iran. It is one of the landmarks of Tehran, marking the west entrance to the city.



Tabiat Bridge



Islamic Museum

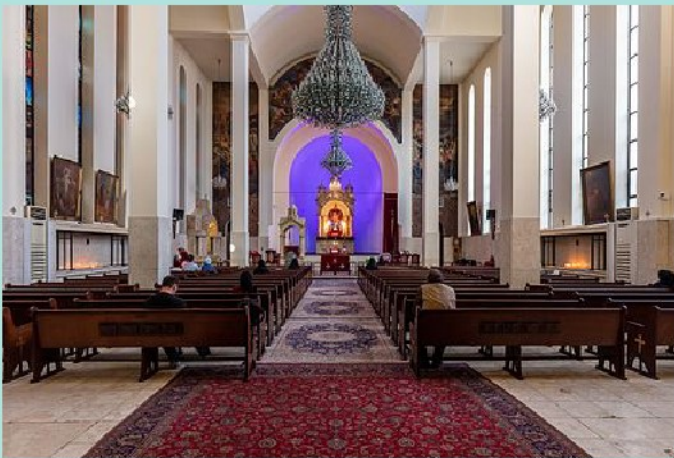


### 11. **Tehran Museum of Contemporary Art:**

Tehran Museum of Contemporary Art has collections of more than 3,000 items that include 19th and 20th century's world-class European and American paintings, prints, drawings and sculptures. The museum was inaugurated by Empress Farah Pahlavi in 1977.

### 12. **Saint Sarkis Cathedral:**

Saint Sarkis Cathedral is an Armenian Apostolic church in Tehran. It is the cathedral of the Armenian Diocese of Tehran, one of three Armenian dioceses in Iran, whose prelate is Archbishop Sepuh Sargsyan. This place can make you familiar with Armenians religion.



### 13. **The City Theatre:**

This complex is considered as the main outlet of Iran artistic theater. It was built with the initiative of Shahbanu Farah Pahlavi under the rule of Mohammad Reza Pahlavi, which has a nice architecture that can impress you.

### 14. **National Jewelry Museum:**

This museum is owned by the Central Bank. You can see astounding range of priceless gems and precious metals which once were belongings of Safavid, Qajar and Pahlavi monarchs. Star pieces include the Globe of Jewels and the Peacock Throne.



### 15. **Negarestan Museum-Garden:**

Negarestan Museum-Garden has been constructed by one of the kings of Iran at about 200 years ago for summer residence which is located in the central region of the city. The name is acquired because of the many portraits decorating the walls (Negare = portrait).



Botanical Garden



**16.National Museum of Iran:** Taking you through the history of Iran, this museum proudly celebrates the rich heritage of Iran with a spectacular collection of sculptures, ceramics and seals that date back to the 4th and 5th centuries BC.

**17.Golestan Palace:** On your visit to Golestan Palace, you will get familiar with spectacular architecture and history of Qajar era. There are nine different sections but in case of lack of time, places worth visiting the most are the Main Halls which includes the spectacular Mirror Hall and the Negar Khaneh (Iranian Painting Gallery).

**18.Moghadam museum:** Moghaddam Museum is a priceless house from the Qajar period, which is highly valuable in terms of history, architecture and objects stored in it. With its small beautiful garden having several turquoise ponds and many colorful trees, this hidden paradise would definitely fit your purpose of seeking for a place to escape the city crowd.



Golestan Palace

**19.Ghazali Cinema Town:** You may be surprised if you know that the films and series about the events taking place in the past century in Tehran, were not filmed in downtown Tehran. That's right; Ghazali Cinema Town is a recreation of old Tehran open to the public where you can go back in

### WHAT IS TA'AROF?

It is an Iranian custom by when you're trying to pay for goods or service, the other party will refuse your payment and then you have to insist payment and then they refuse again and then you insist again until they finally accept it! It is a bit bizarre and takes a bit of getting used to!

**20.National Botanical Garden of Iran:** This botanical garden is home to of 3000 species of plants, shrubs and trees. Throughout a full visit around the wonderful garden you can see many of the various herbs used in pharmaceutical products and traditional medicine.



# Iran

Now that you got more familiar with most of the places in Tehran -the city where you are going to settle in and spend most of your time in- it is time to take you on a journey to the most visited cities of Iran!

We might not have the chance to visit all of them but, who knows? Maybe they catch your eye and take you back here for a second time visit one day. So let's start without wasting any time.

