

Table Of Contents

This Istanbul Newcomer's Guide 2010-2011 has been developed by Istanbul International Community School to serve Istanbul's expatriate community.

TABLE OF CONTENTS

	Page
WELCOME TO ISTANBUL!	1
BEFORE YOU ARRIVE: LITERATURE, MUSIC, MEDIA RESOURCES	3-5
1. TURKEY AND ISTANBUL	7
1.1 HISTORY	7
1.2 LOCATION	7
1.3 CLIMATE	7
1.4 POLITICAL SITUATION & SAFETY	7
1.5 TURKISH HOLIDAYS	8-10
2. ECONOMIC SITUATION	11
2.1. MONEY	11
2.2 WHAT WILL 10 YTL BUY YOU?	11
3. MOVING TO ISTANBUL	13
3.1 GETTING READY: SOME GENERAL ADVICE ON PACKING	13
3.2 CLOTHING	13
3.3 COSMETICS, TOILETRIES, MEDICINES	14
3.4 APPLIANCES	14
3.5 APART HOTELS	14
3.6 MISCELLANEOUS	15-16
4. SHOPPING	17
4.1 CURRENCY VALUE	17
4.2.1 SUPERMARKETS	17
4.2.2 MALLS	17
4.2.3 MEGA-STORES	17
4.2.4 THE COVERED BAZAAR	18
4.2.5 CORNER MARKETS & OPEN-AIR BAZAARS	18
4.2.6 WINE, BEER, SPIRITS	18
4.2.7 POTABLE WATER DELIVERY	19
4.2.8 GAS FOR COOKING	19
4.2.9 ELECTRONICS SHOPPING	19
4.2.10 BEAUTY SALONS/HAIR STYLISTS	20
SALON-RELATED VOCABULARY	20
4.3 SHOPPING RESOURCES	20

Table Of Contents

	Page
5. RESTAURANTS	21
5.1 RESTAURANTS IN ISTANBUL	21
BUTCHER VOCABULARY	21
FISH SEASONS IN ISTANBUL	22
5.2 RESTAURANT RESOURCES	23
6. MEDICAL SERVICES	25
6.1 MEDICAL SERVICES IN GENERAL	25
6.2 NOTE REGARDING MEDICATION	25
6.3 PHARMACY HOURS	25
6.4 MEDICAL SERVICES RESOURCES	25
MEDICAL VOCABULARY	26
7. POSTAL SERVICE	27
8. INTERNET ACCESS	29
9. TRANSPORTATION	31
9.1 TAXI	31
TAXI VOCUABULARY	31
9.2 PUBLIC TRANSPORT FARES	32
9.2.1 AKBIL	32
9.2.2 JETONS & TICKETS	32
9.2.3 ISTANBULKART	32
9.3 BUS	33
9.4 MIN-BUS/DOLMUŞ	33
9.5 THE METRO	33
9.6 TRAMWAY & LIGHT RAIL	34
9.7 FERRIES	35
9.8 INTERCITY BUSES	35
9.9 RESOURCES FOR TRANSPORTATION	35
10. CULTURE & RECREATION IN ISTANBUL	37
10.1.1 LIBRARIES	37
10.1.2 LIBRARY RESOURCES	37
10.2.1 MUSEUMS	37
10.2.2 MUSEUM RESOURCES	37
10.3.1 RELIGIOUS INSTITUTIONS	38
10.3.2 RELIGIOUS RESOURCES	38
10.4.1 MUSIC & ARTS	39
10.4.2 CULTURAL FESTIVALS & EVENTS	39
10.4.3 MUSIC & ARTS RESOURCES	40
10.4.4. CULTURE CENTERS	40-41
10.5.1 BOOK SHOPS	41

Table Of Contents

	Page
10.5.2 BOOK SHOP RESOURCES	42
10.6.1 RADIO & TELEVISION	42
10.6.2 RADIO & TELEVISION RESOURCES	43
10.7.1 NIGHT LIFE	43
10.7.2 NIGHT LIFE RESOURCES	43
10.8.1 CINEMAS	43
10.8.2 CINEMA RESOURCES	43
10.9.1 EXPAT GROUPS & FORUMS	44
10.9.2 EXPAT GROUP RESOURCES	44
11. SPORTS IN ISTANBUL AND BEYOND	45
11.1 GYMS	45-49
11.2 SWIMMING	50
11.3 TENNIS	50
11.4 SKIING/ ICE SKATING	50-51
11.5 COUNTRY CLUBS	51
11.6 EQUESTRIAN SPORTS	51-52
11.7 BOWLING	52
11.8 DANCE	52
11.9 MISCELLANEOUS SPORTS	53
11.10 SPORTS RESOURCES	53
11.11 BEACHES	53-55
11.12 PARKS	56
12. TRAVEL	57
12.1 AIRLINES	57-58
12.2 TRAVEL RESOURCES	59-65
12.3 EMBASSIES AND CONSULATES	59-65
12.4 A WORD OF CAUTION	65
13. LEARNING TURKISH	67
13.1 TURKISH LEARNING RESOURCES	67
13.2 TURKISH SCHOOLS	67
13.3 SURVIVAL TURKISH	68
14. SCHOOL STAFF CONTACT NUMBERS	71

Welcome to Istanbul

You have just made a very significant change in your life and lifestyle. Not only are you changing your job, you are also changing your home and changing countries. You may have a wealth of experience living in different countries or it may still be relatively new for you to uproot yourself and forge a new life in a new country. Whatever the case, you are moments away from starting a new phase of your life in one of the most exciting cities in the world, in one of the most historically rich and fascinating countries in the world! Welcome to Turkey!

Literature, Language, Music, Media

(To help you adjust to living in a foreign place, and to Turkey in particular, check out some of these books (available from online bookstores like Amazon.com).

Expatriatism

- *Managing Cross-Cultural Transition* by Steven Shepard
- *The Expert Expatriate* by Patricia Linderman
- *The Art of Crossing Cultures* by Craig Storti
- *Raising Global Nomads: Parenting Abroad in an On-Demand World; A Moveable Marriage: Relocate Your Relationship without Breaking It; Homeward Bound: A Spouse's Guide to Repatriation; A Borad Abroad* by Robin Pascoe
- *Third Culture Kids* by David Pollock

Turkish Culture & Society

- *Tales from the Expat Harem: Foreign Women in Modern Turkey* edited by Anastasia M. Ashman and Jennifer Eaton Gökmen
- *Turkish Culture For Americans* by Hasan Dindi and others (this book is helpful for people from other Western cultures as well)
- *Turkish Reflections: A Biography of a Place* by Mary Lee Settle
- *Turkish Embassy Letters* by Lady Mary Wortley Montagu
- *A Handbook for Living in Turkey* by Pat Yale
- *Culture Smart! Turkey* by Charlotte McPherson
- *Culture Shock! Turkey: A Survival Guide to Customs and Etiquette* by Arin Bayraktaroğlu

Travel in Turkey

- *Lonely Planet Turkey (Country Guide)* by Verity Campbell
- *Lonely Planet Istanbul (City Guide)* by Virginia Maxwell
- *The Best Small Hotels of Turkey* by Sevan Nişanyan

Turkish History & Politics

- *Crescent and Star: Turkey Between Two Worlds* by Stephen Kinzer
- *Turkey Unveiled* by Nicole Pope and Hugh Pope
- *Gray Wolf Mustafa Kemal: an Intimate Study of a Dictator* by H. C. Armstrong
- *Atatürk: a Biography of Mustasfa Kemal, Father of Modern Turkey* by Lord Kinross

Classic Turkish Literature

- *Poems of Nazim Hikmet* by Nazim Hikmet, Randy Blasing, Mutlu Konuk Blasing, and Mutlu Konuk
- *Memed, My Hawk* by Yashar Kemal and Edouard Roditi

Literature, Language, Music, Media

Modern Turkish Literature

- *My Name Is Red; The Black Book; The White Castle; Istanbul: Memories and the City* by Orhan Pamuk (nonfiction) (Nobel Prize Winning Author)
- *The Bastard of Istanbul; The Flea Palace* by Elif Şafak
- *A Cup of Turkish Coffee; Mediterranean Waltz; Sound of Fishsteps* by Buket Uzuner
- *Last Train to Istanbul* by Ayşe Külin

Turkish Language

- *Lonely Planet Turkish* Phrasebook by Arzu Kurklu
- *Teach Yourself Turkish* by Asuman Celen-Pollard, David W. Pollard

Turkish Music

Below is a collection of popular Turkish music that may help you get a taste for different Turkish music styles: Turkish Language:

Instrumental

- ***Istanbul Senfonisi*** Nostalgic 5 CD set featuring classical Ottoman and Sufi instruments: lute, tanbur, reed flute, zither.
- ***Vuslat*** Yansimalar's soulful guitar and reed flute classic.
- ***Kıvrır*** Sellam's darbuka drum rhythms for belly dancing.

Jazz

- ***Bergama Gaydası*** Laço Tayfa's jazz renditions of Aegean, Thracian, and other region's folk songs.
- Any album of Turkey's famous jazz pianist Kerem Görsev.

Grunge/Pop/Rock

- ***Dünya Yalan Söylüyor*** Mor ve Ötesi's dream-pop, alternative rock. Voted "Best Turkish Rock Album Ever" by Turkish music magazine.
- ***Eski Köprünün Altında*** by Duman, a popular group playing Turkish influenced grunge
- Popstar Tarkan is arguably Turkey's #1 pop singer. He has many albums. His hit songs include: Şıkıdım (Hepsi Senin Mi?), Kış Güneşi, Unutmamalı, Dudu, Kuzu Kuzu
- MFÖ (Mahzar, Fuat, Özkan) is a trio with a number of hit pop/folk songs. Turkey's equivalent of Simon & Garfunkel.

Literature, Language, Music, Media

Rap

- **Rapstar** Top rapper Ceza. Ranges from breakneck verbal gymnastics to infectious 9/8 gypsy beats.

Folk

- **Homegrown Istanbul** Ethnic instrumental compilation by celebrated musicians Burhan Öcal, Mercan Dede, Cahit Berkay, et al.
- **Sevin Gayrı** Şükriye Tutkun's unforgettably pure vocals. Classic folk songs.

Fusion

- **Seyahatname** Sufi-techno fusionist Mercan Dede. Haunting ambient melodies in syncopated oriental breakbeat rhythms.
- **Ruhani Oyun Havaları/Psychebelly Dance Music** Baba Zula's psychedelic oriental funk.

Websites of interest

www.mymerhaba.com Expatriate's website for Turkey (in English, French, German)

<http://english.istanbul.com/?Vst=2> All purpose site for information of what to see and do

www.pukkaliving.com Newest Istanbul must-sees, must-dos, must-haves, trends, fads, and resources

www.sublimeportal.com Expatriate discussion forum

www.iwi-tr.org International Women of Istanbul official site

Periodicals

The Guide Istanbul - Published six times a year, gives listings for everything from restaurants to hospitals to museums as well as feature stories. Available at bookstores and news stands or by subscription.

Hürriyet Daily News - Turkey's oldest English-language national newspaper

Time Out Istanbul - English-language monthly magazine focusing on local events

Today's Zaman - English-language national newspaper with a conservative slant

Bonjour - French-language lifestyle magazine published quarterly

1. Turkey and Istanbul

1.1 HISTORY

From a historical point of view, Istanbul, which sits astride two continents, is one of the great cities of the world. The region has a long, rich, and complex history dating back to Neolithic times. Istanbul itself has been inhabited for almost three thousand years, and has been the capital of two of the most important empires in history, the Byzantine and the Ottoman. The city has grown at an incredible rate over the last two decades but still retains its charm and character.

1.2 LOCATION

About two thirds of Istanbul is in Europe and one third in Asia. The city limits stretch from the Black Sea to the Sea of Marmara connected by the Bosphorus strait. Turkey itself, having been at the crossroads between East and West, has a wealth of historical sites, as well as a variety of land and seascapes. It has something to offer everyone.

1.3 CLIMATE

There are four distinct seasons in Istanbul. The autumn is mild, the winter is wet, cold and unpredictable, with near-blizzard snowfall some years and other years no snow at all. The spring is cool, and the summer is quite warm. Air pollution is noticeable during the winter months in the city center, although it has improved considerably since many areas have switched from coal heating to natural gas.

1.4 POLITICAL SITUATION & SAFETY

The Republic of Turkey is a parliamentary democracy constitutionally committed to the secular ideals of its founder, Kemal Atatürk. However, its current ruling administration, AKP (the Justice and Development Party), has favored more conservative policies that have been called into question by Turkey's secular establishment. Istanbul is a large and crowded city, and though it is fairly safe, newcomers are advised to exercise the same caution they would in any large city. Burglary and purse-snatchings do happen, but are rare. While it is acceptable to dress according to taste, women may find that revealing clothing will attract unwelcome attention. Be wary of the many street dogs; rabies, though rare, has been reported.

1. Turkey and Istanbul

1.5 TURKISH HOLIDAYS

Turkish national holidays fall on these dates each year:

Date	English Name	Turkish Name	First day of the new year
January 1	New Year's Day	Yılbaşı	Explanation
April 23	National Sovereignty and Children's Day	Ulusal Egemenlik ve Çocuk Bayramı	Commemoration of the first opening of the Grand National Assembly of Turkey at Ankara in 1920. Dedicated to the children.
May 1	Labour and Solidarity Day	Emek ve Dayanışma Günü	
May 19	Commemoration of Atatürk, Youth and Sports Day	Atatürk'ü Anma, Gençlik ve Spor Bayramı	Commemoration of the beginning of national liberation movement initiated in 1919 by Atatürk's landing in Samsun. Dedicated to the youth.
August 30	Victory Day	Zafer Bayramı	Commemoration of the victory at the final battle in Dumlupınar ending the Turkish Independence War in 1922. Dedicated to the armed forces.
October 29	Republic Day	Cumhuriyet Bayramı	Commemoration of the proclamation of the republic in 1923. Also the halfday in the afternoon of previous day.

The major Islamic holidays observed in Turkey are Ramazan, followed by Şeker Bayramı, and then Kurban Bayramı. As the Islamic calendar is lunar based, the dates of Muslim holidays observed in Turkey move forward approximately 11 days each year.

1. Turkey and Istanbul

RAMAZAN

The Islamic holy month of **Ramazán** (RAH-mah-zahn, called Ramadan in other countries) is a time of fasting, prayer and celebration. **Ramadan** is the ninth month of the Islamic calendar. During Ramazan all physically mature and healthy Muslims are required to abstain from all food, drink, gum chewing, any kind of tobacco use, and any kind of carnal relations between dawn and sunset. Moreover, fasting includes refraining from gossiping, lying, slandering and all traits of bad character. It calls for doing good deeds, generosity and kindness, self-reflection, and prayer.

During Ramazan each day begins with a meal very early in the morning, called **sahur** which is eaten before the first prayer of the day. Don't get scared if you wake up at night with a loud noise, that is probably the sound of the traditional Ramazan **davulcusu** (drummer) who is trying to wake up Muslims so they can eat their morning meal before the sunrise and subsequent day-long fasting begins. Although in this modern age alarm clocks are more practical than drummers, the tradition continues and drummers often visit houses in their drumming territory for tips once Ramazan has ended.

For Muslims, during this month from sunrise to sunset, no food or drink can be consumed. After sunset, which is after the evening prayer, the feasting begins with a ceremonial light "break-fast" meal called **iftar**. The fast is traditionally broken with dates or olives and water. There are some special foods associated with Ramazan in Turkey such as **pide**, a flat bread, delicious when it is eaten hot (notice the lines at the local bakery right before iftar!) and **güllaç**, a dessert of rice flour wafers soaked in sweetened milk scented with rosewater and decorated with pomegranate seeds and nuts. It is customary for people invite each other to these special iftar dinners.

If you're in Turkey during Ramazan, it's polite to refrain from eating and drinking in public during daylight hours. In Istanbul Ramazan does not influence the daily life (eating out, drinking alcohol, etc) of the foreigners, but you will notice it in more conservative neighborhoods and definitely in smaller towns in Turkey. In Istanbul some restaurants are less crowded at lunch during Ramazan. Many restaurants offer special banquet-like iftar menus at night. Some restaurants which normally serve alcoholic beverages may refrain from doing so during the holy month, offering fruit juices and other drinks instead.

1. Turkey and Istanbul

ŞEKER BAYRAMI

Ramazan is followed immediately by the three-day national holiday called Şeker Bayramı or Ramazan Bayramı (Candy Festival). It is considered a great achievement to have fasted during Ramazan and Şeker Bayramı celebrates that achievement. It is traditional to give gifts of candy, visit families, relatives, friends and for children to kiss the hands of their elders as a sign of respect, who in return give children candy, money or gifts.

Şeker Bayramı is a 3-day national holiday, so offices may be closed and transport may be on holiday schedules, but most museums, archeological sites and similar visitor sights will be open and may be particularly busy. Special lower holiday admission rates may be in effect.

Some businesses and offices may have shorter working hours during Şeker Bayramı or be closed altogether, so please check times in advance. Restaurants may require reservations in the evening, and may serve only elaborate fixed-menu, fixed-price meals and no alcoholic beverages. Transport services may be particularly busy as people travel for vacation, so reserve your seats in advance. At the end of Şeker Bayramı, transport may be busy as travelers return home.

KURBAN BAYRAMI

Kurban Bayramı is the "Feast of Sacrifice", as it features the sacrifice of an animal (typically a cow, goat, or sheep) in commemoration of the ram sacrificed by Abraham in place of his son. Muslims are obliged to offer a sacrifice on this day and share a good portion of the meat with the poor.

Although the local municipalities are increasingly more effective at imposing the regulation for animal sacrificing to be conducted only by licensed butchers in designated areas of town, be aware that there are still occasions where individuals attempt to do it themselves in the gardens of their apartments.

2. Economic Situation

2.1. MONEY

Turkey has embraced free-market capitalism, and there is a great deal of commercial activity. Income distribution is uneven, and while some districts of Istanbul appear quite prosperous, there are large areas where poverty is evident. Foreigners and Turkish citizens are permitted to keep foreign currency bank accounts. Foreign currency is easy to change, and the many exchange offices usually offer better rates than banks. The post office (PTT) honors the Central Bank exchange rate without charging commission, and this will most often be your best rate. Keep in mind that post office working hours are weekdays 8:30am to about 5:30pm depending on the branch (excluding 12:30-1:30 lunch break). Daily Central Bank and free market exchange rates may be found in newspapers or on the internet (www.turkishdailynews.com, Central Bank- www.tcmb.gov.tr)

Shops and restaurants may accept foreign currency and major credit cards. All banks now have Automatic Teller Machines, and it is possible to withdraw money from foreign bank accounts, from some machines in local as well as US and Euro currency (though not common). Please note that Visa and Mastercard are widely accepted but American Express and other credit card are not widely accepted. Traveler's checks of any brand are very difficult to get cashed as checks are not a common form of monetary transaction for individuals. Personal checking accounts do not exist in Turkey, only commercial checking accounts.

As of January 1, 2009 the Yeni Türk Lirası (YTL, "New Turkish Lira") instituted in 2005 dropped the word "Yeni" (New). The coinage, called Yeni Kuruş, will also drop the word "Yeni". The purpose of this name change is due to the 2005 dropping of 6 zeroes/naughts off the currency. Now that the New Turkish Lira is no longer new, it will return to its previous name. However, you may still hear shopkeepers quote you prices in millions out of habit.

2.2. WHAT WILL 10 TL BUY YOU (as of July 2010)

- 1 fast food sandwich, drink & fries
- 6 bus or metro rides
- A taxi ride between Taksim and Şişli
- A very small appetizer at an midscale restaurant
- 1 pair of pantyhose
- A manicure at an inexpensive salon
- 1 box of ibuprofen
- 2 nice rollerball pens
- 2 local magazines
- 5 bagels at Tribeca
- 1 cup of coffee at STARBUCKS and half a dessert
- 10 chocolate bars
- 3 liters of fruit juice
- 5 liters of milk
- 1 19-liter containers of bottled water (with change)
- 1 rotisserie chicken
- 2-3 kilos of tomatoes (in season)
- A hearty meal and a drink at a Turkish cuisine cafeteria
- 6 packs of gum
- 1 t-shirt from the bazaar
- 2-3 cans of cat food
- A bouquet of flowers from a street vendor

3. Moving to Istanbul

3.1. GETTING READY SOME GENERAL ADVICE ON PACKING

SUGGESTIONS ABOUT WHAT TO BRING

Bring with you any medication, cosmetics, vitamins, etc. that you use regularly. Some may be available here, but your particular brand may be difficult to find.

Other items to bring include:

- Shoes in larger sizes
- Tall men's clothing
- Bathing suits in larger sizes
- 110/220 converter for travelling

Istanbul has a good range of clothing, at reasonable prices, including designer jeans, Benetton, etc. Basic household items are reasonable in price and quality, although electrical appliances may be more expensive. Photographic film and processing is perfectly satisfactory, but special types of film may be more expensive.

3.2. CLOTHING

Istanbul has four definite seasons and winters range from mild to very snowy. The dampness and chilly north wind can be penetrating. Do bring a certain amount of really warm clothing for indoor and outdoor use. The spring and fall are beautiful seasons here, but there can be lots of rain. Bring a good all-weather raincoat. July and August can be hot. Summer needs are the usual.

Shoes--the right ones--are very important in Istanbul where some parts of the city consist of cobblestone streets and are very hilly. You need good walking-shoes to negotiate these even if there's no rain, mud, snow or ice to contend with. Fleece-lined boots are certainly useful in winter.

Many clothing items can be obtained in Istanbul at a price and quality comparable to what you'd find elsewhere. In fact, Turkey exports many items of clothing to other countries, including USA and UK.

Clothing items that are more difficult to find include sizes for very tall men, and affordable and stylish women's clothes for sizes larger than European 42 (UK 12, US 14). This is beginning to change since foreign chains such as Marks & Spencer's, Peacock's, The Gap, Dorothy Perkins, and Next now have branches in Istanbul and carry larger sizes. Some people find that sleeve lengths tend to be short. In shoes, again, large sizes are hard to find. If you wear a US men's size 8 1/2 or larger, you'll find supply and styles limited, as will women wearing larger than US size 9. Shoes generally only come in one standard width. If you have very narrow or very wide feet, you may find it hard to be fitted. Quality custom made shoes are available at the same and sometimes lower price than ready-made store models, though it can be difficult to express your particular requirements. It is still an option worth trying if you're in need.

3. Moving to Istanbul

3.3. COSMETICS, TOILETRIES, MEDICINES

More and more imported items are becoming available here, but due to taxation and import duties your favorite product may be quite expensive. Local brands of many popular foreign brand medicines are available over the counter at very reasonable rates.

Ordinary items like toothpaste, deodorant, shaving cream, etc. are available everywhere.

3.4. APPLIANCES

The Turkish laws concerning the importing of electrical appliances and transistors vary frequently. You can probably safely pack a hair dryer, shaver and iron, but before packing large items like stereo equipment, be sure to inquire about current regulations. It's possible that an item you bring in would be noted in your passport; then you have to take it out with you whenever you leave on a trip.

Also be careful about the voltage. Istanbul run on 220 volts (like Europe, most of Africa and Asia), not on 110 volts (like North America, parts of South America, etc.). Transformers can be bought here, if need be. Also the electrical cycle here is 50, not 60. Stereos, etc., may need conversion. You can buy all types of electrical equipment (220v) from kitchen gear to color television sets here in Istanbul. Many international name brand appliance stores exist as well, although you can get durable and dependable locally manufactured appliances for less money (Arçelik, Beko, and Vestel). Electronics such as a decent computer system are not much more than European prices.

Power cuts do happen occasionally. You will need a battery-operated alarm clock. Candles and a torch (flashlight) are also good to have on hand. In case of water cuts, it's a good idea to keep some containers of water filled for emergency use.

Note that tap water is NOT considered drinkable, but bottled water is widely available and home delivery of the 19 liter bottles is common.

3.5. APART HOTELS

If you are looking for a longer term hotel while you sort out your Istanbul lodging, here are some resources for your search that offer more amenities than a standard hotel room:

<http://english.istanbul.com/Guide/GuideListing.aspx?CatId=23>

<http://www.istanbulrentals.com/>

<http://www.galleryresidence.com/>

3. Moving to Istanbul

3.6. MISCELLANEOUS

Bring your driver's license if you have one. Many European countries also require you to show an international driver's license. If desired, a Turkish driver's license can be obtained from a driving school.

It is very helpful to have some type of internationally recognized credit card. They are now accepted in most places in Istanbul, certainly in the larger clothing stores and restaurants, and are useful when travelling. Also, plane tickets can usually be put on a credit card. ***Traveller's checks and American Express credit card are NOT widely accepted yet.***

It is suggested that newly arrived adults carry at least a dozen passport-size photographs for various formalities. You may have more done here later if necessary, as it is cheap to have passport pictures done in Istanbul.

PETS

Pets are relatively easy to bring into the country with you and/or acquire once here. There are few restrictions on having pets in apartments although some landlords do not accept them, so do not forget to mention whether you will be bringing a pet to Turkey. English-speaking vets are available. Many will make house calls if you have more than one pet. Prior to leaving Turkey with your pet, you may need a certificate of health from your vet as well as from the municipality. If you need information on vets, ask the staff or current teachers. If you are considering adopting a pet here, do be aware that your next country of employment may have severe restrictions about importing animals, particularly island nations like England, Australia, New Zealand, etc.

A WORD OF WARNING AUTOMOBILES

The regulations for foreigners bringing a car into Turkey are very complicated, subject to change, and vary according to the individual's and employer's status. Used cars without foreigners' plates may be purchased in Istanbul.

SECURITY IN GENERAL

The military presence in Turkey is very important, but you should not feel discomforted by this fact of life. However, as a foreigner, you are required to keep proper identification on your person at all times. Your residence permit is small and easy to carry, however, you should also keep your passport on you until your work permit is processed. Always keep copies of your identification documents in case replacement becomes necessary. Theft insurance is available and recommended.

3. Moving to Istanbul

TENANT'S INSURANCE

To ensure peace of mind and to protect your belongings in case of accident, tenant's insurance is recommended. The risks automatically covered by the typical tenant's insurance policy include compensation for damage caused by: fire, earthquake, lightning, explosions, theft, flood, internal water damage, storms, landslides, smoke damage, snow weight, vehicle impact, aircraft impact, financial liability caused by fire (neighborhood/tenant liability), electronic equipment insurance, loss of rent, temporary residence cost (due to suffered losses), strike, riot, civil commotion, malicious acts, and terrorism. The policy can be extended to include: new replacement value, fixed installations' theft, repainting, transportation to a temporary address, fuel leakages, and valuables.

EMERGENCIES

Power cuts do happen occasionally. You will need a battery-operated alarm clock. Candles and a torch (flashlight) are also good to have on hand. In case of water cuts, it's a good idea to keep some containers of water filled for emergency use. Note that tap water is NOT drinkable, but bottled water is available.

UTILITY BILLS

For your utility bills, your bank can set up an automatic payment system through your Turkish bank account. Your electric, telephone, ADSL internet, digital television, and cable tv can be paid this way.

When you receive a bill that you know is not covered by automatic payment, check the bill for the last payable date ('SON ÖDEME TARİHİ'). If payment is not made to the bank by that date, you will not be able to pay the bill at the bank, but instead you will have to go in person to that utility's main branch.

WRONG NAME ON BILLS

Your name probably won't appear on the bill that's addressed to your apartment. This will typically be the name of the landlord.

BANKING

You will be able to access your foreign accounts from the ATM of your Turkish bank and at many banks throughout Istanbul and Turkey. Turkish banks widely accommodate overseas ATM cards. Enter your PIN carefully as your card will be taken by the machine after 3 incorrect attempts and might not be returned without written consent of the issuing bank, even if you show your passport as proof of identity.

4. Shopping

4.1 CURRENCY VALUE

Please note that the lira exchange rate is subject to fluctuations, which can sometimes make it difficult for you to keep a perspective on how much you're spending. It's helpful to use a calculator for conversion until you've got the feel for the exchange rate. Currently (as of July 2010), the exchange rate is US\$1 = 1.56TL, EUR1=1.96 TL. Please see section 1.4 for a price comparison of what 10 TL can purchase. You can check the daily exchange rate in the newspapers, online newspapers, television teletext, or at the Central Bank's website: www.tcmb.gov.tr

4.2.1 SUPERMARKETS

Supermarkets are conveniently located in many parts of town, although lack of parking space is an issue at most of them. The fare is similar to western style supermarkets, and markets in foreigner-intense areas are likely to have a good selection of imported specialties. Common supermarket chains are: Makro, Migros, and Carrefour.

Internet shopping is becoming more popular and if you don't want to go out, it's a good solution. You can choose the delivery time, you can pay by credit card, and you can be spared the drudgery of transporting heavy bags. The following supermarkets have online shops:

Migros: www.migros.com.tr

Carrefour: www.carrefourexpres.com/emarket/choose_city_splash.asp

Macrocenter: www.macrocenter.com.tr

4.2.2 MALLS

The major malls of the European side are: Metrocity, Kanyon, and Akmerkez, in Etiler, Cevahir and Astoria in Şişli, İstinye Park in İstinye, City's in Nişantaşı, and Galleria in Ataköy. The Asian side has Capitol in Umraniye and Tepe Nautilus in Acıbadem. Vakko and Beymen (now also called Boyner) are the major Turkish department stores in Turkey. Both are upscale. Among the chain stores you may know from other countries, Turkey has the following (to name a few): Ikea, Carrefour, Bauhaus, Mr. Bricolage, TopShop, Marks & Spencer's, Next, Harvey Nichols, Massimo Dutti, Debenhams, Peacock's, Miss Sixty, Dorothy Perkins, Benetton, Levi's, Lee, Calvin Klein, Ralph Lauren, Body Shop, etc. Note that fashion items may be priced much higher due to import tax. (Check shoppo resources 4.2.11)

4.2.3 MEGA-STORES

The mega-stores in Turkey are Carrefour, Bauhaus, Ikea, and Praktiker. They have various locations on the European and Asian side.

4. Shopping

4.2.4 THE COVERED BAZAAR

The Covered Bazaar is a good place to shop for copper, jewellery, kilims, and other ethnic crafts. Before purchasing major items, it is advisable to establish a relationship with specific shopkeepers either through an introduction by friends who know the bazaar or through frequent visits. The covered bazaar is a place where bargaining is commonplace. It is common to be offered (free) refreshments like apple tea, mineral water, or the like while you are shopping. It is a sign of courtesy and shopkeepers are pleased to make this offer. *Please note that while accepting beverages from a shopkeeper is quite normal and common, outside of the shopping context it is not advised to accept beverages, drinks, or offers to go drink with strangers. Please see section 11 for details.*

4.2.5 CORNER MARKETS & OPEN-AIR BAZAARS

There are local shops (bakkal) in all neighborhoods, as well as open-air markets (pazar) that rotate locations on different days of the week, though the number of open-air markets has been steadily decreasing over the years. You can check for the open-air bazaar in your area in the bi-monthly magazine [The Guide Istanbul](#). There is a weekly market for 100% organic produce on Saturdays in Feriköy (near Nişantaşı) which offers a ring bus service as well as ample parking. There are plans for another organic market in Kadıköy. Organic produce companies are also now offering home delivery. Details can be found on the Ecological Foundation's website: www.bugday.org

4.2.6 WINE, BEER, SPIRITS

You can purchase beer, wine, and liquor from grocery stores, online grocery stores and markets. Although beer and wine (even imported wine) are relatively cheap, liquor is not. A bottle of liquor such as Bacardi or Johnny Walker is EUR 25-30/\$40-50 depending on where you buy it. It is worthwhile to purchase what you need at duty free when you arrive to the Istanbul airport.

4. Shopping

4.2.7 POTABLE WATER DELIVERY

Istanbul's tap water is not considered drinkable, therefore it is quite common for people to have 19-liter water delivered from one of the many water delivery stores. The current price of one 19-liter bottle is 5-10 TL depending on the brand. A deposit is required for the initial bottle/s at a price of 5-10 TL, and if you wish to purchase a pump for the bottle, that can range from 5-20 TL, so you may choose to buy a pump more cheaply from a house wares store like Bauhaus, Praktiker, or Koçtaş. It is not required but is customary to give a small tip to the delivery person as it helps ensure to expedite your next request, which may help if you are in a hurry.

Nestle: www.nestlewates.com.tr Tel: 0212 444 0844

Hayat (by Danone): www.hayatsu.com.tr Tel: 0212 444 0744

Turkuaz (by Coca-Cola): www.turkuaz.com Tel: 0212 444 5566

Erikli: www.erikli.com.tr Tel: 0212 444 0222

4.2.8 PROPANE GAS FOR COOKING

For the propane gas tanks for ovens, stoves, and sometimes water heaters, there are many firms who deliver, but it is recommended to use one of the more reputable firms, including the following:

Aygaz: www.aygaz.com.tr Tel: 0212 444 4999

Ipragaz: www.ipragaz.com.tr Tel: 0212 232 0400

World Gaz: www.worldgaz.com Tel: 0212 444 3435

4.2.9 ELECTRONICS SHOPPING

Many foreign name brand appliance stores exist here, although you can get durable and dependable locally manufactured appliances for less money (Arçelik, Beko, and Vestel). Electronics such as a decent computer system are not much more than European prices. US \$700 would buy you a good, latest model computer. US \$600 would buy you a decent dishwasher and US\$750 would buy you a new LCD TV (32 inch screen).

Major, reliable electronics chain stores include:

Teknosa <http://www.teknosa.com/>

Media Markt: <http://www.mediamarkt.com.tr/>

Bimeks <http://www.bimeks.com.tr/magazalar/>

4. Shopping

4.2.10 BEAUTY SALONS/HAIR STYLISTS

There are a growing number of salons for both men and women. You may want to ask your colleagues for recommendations. For men, haircuts can be quite reasonable and you may be offered tea (çay) along with your cut, shave, and scalp massage. It is customary to give a small tip to all attendants who serve you: hairdresser, hair washer, manicurist, etc.

Salon-related vocabulary

Hair	Saç	Waxing	Ağda
Cut	Kesme	Tweezer	Cımbız
Shampoo	Şampuan	Eyebrows	Kaş
Shave	Tıraş	Leg waxing	Bacak ağdası
Beard	Sakal	Arm waxing	Kol ağdası
Moustache	Bıyık	Bikini waxing	Bikini ağdası
Goatee	Keçi Sakal	Brazilian bikini wax	Komple bikini ağdası
Styling	Fön	Moustache wax	Bıyık ağdası
Dye/Color	Boya		
Highlights (bold, chunky highlights)	Balyaj		
Highlights (frosting)	Röfle		
Shading (gentle highlights)	Gölge		
Tease/Back-comb	Krepe		
Chignon/bun	Topuz		
Daha kısa	Shorter		
Daha uzun	Longer		
Curly	Kıvrık		
Straight	Düz		

4.2.11 SHOPPING RESOURCES

www.akmerkez.com.tr/

www.kanyon.com.tr/

www.metrocity.com.tr/

www.istanbulcevahir.com.tr/

www.telerehber.com/

http://en.wikipedia.org/wiki/Category:Shopping_malls_in_Istanbul

www.migros.com.tr/

www.carrefourexpres.com/emarket/choose_city_splash.asp

www.omercan.com.tr/index2.php

mall in Etiler area

mall in Levent area

mall in Levent area

mall in Sisli area

comprehensive searchable 'yellow pages' directory

shopping malls in Istanbul

online mall and grocery shopping

online grocery ordering in Turkish

organic fruit and vegetable delivery to your home

5. Restaurants

5.1. RESTAURANTS IN ISTANBUL

A wide variety of seafood is one of Istanbul's specialities; fruit and vegetables are wonderful and vary with the seasons.

It is possible to eat out relatively cheaply at several different levels. For example, dinner for two in a moderate restaurant costs around EUR 20/ US \$30 excluding drinks or EUR 30-60/ US \$50-90 (including everything) at the kind of place you might take visiting relatives.

There are a few Chinese, Korean, Japanese, Mexican, Italian and German restaurants available. Istanbul has McDonald's, Pizza Hut, Kentucky Fried Chicken, Subway, Burger King, Schlotzsky's, Quizno's Subs, Dunkin Donut, Domino's Pizza, Little Caesar's Pizza, TGI Friday's, Paul's Patisserie, Tribecca, Gloria Jean's, Starbuck's, and more.

Places called "kebabçi" usually offer various grilled meat platters, some deliciously spicy, at very reasonable prices. Other restaurants, called "aile lokantası" (family restaurant) are usually good and cheap. You should try meze (Turkish hors-d'oeuvres) and the seafood, which are usually extremely tasty.

Alcoholic drink prices in restaurants and bars can vary considerably, with trendy restaurants sometimes charging as much for cocktails as you would expect to pay in places like Manhattan or London.

The large hotels in the city, as well as a number of suburban restaurants, offer more European fare in a luxurious atmosphere.

Butcher Vocabulary

Beef	Biftek	Entrecote	Antrikot
Veal	Dana eti	Cutlet	Pirzola
Lamb	Kuzu	Filet of steak	Bonfile
Chicken	Tavuk	Kıyma	Ground beef
Turkey	Hindi	Shoulder	Kol
Pork	Domuz	Ribs	Kaburga
(not widely available)		Wings	Kanat
Liver	Çiğer	Breast	Göğüs
Kidney	Böbrek	Thigh	But
Brain	Beyin		
Tripe	İşkembe		

5. Restaurants

Fish Seasons in Istanbul

		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Ocak	Şubt	Mart	Nisn	Mays	Hzirn	Temz	Ağsts	Eylül	Ekim	Kasm	Arlık
Mullet	Barbun												
Sole	Dil												
Gilthead Sea Bream	Çipura												
Brown Meagre	Eşkina												
Shore Rockling	Gelincik												
Smelt	Gümüş												
European Anchovy	Hamsi												
Bass	Hani												
Scorpion Fish	İskorpit												
Annular Sea Bream	İspari												
Horse Mackerel	İstavrit												
Picarel	İzmarit												
Turbot	Kalkan												
“Zebra” Sea Bream	Karagöz												
Flathead Mullet	Kefal												
Swordfish	Kılıç												
Tub Gurnard	Kırlangıç												
Large Bluefish	Kofana												
Spanish Mackerel	Kolyoz												
Bogue	Kupes												
European Sea Bass	Levrek												
Blue Fish	Lüfer												
Red Sea Bream	Mercan												
Blue Whiting	Mezgit												
Eel	Mırmır												
Tuna	Orkinos												
Bonito	Palamut												
European Flounder	Pisi												
Sardine	Sardalya												
Porgy/Sea Bream	Sinarit												
Striped Red Mullet	Tekir												
Mackerel	Torik												
Mackerel	Uskumru												
Garfish	Zargana												

5. Restaurants

5.2. RESTAURANT RESOURCES

www.yemeksepeti.com

online ordering and delivery service for all areas of Istanbul and other cities, including complete menus, working hours, and minimum order amounts for a wide variety of area restaurants. The site has an English section.

www.mymerhaba.com/en/main/content.asp_Q_id_E_359
<http://english.istanbul.com/Wheretoeat.asp>

listing of some of Istanbul's favorite eateries
listing of Istanbul restaurants by type of cuisine

6. Medical Services

6.1. MEDICAL SERVICES IN GENERAL

There are many hospitals in Istanbul, but the main ones to note are the American, International, German, Acibadem, Memorial and Florence Nightingale hospitals. Many of the hospitals are very modern, JCI accredited, and equipped with the latest technology. They are also often staffed by internationally trained doctors. For a more complete list of Istanbul hospitals, purchase a copy of THE GUIDE ISTANBUL, or visit:

<http://www.mymerhaba.com/en/main/yellowpages.asp?cid=46&level=1&l=d&ccid=46&l1=Health%20&l2=&l3=&l4=&l5=&l11=&l21=&l31=&l41=&l51=&cheader=Private%20Hospitals>

<http://www.istanbultaxitour.com/Hospital.asp?tip=2>

6.2. NOTE REGARDING MEDICATION

If you know that you may need any particular medication during your stay here, find out if it is available. If not, you may want to bring a supply. Many medications are available inexpensively and over the counter, including international brands and locally produced brands containing similar ingredients.

6.3. PHARMACY HOURS

Most pharmacies or chemists (eczane) are open 09:00am-19:00pm Monday-Saturday. Pharmacies are now indicated by a white, square sign displaying a red letter "E" for easy identification.

For each neighborhood, there is at least one on-call pharmacy (called 'nöbetçi eczane') that will be open 19:00pm-09:00am. There will also be an on-call pharmacy open Sundays. There is a rotation schedule for this which you can find at:

http://www.istanbulsaglik.gov.tr/w/nobet/nobetci_eczaneler.asp or in windows of pharmacies

If you are unable to reach a pharmacy, there is a 24/7 medicine delivery service available by calling (212) 444 7724 or www.hizmet7-24.com who will deliver your desired medicine to your doorstep for a 20TL charge. This website also provides 24 market services. English might not be spoken by the operators.

6.4. MEDICAL SERVICES RESOURCES

THE GUIDE ISTANBUL has a listing of Istanbul hospitals

For emergencies, please note the following telephone numbers:

Ambulance

Toll free from any phone, although you may prefer to call the ambulance service of your health insurance provider. 112 is the state service whose service quality and reaction time may vary considerably from that of a private ambulance service. . If you need to call 112, it's a direct call. No area code needed anywhere in Turkey, including from mobile phones.

112

6. Medical Services

Acibadem Hospital - Kadıköy, Maslak, Bakırköy, and clinic in Etiler and Caddebostan http://www.acibademhospital.com/English/	(216) 544 4444
American Hospital - Nişantası http://www.amerikanhastanesi.com.tr/default.aspx (site in Turkish)	311 2000
German Hospital (Alman Hastanesi) - Taksim http://almanhastanesi.com.tr/genel.htm	293 2150
French Hospital (La Paix/Lape) - Şişli	246 1020-24
Memorial Hospital - Okmeydanı http://www.memorial.com.tr/eng/	444 7888
International Hospital - Yeşilköy	663 3000
Florence Nightengale Hospital - Çağlayan. Also location in Gayrettepe http://www.florence.com.tr/en/index.asp	224 4950

Medical Vocabulary

Can you please call a doctor?	Bir doktor arayabilirmisiniz?
I would like a medical examination.	Muayene olmak istiyorum.
Where is the closest hospital?	En yakın hastane nerede?
Call an ambulance.	Ambulans çağır
I have a headache and nausea.	Başım ağrıyor ve midem bulanıyor.
I have diarrhea and vomiting.	İshalim var ve kustum.
I have fever and coughing.	Ateşim var ve öksürüyorum.
I'm dizzy.	Başım dönüyor.
I have allergies.	Allerjim var.
It hurts here.	Burası ağrıyor.
Prescription	Reçete
Insurance	Sigorta
Surgery	Ameliyat

7. Postal Service

It can take up to 4 weeks for mail to arrive from the US, seven weeks from Australia, and about a week from the U.K. To make sure your post goes as quickly as possible, mark the envelope or package 'uçakla', which means 'air mail'. Postal rates change frequently, according to the lira-dollar exchange rate, but keep to about the US equivalent. Public post boxes are not common, neither are stamps. Typically people mail letters and parcels from the post office. Keep in mind that post office working hours are weekdays 8:30am to about 5:30pm depending on the branch (excluding 12:30-1:30 lunch break). Some branches like Ortaköy, Sultanahmet, Mecidiyeköy, and Beyoğlu are open weekends as well. The post office now has an English website providing useful information: www.ptt.gov.tr/index_eng.php

If you wish to have things sent to you after your arrival, remember that all items go through customs and are subject to tax, though items sent by international couriers like DHL rarely get detained. Tax on detained items can be as high as 100%, so discourage your friends from sending you large packages! Packages up to a certain value and weight can be sent duty-free at the time of the two Turkish religious holidays and at New Year's. Such items can be marked 'bayram hediyesi' (holiday present), if applicable, to avoid taxation. Online catalog orders have been known to encounter taxation problems for orders above \$100, so you may opt to keep your orders small. Packages under 1 kilogram of weight will be delivered to your address. Packages exceeding that amount may be held at the central post office for pickup (and payment of additional taxes).

You can find international parcel rates here:

http://www.ptt.gov.tr/tr/tarife/yurtdisi_koli_tarifesi_ytl.htm

and international letter rates here: <http://www.ptt.gov.tr/tr/tarife/1.htm>

NATIONAL COURIER SERVICES

Aras Kargo TEL: 444-25-52 www.arascargo.com

Yurtiçi Kargo TEL: 444-99-99 www.yurticikargo.com

INTERNATIONAL COURIER SERVICES

DHL TEL: 444-00-40 www.dhl.com.tr

Federal Express TEL: 444-05-05 www.fedex.com/tr

TNT TEL: 444-08-68 www.tnt.com

UPS TEL: 444-00-33 www.ups.com.tr

8. Internet Access

Local internet service providers charge moderate rates and internet service/email accounts can be set up over the phone with a major credit card. Monthly and yearly rates are reasonable. Connections can be slow according to service provider or the telephone infrastructure in your area.

ASDL internet access is available, for which the set-up process requires registering through the PTT and purchase of a special modem (modems available from computer stores such as Teknosa).

Various internet service providers:

- ADA-NET www.ada.net.tr
- Anet www.anet.com.tr
- Atlas On-Line www.atlas.net.tr
- Borusan Telekom www.borusantelekom.com
- DorukNet www.doruk.net.tr
- ekolay.net www.ekolay.net
- İşNet www.isnet.net.tr
- NetOne www.netone.com.tr
- Superonline www.superonline.com
- Teklan www.teklan.com.tr
- TR.Net www.tr.net
- TNet www.ttnet.net.tr
- Turk Nokta Net www.turk.net

9. Transportation

Traffic in Istanbul can be very heavy, and it can take a long time to travel even a short distance. Keep this in mind when making allowance for travel time and scheduling appointments.

9.1. TAXI (TAKSİ)

Except during rush-hour and heavy rain, private, metered taxis are easy to find. While taxi fares are still not as high as in most European and American cities, their rates are increasing steadily. Be aware that between midnight and 6:00 AM, taxi fares are 50% higher. Know, too, that traffic in Istanbul can be very heavy, and that it can take a long time to travel even a short distance. Very few taxi drivers speak English or other foreign languages. They all have meters and receipts can be given if asked (a receipt is called fiş, pronounced "fish"). Nicer taxis, like those at the better hotels, will often have credit card machines, but most don't.

If you travel via the TEM highway (toll road) or across the Bosphorus bridges (in either direction), the toll fees are extra and you will be expected to pay this. Tipping is not necessary as the base rate before the meter is turned on serves as a tip (currently 2.50TL). The rate per kilometre is 1.30 TL. These rates are subject to change.

Until you have your choice Turkish phrases memorized, it's a good idea to write down where you're going to (or have someone else do it) and show the name/address to the driver to avoid any potential confusion. Make sure the taxi driver you take knows the location of your desired destination before you get in.

Occasionally drivers will try to scam customers by going a long way. This is not a day/night rate difference.

Taxi Vocabulary

Is this taxi available?	Musait misiniz?
Turn left	Sola dönün
Turn right	Sağa dönün
Stop here	Burada durum
Wait here	Burada bekleyin
Turn off the radio	Radyoyu kapatın
Slow down	Yavaş gidin
Open the window	Camları açın
Close the window	Camları kapatın
Can you extinguish your cigarette?	Sigaranızı söndürürmüsünüz?

Please note that is illegal to smoke in taxis; if caught, there is a 5.000 TL penalty. Even so, you may encounter taxi drivers who smoke.

9. Transportation

WATER TAXIS

Istanbul launched a water taxi service in September 2008 with a number of docking locations. The fee is per trip (not per passenger) on a boat that holds up to 10 people, so it may prove to be more economical than an automobile taxi, and travelling by boat is often faster in Istanbul.

Water Taxi (Deniz Taksi) - <http://www.deniztaksi.com.tr/> TEL 212-444-44-36

9.2. PUBLIC TRANSPORT FARES

9.2.1 AKBIL

Akbil (short for “akıllı bilet”, meaning “smart ticket”) is a convenient reusable magnetic token which has the added advantage of providing discounted fares on both public and private city buses, the metro, and public boats so you don't have to search for a ticket or token seller. You can reload your Akbil at the places which sell it (usually white vestibules near larger stops). Most forms of public transport are migrating towards using Akbil only, so it is advisable to purchase one if you use public transport regularly.

In addition, if you transfer onto other public transport within 2 hours of using your Akbil, it will count as a discounted transfer. You may make up to 5 transfers in 2 hours at the discounted transfer rate (note that this discounted transfer fare does not apply to the Tünel funicular, the IDO sea ferries, double-decker buses).

You can reload your Akbil at the places which sell it (usually white vestibules near larger stops). There are automatic Akbil reloading machines in metro stops and some tramway platforms. Please note you should not use currency notes larger than 10 TL in these automatic machines.

9.2.2. JETONS & TICKETS

Some modes of transport offer an alternative to Akbil in the form of jetons (tokens) or tickets available at the point of embarking, like the tramway, “tünel”, the ferries, etc. Typically, the ticket and jeton price is higher than the Akbil price.

Current prices for public transport are listed here (in Turkish):

<http://www.iETT.gov.tr/metin.php?no=121>

Additional user information:

<http://www.turkeytravelplanner.com/go/Istanbul/Transport/Akbil.html>

9.2.3. ISTANBULKART

The Akbil system has been slated to be replaced by the Istanbulkart since 2008. However, at the time of printing, this has not yet occurred and little information has been publicized about the actual timing of this transition.

<http://www.istanbulkart.com/>

9. Transportation

9.3. PUBLIC BUSES (OTOBÜS)

The municipal bus system is cheap and reliable. The current price for a one-way bus fare paid with Akbil is 1.50 TL (approximately EUR 0.63/ US\$ 1.00). Express buses to further points, like downtown to Bahçeşehir, may cost double.

For bus routes and information, you can look at the schedules posted on the bus stop kiosk or ask the person working in the white IETT kiosk (however, they might not know English). Many Turks in foreigner-intensive parts of town speak English, so don't be shy about asking someone at the bus stop for help in finding the bus you need!

PRIVATE BUSES

Most routes are also served by private city buses called 'halk otobüs'. Akbil is also accepted on this type of bus.

9.4. MINI-BUSES (DOLMUŞ)

Some main routes are also served by private mini-buses ('dolmuş'), which cost slightly more, but tend to take less time en route and let you get out wherever you wish anywhere along the route. When embarking, you tell the driver your destination and he will tell you the amount of your fare. He will also make change while he's driving, so hold on! To indicate you want to disembark, you will say, "inecek var" (IN-eh-JEK var). These minibuses do NOT accept Akbil.

9.5. THE METRO (METRO)

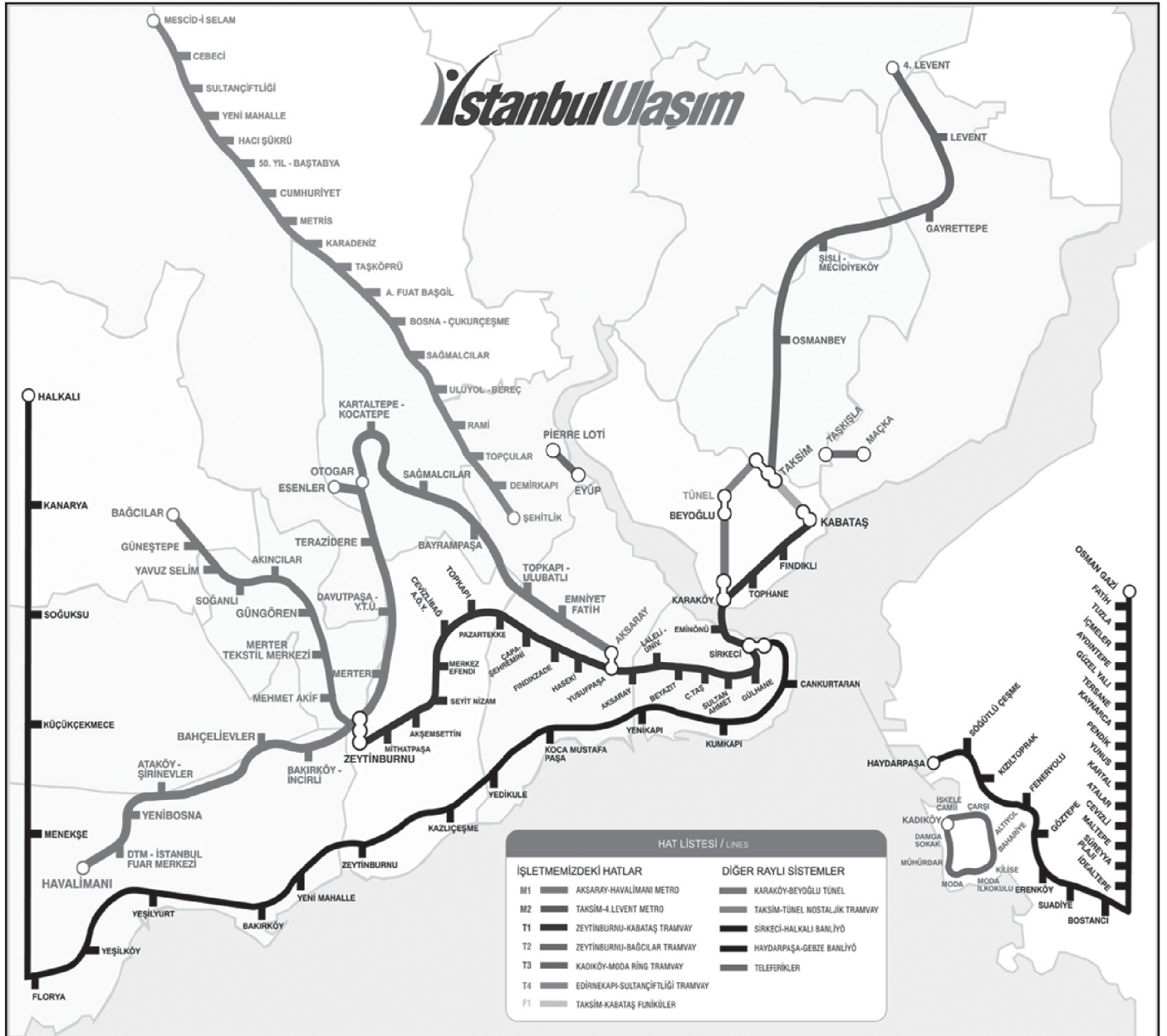
There is a fledgling subway system servicing the downtown area which will continue to expand. It currently serves 10 stops between Taksim and Atatürk Oto Sanayi, with plans to extend the line further. Tokens are available inside the stations or you may use your Akbil.

<http://www.istanbul-ulasim.com.tr/>

9. Transportation

9.6. THE TRAMWAY (TRAM) AND LIGHT RAIL (TREN)

The metro is connected to Istanbul's light rail system via the tunnel funicular trains at Taksim and Tünel at the end of Istiklal Boulevard. The tram and light rail cover a significant part of Istanbul, both the European and Asian sides. Maps can be found on the Istanbul Ulaşım site listed above.



9. Transportation

9.7. FERRIES (VAPUR)

Aside from these transportation options, the city offers municipal and private boats to ferry you to various points on either side of the Bosphorus and also to the Princes' Islands. On municipal boats, tokens are available inside the stations or you may use your Akbil. Private boats (motör) run more frequently and the more popular locations now accept Akbil. If they are not equipped for Akbil, then the fare is typically 2 TL.

Ferry rates: <http://www.ido.com.tr/index.cfm?page=SubPage&kapsam=224&textid=2067&ln=TR>

9.8. INTERCITY BUSES

The intercity bus service is cheap, comfortable, and extremely efficient. The onboard service is similar to that of airplanes in that stewards frequently offer drinks and snacks. The more reliable companies are Varan, Pamukkale, Boss, and Ulusoy. Most of these intercity buses have prohibited smoking on the buses. The buses stop at their own company-owned restaurants and pit-stops which are generally clean and comfortable.

9.9. RESOURCES FOR TRANSPORTATION

www.mymerhaba.com/en/main/content.asp?Q_id=E_85

www.turkeytravelplanner.com/AssetsTurkey/Istanbul/Transport/IstanbulRayliSistem.pdf (Istanbul Rail Map)

www.iETT.gov.tr/ (public bus system information)

www.ido.com.tr/ (local and intercity ferry information)

www.tcdd.gov.tr/tcdding/index.htm (state railways)

www.varan.com.tr/ (reputable intercity bus firm)

www.ulusoyotobus.com/ (reputable intercity bus firm)

www.kgm.gov.tr/indexe.htm (Toll Road feesclick 'English' then 'Motorways')

10. Culture & Recreation In Istanbul

Historical capital of the Byzantine and the Ottoman empires, Istanbul's rich, multicultural heritage is its legacy. Though Istanbul is no longer the governmental capital, as Turkey's largest city it remains the economic center of the country, if not its cultural heart.

From museums to film festivals, concerts to vibrant nightlife, Formula 1 racing to Europe's largest shopping mall, the city offers abundant cultural, historical, and sporting entertainment.

10.1. 1. LIBRARIES

Foreign libraries in Istanbul are often associated with the consulate of that nation or with cultural centers dedicated to that language, such as the Goethe Institut or the Cervantes Institute. There is also Linda Robinson's English-language book exchange in the Taksim-Tünel area on Asmalı Mescit Sokak across from Babylon at 18 Şeyh Bender Sokak. It is typically open 5pm-7pm weekdays.

In many of the local bookstores you'll find a fair selection of books in English as well as magazines. Newspapers from abroad typically arrive one day late and are readily available.

10.1.2. LIBRARY RESOURCES

www.mymerhaba.com/en/main/content.asp_Q_id_E_300 Istanbul libraries
www.biggllook.com/BiggTravel/yabancikutuphaneler.asp Foreign libraries in Istanbul
www.biggllook.com/BiggTravel/cocukkutuphaneleri.asp Children's libraries

10.2.1. MUSEUMS

Istanbul has many historic sites including Aya Sofia (St. Sophia), Kariye Camii (St. Saviour in Chora), the Hippodrome, the city walls and underground cisterns (Yerebatan Sarnıç), Topkapı Palace, the Museum of Turkish and Islamic Art (Ibrahim Paşa Sarayı), the Naval and Military museums, Dolmabahçe Palace, the Archaeological Museum... It also has the Istanbul Modern art museum, Santral Istanbul, and special interest museums like the Sadberk Hanım Museum and the Rahmi Koç Museum of Transport, Industry and Communications. There are many mosques and areas of interest to visit. The Guide Istanbul, published every two months, as well as monthly magazine Time Out Istanbul has listings of opening and closing times of all places of interest and both are good resources to purchase when you arrive.

10.2.2. MUSEUM RESOURCES

www.exploreistanbul.com/
www.enjoyturkey.com/info/sights/istanbul.htm
www.istanbul.com
www.turkeytravelplanner.com
http://en.wikipedia.org/wiki/List_of_museums_and_monuments_in_Istanbul

10. Culture & Recreation In Istanbul

10.3.1. RELIGIOUS INSTITUTIONS

Although the population is mostly Muslim, Istanbul has a number of working churches and synagogues. The Patriarchy of the Greek Orthodox church is headquartered here and there are many other Greek Orthodox and Armenian churches. St. Antoine and St. Esprit are the two main Roman Catholic churches. St. Antoine has services in Turkish, English, Italian, and Polish, while St. Esprit offers masses in English and French. The Anglican (Episcopal) community has services at Christ Church (the Crimean Memorial Church). The Union Church of Istanbul holds non-denominational Protestant services in the Dutch chapel. The main synagogues of the city are Neve Shalom in Galata, Ahrida Synagogue in Balat, Etz Ahayim Synagogue in Ortaköy, and Hemdat Israel Synagogue in Haydarpaşa.

10.3.2. RELIGIOUS RESOURCES

Institution	Neighborhood	Telephone
Ecumenical Eastern Orthodox Patriarchate	Eyüp	(212) 531 9670
Armenian Patriarchate		(212) 517 0970
Christ Church	Karaköy	(212) 251 5616
Union Church	www.unionchurchofistanbul.org	(212) 244 5212
St. Antoine	Beyoğlu	(212) 244 0935
St. Esprit	Harbiye	(212) 248 0910
Chappelle du Sacre Cour	Bebek	
Die Deutsche Kirche	Taksim	(212) 250 3040
All Saints	Moda	(532) 441 8974
Aya Triada (Greek Orthodox)	Taksim	(212) 244 1358
Chief Rabbinate	Tünel	(212) 243 5166
Synagogue Neve Shalom	Karaköy	(212) 293 7566
Synagogue Etz-Ahayim	Ortaköy	(212) 260 1896
Synagogue Ashkenaze	Karaköy	(212) 243 6909
Synagogue Ahrida de Balat	Balat	(212) 523 4729
Orthodox Syriac Church of the Virgin Mary	Beyoğlu	(212) 238 5470
Syriac Catholic Church of the Sacred Heart	Ayazpaşa	(212) 243 2522

10. Culture & Recreation In Istanbul

10.4.1. MUSIC & ARTS

The Atatürk Kültür Merkezi on Taksim Square is the home of the Istanbul Opera, Ballet and Symphony Orchestra. The season runs from mid-October to May and in that period usually five or six operas are presented, as well as several ballet works. Tickets are sold at the box office on the premises or at various ticketing agents (Biletix, TicketTurk, etc.) and are inexpensive. The symphony performs in a smaller hall in the same building and often features foreign artists. A program for all the musical activities is available each month. There is an International Arts Festival each summer from mid-June until mid-July, when performers from around the world come to Istanbul. Other popular music and culture venues include Cemal Reşit Rey Hall in Nişantaşı, Cemil Topuzlu Açık Hava Tiyatrosu (open air amphitheater) in Nişantaşı, Rumeli Hisarı open air amphitheater (in summer), JC's jazz club in Ortaköy, Nardis Jazz Club, and many more. Babylon is an excellent venue for rock and alternative music performances.

There are many other classical and popular music performances going on all the time; many of them are sponsored by private groups, churches, or cultural associations and not widely advertised, but if you regularly check these websites, you will always be in the loop.

10.4.2. CULTURAL FESTIVALS EVENTS

August	-Annual International Istanbul Tennis Tournament
September	-Bach Music Festival -Istanbul Biennial
October	-Fall Film Festival (Filmekimi) -Akbank Jazz Festival -Transcontinental Istanbul Marathon -Annual Istanbul Book Fair
November	-Gay & Lesbian Film Festival
December	-Numerous holiday concerts
January	-Numerous holiday concerts
February	-AFM International Independent Film Fest
March	-International Women's Film Festival
April	-Annual International Istanbul Film Festival
May	-Annual International Theater Festival -Annual Efes Pilsen International Blues Festival
June	-Annual International Music Festival
July	-Annual International Jazz Festival

10. Culture & Recreation In Istanbul

10.4.3. MUSIC & ARTS RESOURCES

www.mymerhaba.com (listings for many goings-on)

www.kultur.gov.tr/EN/Default.aspx?17A16AE30572D313D4AF1EF75F7A79681D9DD78D03148A6E
(Ministry of Culture)

www.iksv.org/english/ (Istanbul festivals-- official organization site)

www.istanbulcityguide.com/ (online guide to what to see and do)

www.biletix.com/ -OR- <http://www.ticketturk.com/> (online ticket purchasing and venue listings for concerts, arts, cinema, sports, and cultural events)

www.akbanksanat.com/ (Cultural events at the cultural center sponsored by Akbank)

www.goethe.de/om/ist/deindex.htm (Goethe Institut)

<http://estambul.cervantes.es/> (Instituto Cervantes Estambul)

10.4.4. CULTURE CENTERS

BRITISH COUNCIL

Maya Akar Center, Buyukdere cad. 100/101 23rd floor, 90-91 Esentepe Tel 212-355-56-57

www.britishcouncil.org/turkey

AUSTRIAN CULTURE CENTER

Koybaşı Cad. 44 Yeniköy Tel 212-363-84-15 www.austriakult.org.tr

ITALIAN CULTURE CENTER

Meşrutiyet Cad. 75 Tepebaşı Tel 212-293-98-48 www.iicistanbul.esteri.it

GOETHE INSTITUT

Yeni Carşı Cad. 32 Beyoğlu Tel 212-249-20-09 www.goethe.de/istanbul

CERVANTES INSTITUTE

Tarlabaşı Bulvarı, Zambak sok. 25 Beyoğlu Tel 212-292-65-36 www.infist.org

FRENCH INSTITUTE OF ISTANBUL

İstiklal Cad. 4 Taksim Tel 212-393-81-11

JAPANESE CULTURE AND INFORMATION CENTER

Ana Çeşme sok. 3 Taksim Tel 212-251-15-80 www.japonkultur.com

THE IRISH CENTRE

İstiklal Cad. Balo sok. 26 Beyoğlu Tel 212-244-79-70

TURKISH CULTURE CENTERS

AKBANK KÜLTÜR SANAT MERKEZİ

İstiklal Cad Zambak Sok. 1 Beyoğlu Tel: 212-252-35-00 www.akbanksanat.com

10. Culture & Recreation In Istanbul

BE İKTAŞ KÜLTÜR MERKEZİ

Hasfırın Cad. 75 Beşiktaş Tel 212-327-24-27 www.bkmonline.net

BORUSAN KÜLTÜR SANAT MERKEZİ

İstiklal Cad. 213 Beyoğlu Tel 212-336-32-80 www.borusansanat.com

SANAT KÜLTÜR MERKEZİ

Kuleleri Kule 1 17th Floor, Levent Tel 212-316-10-83

MİLLİ REASURANS SANAT GALERİSİ

Teşvikiye Cad. 43/57 Teşvikiye Tel 212-231-47-30 www.millireasuranssanatgalerisi.com

SIEMENS SANAT

Meclisi Mebusan Cad. 45 Fındıklı Tel 212-334-11-04 www.siemens.com.tr/siemenssanat

YAPI KRED KÜLTÜR MERKEZİ

İstiklal cad. 161 Beyoğlu Tel 212-252-47-00 www.ykykultur.com.tr

10.5.1. BOOK SHOPS

Robinson Crusoe Kitabevi

İstiklal Caddesi No 389,
34433 Beyoğlu, İstanbul
Tel:+90 212 293 6968
rob@tnn.net

Homer Kitabevi

Yeni Çarşı Caddesi No. 28/A, 34433 Galatasaray,
İstanbul
Tel:+90 (212) 249 5902

Pandora Kitabevi

Büyükparmakkapi Sokak No. 3, off İstiklal Cad., 34443
Beyoğlu, İstanbul
(also with a location near IICS Hisar Campus)
Tel: +90 212 243 3503
info@pandora.com.tr, www.pandora.com.tr

Eren Kitabevi

Sofyali Sokak No 34, Tünel,
Beyoğlu, İstanbul
Tel: +90 212 251 2858
eren@turk.net

Remzi

One of Turkey's largest bookstore chains. Check site
for a shop near you.
www.remzi.com.tr/index.asp?bolum=remzi_kitabevleri

D&R

One of Turkey's largest bookstore chains. Check site
for a shop near you.
www.dr.com.tr/FO/ShopList.aspx

Greenhouse

Dumlupınar Sok. No: 17
Kadıköy, İstanbul
E-mail: info@greenhousekitap.info
Tel:+90 216 449 3034
www.greenhousekitap.info/

English Book Exchange

run by Linda Robinson
Şeyh Bender Sokak No: 18
Tünel, Beyoğlu, İstanbul
Usually open weekdays 5:00-7:00pm

English books can be expensive in Istanbul, so take advantage of (and participate in) the book exchanges in the faculty lounges at IICS.

10. Culture & Recreation In Istanbul

10.5.2. BOOK SHOP RESOURCES

www.ideefixe.com Turkish version of "amazon.com"
www.remzi.com.tr/ Remzi Kitabevi

10.6.1. RADIO & TELEVISION

Turkish television operates on the PAL system (Phase Alternating Line), a color encoding system that differs from NTSC and SECAM. PAL system uses a vertical resolution of 576 lines (usually with a horizontal resolution of 720 or 704 pixels), with interlaced resolution, which is not compatible with televisions produced for NTSC markets (such as USA). Bringing a television from USA, therefore, isn't practical.

Regular broadcasting, cable, satellite, and digital television are available in Turkey, with satellite television offering the most selection of foreign language options and foreign programming.

STATE TELEVISION

The state-controlled television network of channels produces all its programs in Turkish. Foreign films are often shown, though usually dubbed in Turkish. The second channel broadcasts news in English every evening and occasionally shows films in English with Turkish subtitles. There are now seven state channels in all. There are also many privately-owned TV channels.

CABLE TV

Cable TV is available through TurkTelekom (the local phone company). CNBC-E channel shows current sit-coms and movies in English with Turkish subtitles, and BBC World, BBC Prime, CNN, Eurosport, TVE, RTL, and a few other foreign channels are available with basic cable TV.

SATELITE TV

Also available is digital satellite tv, like Digiturk and D-smart, which both offer a wide selection of Turkish and foreign channels, with language options for many of the channels.

VIDEOS/DVDS

VCDs and DVDs are readily available in stores.

RADIO

The radio offers the Turkish Radio and Television third program (FM) which gives news highlights in English, French and German every day at 9:00 a.m., noon, and in the evenings at 5, 7, and 10 o'clock. There are many new independent stations which broadcast a variety of music. You should also be able to pick up the BBC, Armed Forces Radio and Voice of America programs on any radio with a medium- and short-wave band. In addition, many radio stations offer online programming you can listen to via internet.

10. Culture & Recreation In Istanbul

10.6.2. RADIO & TELEVISION RESOURCES

www.ttnet.net.tr/ Turk Telekom for phone, cable, cable internet and other services

www.digiturk.gen.tr/ or

<http://www.dsmart.com.tr/default.aspx> Digital satellite TV, radio, email, banking, and internet service via your TV with many foreign channels and pay-per-view films. Capability of switching to multiple languages for same show according to your control settings.

10.7.1. NIGHT LIFE

There are bars and cafes for almost every taste, many of which offer live music, both foreign and Turkish. Closing times vary from district to district. Bar prices range from reasonable to very expensive. There are frequent concerts, performances, and music festivals of many descriptions, and in summer many of these take place outdoors. The main concentration of night life attractions are in the Beyoğlu/Taksim area of the European side, and Kadıköy on the Asian side of Istanbul.

10.7.2. NIGHT LIFE RESOURCES

www.mymerhaba.com

www.biletix.com

www.istanbulcityguide.com/

www.timeout.com.tr/show.php?isim=listings.htm (venue listings and events for the serious clubbers and night birds)

10.8.1. CINEMAS

Most cinemas in Istanbul show European and American films in the original version with Turkish sub-titles, with the exception of children's films, which are typically dubbed in Turkish. Very few cinemas offer original screenings, though in the past IICS parents have made private arrangements with an area cinema to give a special group showing.

Some cinemas are chains, while others reside in cultural centers such as Atatürk Kültür Merkezi, Aksanat, etc. There are annual film festivals. Many cinemas have a discounted admission day once a week. Some luxury cinemas, like Mayadrom, have plush reclining chairs for maximum comfort.

10.8.2. CINEMA RESOURCES

www.mymerhaba.com

www.beyazperde.com/ cinema listings for all areas of Istanbul and the larger cities of Turkey

www.biletix.com

10. Culture & Recreation In Istanbul

10.9.1. EXPAT GROUPS & FORUMS

There are various expat groups in Istanbul which focus on either nationality, spoken language, or a specific recreational activity. There are also a variety of online forums which can help you find resources as well as a new social network. For expat sport groups, there is the Hash House Harriers (runners), and an indoor hockey team. For special interests, there are hobby groups within international and national expat organizations. IICS teachers also tend to form special interest groups, whether it be group belly dancing lessons, cooking classes, or Ultimate Frisbee. For online forums, MyMerhaba and The Sublime Portal are two of the most frequented forums. TSP also has frequent social events, allowing forum members to get to know one another in a personal as well as cyber context. Please note that with the exception of The Sublime Portal, many of the social groups listed below are primarily aimed at non-working spouses, so many of their events may be scheduled during school hours.

To help orient yourself to Istanbul, you might find Context Istanbul an interesting, unique option. A finalist for National Geographic's Geotourism award in 2009, Context is a network of scholars based in Istanbul who design and lead in-depth, small-group walking seminars around the city for the intellectually curious who want to dig a little deeper to understand and appreciate the city. In addition to walks of the historic center, Context offers thematic walks: Ottoman architecture, the late Byzantine era, the markets of Kadikoy, etc. www.contexttravel.com/istanbul, info@contexttravel.com

10.9.2. EXPAT GROUP RESOURCES

www.mymerhaba.com Expatriate's website for Turkey (in English, French, German)

www.sublimeportal.com Expatriate discussion forum and active social group

<http://english.istanbul.com/?Vst=2> All purpose site for information of what to see and do

www.pukkaliving.com Newest Istanbul must-sees, must-dos, must-haves, trends, fads, and resources

www.iwi-tr.org International Women of Istanbul official site

www.ih3.org/ and reagan_light_2000@yahoo.com (Hash House Harriers)

www.awi-istanbul.com/ (American Women of Istanbul)

www.bccistanbul.org/ (British Community Council)

istaccueil@hotmail.com (Istanbul Accueil French-speakers' group)

www.bruecke-istanbul.org/ (Die Bruecke German-speakers' group)

istanbul@italiansonline.net (Circolo Roma, Italian group)

sharon_croxford@yahoo.co.uk (Australian and New Zealanders' group)

coronaistanbul@hotmail.com (Corona English speaking women's group)

wrozenberg@ttnet.net.tr (Dutch group)

11.Sports In Istanbul And Beyond

There are sports centers which offer swimming, squash, tennis, aerobics, and dance. Fees or membership dues must be paid for use of these facilities. There are ice rinks, bowling alleys, golf clubs, and riding clubs. A number of teachers use health clubs in B-town and downtown and can give recommendations. Downtown, Marmara Hotel's health club is popular with IICS staff. See resources for contact information.

11.1. GYMS

There are a number of gyms and fitness centers of varying levels of facilities. Below are some of the gyms recommended by the IICS teachers and staff.

Bahçeşehir Area

CITY CLUB- "The Bahçeşehir municipality is building a sports academy including a pool. It is still under construction. At the moment, though, there is the small and inexpensive municipality sports centre and the private City Club (including a sauna, Turkish Bath, pool and classes). I was a member there and really liked it. A very clean place! The Turkish Bath is gender segregated so certain days for ladies, certain days for men." --H. Kaplangi

"I went to City Club gym in Bahçeşehir when I lived there- worked out in the small gym and attended Pilates Mat classes." E. Stevenson

Price: reasonable

Taksim Area (Taksim, Nişantaşı, Mecidiyeköy)

CIHANGIR SPORTS CENTER- "I am going to the Cihangir Sports centre now, we got a special deal with them, 1000TL for one year to be paid 2x500TL. I chose it cause it is walking distance to my flat. Rather small and very busy at peak times." --H. Kaplangi

www.cihangirsportscenter.com/

Price: reasonable

MARMARA HOTEL GYM- "I use the Marmara Gym and while it is good, with new management they are no longer giving any teacher discounts so it's expensive." A. Trueman

www.themarmarahotels.com/The-Marmara-Istanbul/gymspa.asp

Price: high end

SPORTEM- "Polat Towers Gym, Sportem, is quite nice. It has a lap pool, sauna, squash courts, weight and aerobic machine rooms, pilates and yoga once a week, and a personal trainer. They are in Fulya, about 15 minute walk from Mecidiyekoy's metro station." S. Holtman

www.sportemhealthclub.com/anasayfa.htm

Price: high end

11.Sports In Istanbul And Beyond

Uptown Area (Levent, Etiler, Maslak)

HILLSIDE CLUB- "I go to Hillside Club at Istinye Park mall and I do Pilates Reformer and Yoga. I would love to get a full membership at any club, but cost is often prohibitive." E. Stevenson
www.hillside.com.tr/

Price: high end

ESSPORTO- "I go to Essporto at Metrocity mall. Kind of expensive but an excellent facility including a 25m indoor pool. Also good because I get off the metro at Levent and walk up the stairs in the station and I'm there. Good for avoiding the snow." I. Penrose

www.essporto.com

Price: high end

MARS ATHLETIC CLUB- "I go to Kanyon MARS athletic centre at Kanyon mall. It is in Levent, so right off the metro stop. It is expensive, but I must say it is a sexy gym!" M. Sweep

www.marsathletic.com/

Price: high end

ŞİŞLİ TERRAKİ SCHOOL- "They have 14 state of the art treadmills, a fully equipped Nautilus gym, swimming pool, two fully qualified fitness coaches who help plan the whole programme. It isn't poshy or flash, but has very clean changing rooms with lockable lockers and nice clean showers with constant hot water. Very reasonable rates." -C. Baydur

Tel: 0212 270 26 66

Price: reasonable

CLUB SPORIUM- "The facilities are fantastic--outdoor and indoor pools, sauna, steam room, outdoor and indoor tennis courts, squash courts, a wide array of weight training and resistance training machines, a reformer Pilates studio... The elliptical, step, regular and horizontal stationary bikes, and 25 treadmills all have built in televisions so you can watch and exercise. Even at the busiest times, there are machines available. There are alot of different classes available, too. But the facilities aside, I love this gym because of the trainers. All of the gym staff are trained and licensed with their credentials listed on their website. They are friendly, attentive, know who I am, and keep track of my progress." -J. Gökmen

www.clubsporium.com/2007/akatlar/lang_tr/default.asp

Price: high end

D GYM- New luxurious gym in the Maslak area. S. Gurkan

www.dgym.com.tr/

Price: high end

11.Sports In Istanbul And Beyond

Additional sports center options by area of town. Please ask friends for recommendations:

Champion Sport Center Barbaros Bulvarı No:59 Beşiktaş İstanbul Tel: 0 212 327 53 13	Beşiktaş
Conrad Health Club Conrad International İstanbul Yıldız Cad. Beşiktaş İstanbul Tel: 0 212 227 30 00	Beşiktaş
Çeliktürk Spor Merkezi www.celikturkspor.com/default.aspx Jandarma Mektebi Sk. No:28 Beşiktaş İstanbul Tel: 0 212 227 89 53	Beşiktaş
Çırağan Kempinski Health Club Çırağan Palace Hotel Kempinski Beşiktaş İstanbul Tel: 0 212 258 33 77	Beşiktaş
Daphne Health Club Yıldız Cad. 80700 Beşiktaş İstanbul Tel: 0 212 227 30 00	Beşiktaş
Flash Gym İstiklal Cad. Aznavur Pasajı No: 212 Kat:4 Beyoğlu İstanbul Tel: 0 212 249 53 47	Beyoğlu
Divan Sağlık Kulübü Divan Oteli, Cumhuriyet Cad. No: 2 Elmadağ İstanbul Tel: 0 212 231 41 00	Elmadağ
Hilton Planet Health Club Hilton Otel, Cumhuriyet Cad. Harbiye İstanbul Tel: 0 212 315 60 00	Elmadağ

11. Sports In Istanbul And Beyond

Hillside Club Alkent www.hillside.com.tr/ Alkent Tepecik Yolu Etiler İstanbul Tel: 0 212 257 78 22	Etiler
Mayadrom Sports Center www.mayadromsports.com Maya Residence Akatlar Etiler İstanbul Tel: 0 212 352 32 00	Etiler
Enka Tesisleri Sadi Gülçelik Spor Sitesi İstinye İstanbul Tel: 0 212 286 72 14	İstinye
Silhouette Nispetiye Cad. No: 13 Levent İstanbul Tel: 0 212 264 10 16	Levent
TSYD Spor Tesisleri Levent Cad. No: 51 Levent İstanbul Tel: 0 212 325 78 71	Levent
Swissotel Spa & Wellness Centre Bayıldım Cad. No:2 Maçka İstanbul Tel: 0 212 326 11 00	Maçka
Ayhan Şahenk Spor Salonu Darüşşafaka Spor Tesisleri Maslak İstanbul Tel: 0 212 286 08 42	Maslak
Darüşşafaka Gymnasium Sports Center Derbent Mevkii Maslak İstanbul Tel: 0 212 286 26 76	Maslak

11. Sports In Istanbul And Beyond

Gold's Gym Belen sok. 4/19 Kaya Apt. Mecidiyeköy İstanbul Tel: 0 212 217 11 10	Mecidiyeköy
Fitline Slim & Gym Center Rumeli Cad. Nişantaşı İş Merkezi No:1 Kat:6 Nişantaşı İstanbul Tel: 0 212 231 89 42	Nişantaşı
Athletic Club Askerocağı Caddesi No:1 Taksim Taksim İstanbul Tel: 0 212 231 21 21	Taksim
Club Olympus Hyatt Regency Hotel Taşkılla Cad. Taksim İstanbul Tel: 0 212 225 70 00 / 3600	Taksim
Kuzey Yıldızı Kültür ve Spor Merkezi Sıraselviler Caddesi, Havyar Sok. Taksim İstanbul Tel: 0 212 252 67 16	Taksim
Vakkorama Gym www.vakkorama.com.tr/ Osmanlı Sok. No: 13 Taksim İstanbul Tel: 0 212 251 15 71	Taksim

11. Sports In Istanbul And Beyond

11.2. SWIMMING

Swimming opportunities include a number of beaches at your disposal along the Black Sea, in Bostancı, and other points in the city. There are also a number of indoor and outdoor pools at local sports clubs and five star hotels. Please check with the gyms listed above for additional swimming opportunities.

11.3. TENNIS

The sports clubs in Istanbul offer facilities for playing tennis and for enthusiasts there are a number of events held locally as well, like the Istanbul Cup. <http://www.istanbulcup.com/>

Club Sporium

Asian Side: Tunel Yolu Cad, Bostancı Tel : 216-416-0202

European Side: Akatlar, Cumhuriyet Cad 4 Tel: 212-385-4910

www.clubsporium.com

Darussafaka Sports Center

Darussafaka Cetin Berkmen Spor Tesisleri, Buyukdere Cad, Derbent Mevkii, Maslak

Tel: 212-286-2676

Enka Sports Center

Sadi Gulcelik Spor Sitesi, Tel: 212-276-2297

www.enkapor.com

Istanbul Tennis Kulubu

Poligon Mah Aydinlar Cad 3/A Istinye Tel: 212-229-1968

www.istanbulteniskulubu.org.tr

Levent Tennis Kulubu

Akasyali Sok3 4. Levent Tel: 212-279-2710

www.leventteniskulubu.com

11.4. SKIING/ICE SKATING

There are skiing opportunities not too far from Istanbul, but you need a full weekend to make it worthwhile. The nearest area is Uludağ in the vicinity of the city of Bursa, about a 4-hour drive away. On Uludağ there are a variety of hotels and ski-runs, from beginners to advanced. You can rent skis there at a reasonable cost. You can reach Uludağ by bus from Istanbul.

There are also several ice-skating facilities in the area, including some of the newer malls in Istanbul offering ice skating in the winter, but if you are an enthusiast, it may be best to bring your own ice skates with you as the rented ones may not have adequately sharp blades.

11.Sports In Istanbul And Beyond

Mundo Latino

Istiklal Cad, 230 2nd Floor, Galatasaray

Tel: 212-244-6359

www.mundolatinodance.com

Tan Saętürk Bale ve Dans Eęitim Merkezi

Avukat Sureyya Agaoęlu Sok 45/A, Teşvikiye

Tel: 212-296-8361

www.tansagturk.com.tr

11.5. COUNTRY CLUBS

Kemer Golf & Country Club

Göktürk Beldesi, Kemer Tel: 212-239-7010

www.kg-cc.com

Klassis Golf & Country Club

Küçük Seymen Koyo, Altıntepe Mevkii, Silivri Tel: 212-710-1313

www.kassis.com.tr

Saklıköy Country Club

Ishakli Köyü, Bayram Köprü Mevkii 2, Beykoz Tel: 216-434-5522

www.saklikoy.com

11.6. EQUESTRIAN SPORTS

Fule Binicilik Kulübü

Koyiçi, Yukarı Mahalle 13, Üskümrüköy Tel: 212-202-5175

Göçmen's Ranch

Binicilik Tesisleri, Zekeriyaköy, Sarıyer Tel: 212-202-7829

www.gocmenranch.com

International Kennels K-9 Academy and Horse Club

Karaaęaç Köyü, Hadımköy (Near IICS) Tel: 212-857-8016

www.k9.gen.tr

Istanbul Atlıspor

Ucyol Mevkii, Maslak Tel: 212-286-3843

www.istanbulatlisporkulubu.com

Kemer Golf & Country Club

Göktürk Beldesi, Kemer Tel: 212-239-7010

www.kg-cc.com

11. Sports In Istanbul And Beyond

Saklıköy Country Club

Ishakli Köyü, Bayram Köprü Mevkii 2, Beykoz Tel: 216-434-5522
www.saklikoy.com

S International Equestrian Center

İstinye Yokuşu, Tepeüstü Sokak No:1, İstinye Tel: 0212 323 21 00
www.sbinicilik.com

Pony Club Istanbul

Gümüşdere Köyü, Sarıyer Tel: 0212 203 83 32
www.ponyclubist.com

11.7. BOWLING

Atlantis Bowling Cevahir

Büyükdere Cad. 22, Şişli Tel: 212-368-6900

Galeria Bowling

Galeria Shopping Mall, Ataköy Tel: 212-661-0322

Korukent Bowling

Korukent Tesisleri, Levent Tel: 212-274-0668

Saturn Cosmic Bowling

Kemer Mall, Selanik Bulvarı, Kemerburgaz Tel: 212-360-3801

11.8. DANCE

Alberto Salsa Productions

Zeytinoğlu Cad 74, Akatlar, Etiler Tel: 212-351-4833/35

Dans Akademik

Tepecik Yolu, Cevher Sok. 6, Etiler Tel: 212-352-7046
www.dansakademik.com

Esm Bale Ve Dans Okulu

Polcenter 38 Ecza Sok., Levent (Near Kanyon)
Tel: 212-284-7456
www.baleokulu.com

11. Sports In Istanbul And Beyond

11.9. MISCELLANEOUS SPORTS

Jogging and running- can be pursued almost anywhere. One recommended area is in Bahçeşehir.

Basketball- Basketball and volleyball can be played year-round at IICS.

Football/Soccer- Football is the Turkish national sport. Watch national and international teams compete at several local stadiums (see resources below).

Ultimate Frisbee- You may wish to join the Ultimate Frisbee Team Türk Kası who play in Istinye at ENKA school and at Rumeli Hisar at Bogazici University. For information, browse their yahoo group:

www.yahogroups.com/ultimate_in_istanbul

Horse Racing- Have a day at the tracks! Visit Veliefendi Hipodromu located on Ekrem Kurt Bulvarı, in Bakırköy. Tel: (0 212) 444 0 855 <http://www.tjk.org/Default.aspx?l=2>

11.10. SPORTS RESOURCES

www.thelifeco.com/centers-b.asp The LifeCo Center

www.yogasala.com Yoga centers in Istanbul

www.formula1-istanbul.com/f1/en/ Formula 1 Racing in Istanbul

www.worldstadiums.com/middle_east/countries/turkey/marmara.shtml Istanbul's stadiums and major sports venues

11.11. BEACHES

EUROPEAN SIDE

Rumeli Kavağı: is located at the end of the Bosphorus. The coast road is closed after Sariyer due to military grounds. It is accessible by ferry.

Kilyos: There are several beaches in Kilyos, coast of the Black Sea 35 km away from the city. The road leading to Kilyos passes through the Belgrade Forest. Kilyos is known for its beach resorts and has several beaches, some better for families and those catering to the party crowd. Kilyos is easily accessible from central Istanbul by city bus, minibus and ferries.

From Istanbulbeach.com:

Kilyos has sandy beaches, comfortable hotels, motels and camping facilities. Besides the beaches there are small coves on the northeastern side of Kilyos. The bottom of the sea is rocky therefore families with small children may prefer the sandy beach locations. Sometimes-rough waves hit the coast.

Solar Beach

Eski Turban Yolu 4, Kilyos

Tel: 0212-201-25-80

www.solarbeach.net

One of the largest beaches in the region, with an extensive range of services including beach volleyball, beach soccer, rock climbing, jet skiing, kite boarding, banana boats, wind surfing, skateboarding, rollerblading and basketball. A regular host to music festivals, the beach has music playing all day and is known for its nightly beach parties.

Solar Beach is the most popular because of all its many offerings. In addition to lounging on the beach, you can also rent jet boats, play beach soccer or volleyball, rent jet skis, kite boards, go carts, banana boats, windsurfing equipment and more. It offers plenty of fun for the whole family. Solar beach is

11. Sports In Istanbul And Beyond

also a common place for music lovers. It hosts plenty of concerts each year featuring well-known artists. Previously performing musicians have included Gloria Gaynor, Norah Jones, Shakira, Avril Lavigne, Smashing Pumpkins and more.

This is the spot for young sun-lovers who come to frolic in the sand by day and dance at the shore-side party by night

Nonstop Beach

Kilyos Turban Yolu No:4,
Kilyos
Tel:0 212 201 23 05
www.nonstopbeach.com

Nonstop Beach offers a sandy stretch up at Kilyos, packed with sun worshippers and party people. This is the spot to really get your teeth into some summer sports like kite-boarding, catamaran sailing, beach volleyball, football, windsurfing, and surfing, concerts, beach parties, and D.J Parties. Also there are facilities for tennis and basketball.

Demirciköy: This is another beach region on the Black Sea coast.

Dalia Beach Club

Dalya Mevkii
Kilyos Road
Demirciköy - SARIYER
Tel:0 212 2040169
www.clubdalia.com

Dalia Beach Club is located near by Solar, on a small, breezy inlet of the Black Sea off the road that ensures privacy for this upscale family club with an excellent fish restaurant attached. Dalia contains a small café and restaurant offering traditional Turkish fare with an emphasis on seafood. Rattan umbrellas and cushy lounge furniture is strewn across the bright green grass and on the small beach. Adventurous types can part-take in treks through the woods nearby or participate in games of beach volleyball. Dalia's entrance fee is 15 TL on weekdays and 20 TL on weekends. The club is open from mid-April through mid-September.

They offer canoeing, surfing and water-cycling, green areas, bars, a beach volleyball field, and more.

Gümüşdere: There are several large beaches in Gümüşdere, near Kilyos. The recommended beach in this area is Bürç Beach.

Burç Beach

BU Gümüşdere Campus,
Sarıyer
Tel: 0212 359 58 00
www.bumed.org.tr

Sandy golden beach with gigantic waves. Very clean and shallow water for a 100 m. The beach is a club owned by alumni Bogazici University and accepts guests, too. Admission is around 10 dollars.

Burç beach is a 1 km-long sandy beach, good for some summer sports like kite-boarding, catamaran sailing, beach volleyball, football, windsurfing, and surfing. Burç Beach hosts the Kiteboardpro World Tour every year

KINALIADA, Princes' Islands

Kamo's Beach Club gives sun worshipers a place to tan and also a great proximity to the downtown district. The resort offers a swimming pool as well as beach access.

ASIAN SIDE

Riva: There is one private and one public beach in Riva.

Şile: Şile is a small town on the coast of the Black Sea. It is approximately a 1 1/2 hour drive from the European side.

11.Sports In Istanbul And Beyond

Ağva: This town is east of Şile on the coast of the Black Sea, about 2 hours from Istanbul. In this quiet town there are many pensions available:

Otel Acqua Verde TEL: 216-721-7143 www.aqvaverde.com.tr

Yeşilçay Tatil Köyü TEL: 216-721-7348 www.yesilcay.com.tr

Motel Liman TEL; 216-721-7297

11.12. PARKS IN ISTANBUL

Below are just some of Istanbul's major parks.

BELGRADE FOREST

The forest is north of Maslak. The Belgrade Forest is a popular picnicking site and has a jogging and hiking trail 7 kilometers long around a lake.

PARK ORMAN

Located in Istanbul's Maslak district, this park was designed by the Forestry Director in that area and is run by a private entrepreneur. Sporting activities and weekend excursions can be organized there. www.parkorman.com.tr TEL: 0212 328 2000

EMIRGAN WOODS (Emirgan Korusu)

The Emirgan Park is a historical park, one of the largest public parks in Istanbul. The park is owned and administered by the municipality of Istanbul and covers 117 acres. Jogging tracks, picnic tables, and restaurants in restored Ottoman hunting lodges make the Emirgan Park a very popular recreation area. Inside the park with two decorative ponds are plants of more than 120 species. The annual Tulip Festival is organized here every April making the park very colorful with these plants.

YILDIZ PARK

Yıldız Park in Beşiktaş is a beautiful, wooded preserve with walking trails, picnicking areas, and cafes. located between the palaces of Yıldız and Çırağan. The park is separated into two sections, the outer section is open to the public and comprises the Şale, Çadır and Malta pavilions and the still-operating Yıldız porcelain factory. The ornate Malta Köşk is an excellent place for Sunday brunch or weekday lunches. Çadır Köşk has a café and nargile pipes.

Tel: 0212 258 94 53

GÜLHANE PARK

Located adjacent to and on the grounds of the Topkapı Palace, the park is adjacent to the Istanbul Archeological Museum. The south entrance of Gülhane Park sports one of the larger gates of the palace. It is the oldest public parks in Istanbul.

ATATÜRK ARBORETUM

Established by the Istanbul branch of the State Forestry Directorate, the arboretum is open to the public on weekdays. For weekend entrance, application and a nominal annual fee is required.

While you are here, you'll certainly want to travel around Turkey and learn more about it. Some knowledge of Turkish will be helpful, however. Tourist facilities in many areas are quite well-developed. There are comfortable hotels and excellent museums in or near all the major tourist sites, and a number of helpful guidebooks are available in English. Transportation by air, train or bus is efficient and relatively inexpensive. Passenger ships from Istanbul call at various Black Sea, Aegean and Mediterranean ports.

Istanbul has many reliable travel agencies if you are interested in a group tour or if you want help and advice on planning your own trip. You may choose to join the American Research Institute in Turkey (ARIT), or similar organizations, which organize tours both in and outside Turkey. The Greek border is only four hours away and easily reached by bus.

12.1. AIRLINES

Below are some of the major carriers operating in Turkey:

Air France

Dikilitaş Emirhan Cad 145, Atakule A Block, Beşiktaş
Reservations: 212-310-1919 Fax: 212-236-9300
www.airfrance.com.tr

KLM

Dikilitaş Emirhan Cad 145, Atakule A Block, Beşiktaş
Reservations: 212-310-1900 Fax: 212-327-5990
www.klm.com.tr

Turkish Airlines

Harbiye: Cumhuriyet Cad 199, Tel: 212-225-0556
Kadikoy: Bağdat Cad 27, Kızıltoprak, Tel: 216-418-4486
Taksim: Gezi Dukkanları 10, Tel: 212-252-1106
www.thy.com

Swiss International Airlines

Büyükdere Cad 122, Özsezen İş Merkezi, C Block 5th Floor
Tel: 212-354-9919 or 212-319-1900 Fax: 212-319-1999
www.swiss.com

Charter Companies

Atlas Jet

Tel: 216-444-3387
www.atlasjet.com

Fly Air

Tel: 216-380-5280
www.flyair.com

12. Travel

Onur Air

Tel: 212-444-6687
www.onurair.com.tr

Pegasus Airlines

Tel: 212-444-0737
www.flypgs.com

Easy Jet

www.easyjet.com

12.2 TRAVEL RESOURCES

www.nisanyan.net/ Best small hotels of Turkey guide excellent opportunities

www.turkishembassy.org/index.php?option=com_content&task=view&id=45&Itemid=69 Ministry of Tourism

<http://ccat.sas.upenn.edu/ARIT/> American Research Institute in Turkey

www.turkeytravelplanner.com/ Turkey Travel Planner

www.lonelyplanet.com/worldguide/destinations/europe/turkey/ Lonely Planet Turkey Guide

Embassy	Address	Telephone	Fax
Afghanistan	Cinnah Cd. No:88 Cankaya Ankara	(312)4422523	(312)4426256
Albania	Ebuziya Tevfik Sok. 17 Cankaya-Ankara	(312)4416103	(312)4416104
	Gumussuyu Inonu Cad. No.30/6 Istanbul	(212)2442356	(212)2442338
Algeria	Sehit Ersan Cd. No:42 Cankaya Ankara	(312)4687719 4288037	(312)4687593
Argentina	Ugur Mumcu Cad. 60/1 G.O.P. Ankara	(312)4462061-62	(312)4462063
Australia	Ugur Mumcu Cad. 88 G.O.P. Ankara	(312)4599500	(312)4464827
Austria	Atatürk Bul.No:189 Kavaklıdere Ankara	(312)4190431-33	(312)4189454
	Çaglayan Mah. 2054 Sok. 8 Barınaklar Antalya	(242)2490330	(242)2419800
	Köybasi Cad. 46, Yeniköy Istanbul	(212)26229315	(212)2622622
Azerbaijan	Diplomatik Site Baku Sok. 1 Oran Ankara	(312)4911681(3)	(312)4920430
Belarus	Abidin Daver Sok. 17 Cankaya	(312)4416769-70	(312)4416674
Belgium	Mahatma Gandhi cd. No:55 G.O.P. Ankara	(312)4468247(3)	(312)4468251
	Siraselviler cad. No:73 Taksim Istanbul	212)2433300(2)	(212)2433300(2)
	Atatürk cd. No:186-2 Izmir	(232)4218847	(232)4218847
Bangladesh	Cinnah Cad. 78/7-10 Cankaya Ankara	(312)4392750-51	(312)4422561
	Ayşe Sultan Korusu No:11 Bebek Istanbul	(212)2650672	(212)2650672

12. Travel

Embassy	Address	Telephone	Fax
Bosnia Herzegovina	Turan Emeksiz Sok. Park Blok B-Blok 3/9-10 G.O.P. Ankara	(312)4273602-03 4360593	(312)4273604
Brazil	Resit Galip Cad. Ilkadim Sok. 1 G.O.P. Ankara	(312)4481840(3)	(312)4481838
Bulgaria	Atatürk Bul. 124 Kavaklıdere Ankara	(312)4672071 4275142	(312)4672574
	Talatpasa Cad. 31 Edirne	(284)2251069	(284)2251069
	Zincirlikuyu Cad. 44 Ulus Istanbul	(212)2690478	(212)2690478
Canada	Cinnah Cad. 58 Ankara	(312)4092700	(312)4092810
	Büyükdere Cad. No:107 Bungalov Han G.Tepe - Istanbul	(212)2725174	(212)2725174
Chile	Resit Galip Cad. Hirfanli Sok. 14/1-3 G.O.P. Ankara	(312)4473418 (312)4473582	(312)4474725
China	Gölgeli Sok. 34 G.O.P. Ankara	(312)4360628	(312)4464248
	Ortaklar Cad. 14 Mecidiyeköy Istanbul	(212)2725200(2)	(212)2725200(2)
Costa Rica	Süzer Plaza, Askerocagi Cad. 9 Elmadag Istanbul	(212)3344646	(212)3344622
Croatia	Kelebek Sok. 15/A G.O.P. Ankara	(312)4469460 (312)4460831	(312)4464700
Cuba	Solen Sok. 8 Cankaya Ankara	(312)4428970-71	(312)4414007
Czech Republic	Kaptanpasa Sok. 15 G.O.P. Ankara	(312)4056139	(312)4463084
Denmark	Mahatma Gandhi Cad. 74 G.O.P. Ankara	(312)4466141	(312)4472498
	Bilezik Sok. No:2 Fındıklı Istanbul	(212)2450385	(212)2450385
	Akdeniz Cad. 1/702 Pasaport Izmir	(232)4893441	(232)4893441
	Güven Is Hani No:2 PK.23 Mersin	(324)2314217	(324)2314217
Dominic	Akkavak Sok. No:9 Kat:3 Sisli Istanbul	(212)2483613	(212)2483613
	1398 sk. No:10/4 Alsancak Izmir	(232)4215222	(232)4215222
Egypt	Atatürk Bul. 126 Kavaklıdere Ankara	(312)4261026 (312)4682240	(312)4270099
Estonia	Gölgeli Sok. 16 G.O.P Ankara	(312)4056970	(312)4056976
Ethiopia	Gökçek Sok. 11 G.O.P Ankara	(312)4481938	(312)4481927

12. Travel

Embassy	Address	Telephone	Fax
Finland	Kader Sok. 44 GOP Ankara	(312)4261930	(312)4680072
	Doseme Mah. Karaisali Cad. No.89 Adana	(322)4532595	(322)4534405
	Yeni Camlik Cad. Ayaz sok. No.5, 4.Levent Istanbul	(212)2835737 (2)	(212)2835739
	Eski Belediye Binasi Yani Alacati Izmir	(533)2595160	(232)7170206
	Tepecik Mah. Hamam Sok. 4 Bodrum Mugla	(252)3167051	(252)3167952
France	Paris Cad. 70 Kavaklidere Ankara	(312)4554545	(312)4554527
	Istiklal Cad. 18 Taksim Istanbul	(212)2431852	(212)2431852
	Cumhuriyet Bul. 153 Izmir	(232)4214234	(232)4214234
Georgia	Hilal 1 Mah. 7.Cadde 31 Cankaya Ankara	(312)4426508-09	(312)4426507
Germany	Atatürk Bul. 114 Kavaklidere Ankara	(312)4555100 4281402	(312)4266959
	Orgeneral Kenan Evren Bul. 142 B Blok 12 Antalya	(242)2413318	(242)2413318
	Gazi Pasa Cad. 22 Edirne	(284)2252302	(284)2252302
	Atatürk Bul. 83 Iskenderun	(326)6121666	(326)6121666
	Inönü Cad. 16-18 A.Pasa Istanbul	(212)2515404	(212)2515404
	Atatürk Cad. 260 PK 156 Izmir	(232)4216995	(232)4216995
	Eski Belediye sk. No:7 Sivas	(346)2211404	(346)2211404
Great Britain and Northern Ireland	Sehit Ersan Cad. 46/A Cankaya Ankara	(312)4553344	(312)4553351
Greece	Zia-ur-Rahman Cad. 9/11 G.O.P. Ankara	(312)4480873 (312)4482249	(312)4463191
	Kocasinan Mh. 2.sk. No.13, Edirne	(284)2355804	(284)2355808
	Yenisehir Cad. 4 Iskenderun	(326)6171059	(326)6171059
	Turnaci Basi Sok. 32 Beyoglu Istanbul	(212)2450596	(212)2521365
	Atatürk Cad. 262, Alsancak Izmir	(232)4216992	(232)4633393
Hungary	Sancak Mah. Layos Kosut Cad. 2 Yildiz Ankara	(312)4422273	(312)4415049
	Poyrazcik Sok. 35 Tesvikiye Istanbul	(212)2404275	(212)2404275
Iceland	Cinnah Cad. 110/1 Cankaya Ankara	(312)4388500	(312)4388500
	Büyükdere Cad. 13/A Sisli Istanbul	(212)2313406	(212)2313406

12. Travel

Embassy	Address	Telephone	Fax
India	Cinnah Cad. 77/A Cankaya Ankara	(312)4382195-98	(312)4403429
	Cumhuriyet Cad. 257/3 Harbiye Istanbul	(212)2484884	(212)2484884
	Anadolu cd. 37/39 Salhane Izmir	(232)4861064	(232)4861064
Indonesia	Abdullah Cevdet Sok. 10 Cankaya Ankara	(312)4382190-92	(312)4382193
	Seher Yildizi Sok. 22/11 Etiler Istanbul	(212)2638008	(212)2638008
Iran	Tahran Cad. 10 Kavaklıdere Ankara	(312)4682821	(312)4682823
	Ali Ravi Cad. Erzurum	(442)2184204	(442)2184204
	Ankara Cad. No:1 Cagaloglu Istanbul	(212)5138230	(212)5138230
	Iran Cad. Kiziltoprak sk.Trabzon	(462)3224852	(462)3224852
Iraq	Turan Emeksiz Sok. 11 G.O.P. Ankara	(312)4687421-22	(312)4684832
	Halide Edip Adivar mh. Ipek Böcegi sk. No:1 Okmeydani Istanbul	(212)2302930	(212)2302930
Ireland	Ugur Mumcu Cad. 88 MNG B Blok 3 G.O.P. Ankara	(312)4466172	(312)4468061
	Cumhuriyet Cad. Pegasus Evi No:26/A Harbiye Istanbul	(212)2466025	(212)2466025
Israel	Mahatma Gandhi Cad. 85 G.O.P. Ankara	(312)4463605	(312)4468071
	Vali Konagi Cad. 73/A Nisantasi Istanbul	(212)2464125(7)	(212)2464125(7)
Italy	Atatürk Bul. 118 Kavaklıdere Ankara	(312)4574200	(312)4574280
	Neyzen Tevfik Cad. 4 Bodrum
	Bursa	(224)2335514	(224)2349682
	Eski Lara Yolu, 1513 Sok. 11/1, Sirinyali Antalya	(242)3234364	(242)3235714
	Tom Kaptan Sok. 15 Beyoglu Istanbul	(212)2431024(2)	(212)2525879
	Cumhuriyet Meydani 12/3 Pasaport Izmir	(232)4636676	(232)4212512
	Atatürk Bulv. Unsal Han D.2 Iskenderun Hatay	(326)6136091	(326)6179193
Japan	Resit Galip Cad. 81 G.O.P. Ankara	(312)4460500(3)	(312)4371812
	Inönü Cad. 24 Taksim Istanbul	(212)2450290(2)	(212)2450290(2)
Jordan	Dede Korkut Sok. 18 Mesnevi Cankaya Ankara	(312)4402054	(312)4404327
Kazakhstan	Kilic Ali sk. 6 Oran Diplomatik Sit. Ankara	(312)4919100	(312)4914455
Kyrgyzia	Turan Gunes Bul. 15.