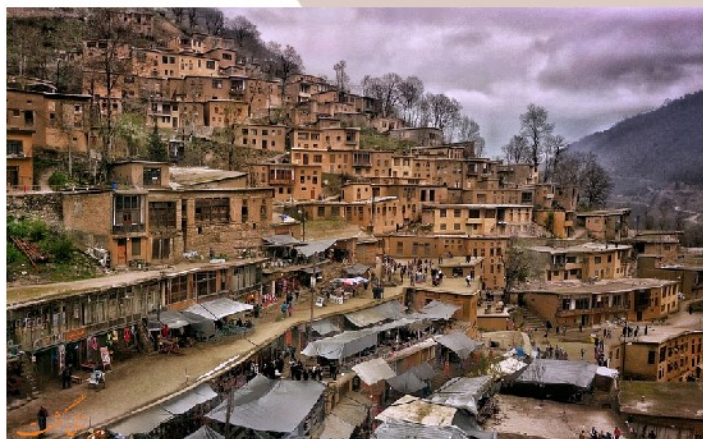




**1.Chalus:** Chalus road is one of the top 20 world's most spectacular roads. Attractions along this 160km road are numerous. Besides the gorgeous landscape, waterfalls and springs, there are historical sites like Salsal castle, dating as far back as pre-Islamic era. (about 1400 years ago)

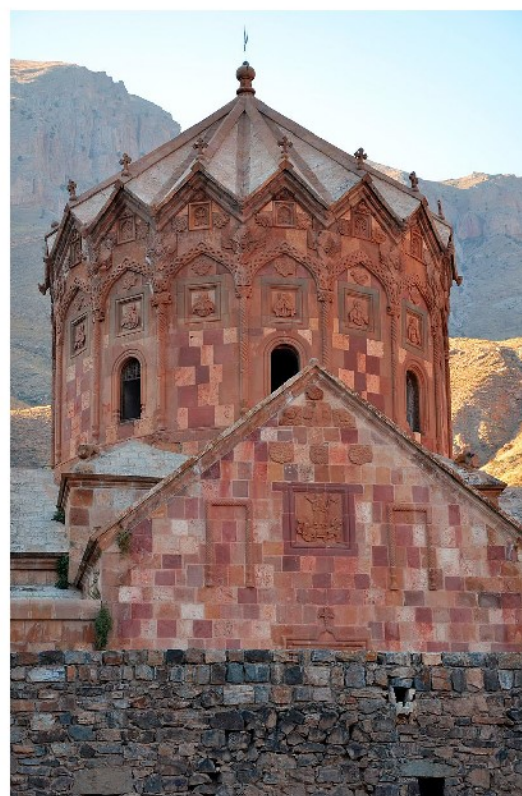


**2.Rasht:** Rasht, the capital city of Gilan province, is known as the “city of rain”. Rasht is a major tourist center with having the beaches of Caspian Sea in its neighborhood, which provide a calm and tranquil atmosphere. Souvenirs: Koloocheh Fooman (Fooman cookies), Zeitoun Parvardeh (is a kind of delicacy prepared from olives).



**3.Tabriz:** Tabriz, a 4000-year-old city, is the 3rd biggest city of Iran which is located in the North West part of the country, was nominated for “the best city for residence in Iran” by the United Nations in 2018. Besides the touristic sites in the city there are some historical places out of the city such as Kandovan village, a 7000-year-old historical village, which exemplifies manmade cliff dwellings still being inhabited. The St. Stephanus monastery is also located near the city.

**Souvenirs:** Baklava (akind of pastery), Persian Carpets





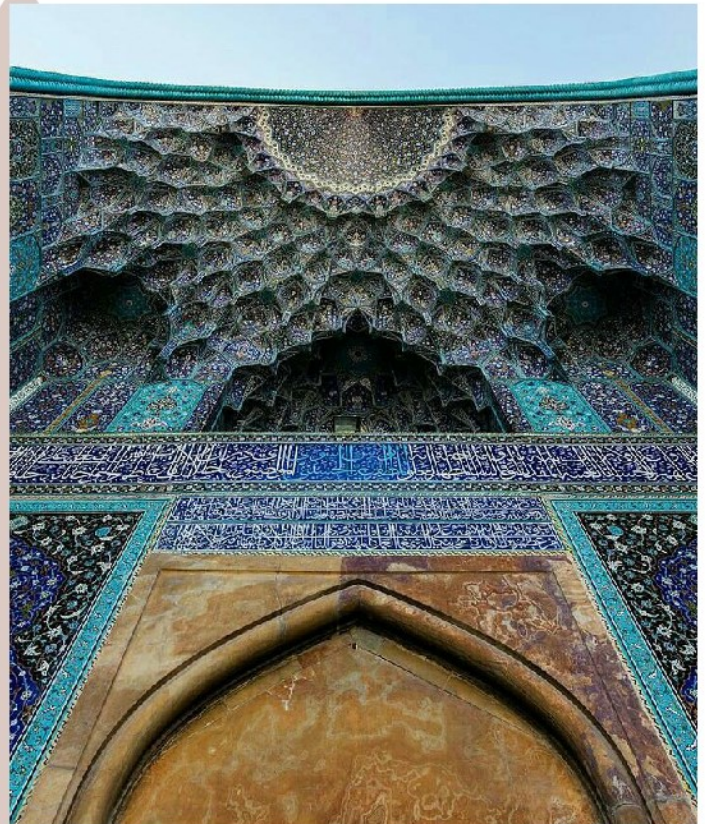


**4. Mashhad:** The Iranian shrine city of Mashhad has much to offer visiting for tourists. It is a large oasis along the ancient Silk Road connecting with Merv to the east. Imam Reza shrine which is also called as “Haram-e Razavi”, is dominated in the city center and it is the largest mosque in the world. Toos is a small town near Mashhad, where you can visit the Tomb of Ferdowsi, one of the most important and respectful poets of Iran. You can also visit Tomb of Omar Khayyam, Iranian mathematician, astronomer, and poet.

**Souvenir:** Saffron, Barberry

**5. Isfahan:** Don't miss the chance to visit Isfahan, the city full of dazzling tourist attractions which is located in the center of Iran. Its profusion of Persian gardens and important Islamic buildings gives it a visual appeal unmatched by any other cities. Some examples of places worth visiting are: Masjed-e Shah, Majed-e Jameh, Kakh-e Chehel Sotun, grand bazaar and Naqsh-e Jahan square. As you visit this square, take a walk to the bazaar and there, you can see myriad souvenir shop with varieties of handicrafts, food and so on. One of the Isfahan's beautiful handicrafts is plates with “Minakari” that are handy for home decorating.

**Souvenir:** Gaz (Iranian noughat), Poolaki (type of candy)





**6.Yazd:** The historic city of Yazd attests to the ongoing efforts of the hardworking people of desert over the course of its long history. In order to overcome the harsh nature of desert, locals have resorted to ingenious innovations resulting in the introduction of magnificent architectural and urban planning masterpieces to the world. can enjoy watching Milky Way and a lot of stars in the heart of the desert. It is also very well known for its Zoroastrian fire temples, ab anbars (cisterns) and qanats (underground channels.

**Souvenirs:** Yazdian cake (cake Yazdi), Persian cotton candy & “ termeh” (Persian handwoven cloth)



**8.Kish:** Kish is a beautiful small island in southern part of Iran located in the Persian Gulf. Most of the Iranians spend their vacations here since there are plenty of options to have fun in this area, such as spending time in beautiful and sunny beaches and diving deep into the Gulf to see its coral reef, Paragliding over the sea and participating in summer festivals.

**7.Shiraz:** Shiraz is the capital city of Fars province and a treasure trove of Persian culture and literary history. Today it is the place to smell the beautiful Shiraz roses and buy the perfume and rose-water. Visiting the Tomb of Hafiz and Sa'di and walking down the peaceful Eram Garden is a must.

**Souvenirs:** Handicraft such as carpet weaving and Muscat (one of the most famous Iranian sweets).





**9.Ahvaz:** Ahvaz is a city in the southwest of Iran and the capital of Khuzestan province. Iran's only navigable river, the Karun, passes by the middle of the city. Ghelye Mahi (a method of cooking fish) is Ahwaz's local and wonderful food.

**Souvenirs:** Dates



**10.Chogha Zanbil:** is an ancient Elamite complex in Khuzestan province of Iran. It is one of the few existent ziggurats outside Mesopotamia.



**11.Shushtar Historical Hydraulic System** is a complex irrigation system of the island city Shushtar from the Sassanid era. Shushtar infrastructure included water mills, dams, tunnels, and canals.



**12.Shirez canyon:** Shirez canyon is a wonderful, exceptional, scenic canyon located at Lorestan province. The most interesting thing about the canyon is the geologic formation and terraces which have created spectacular views..

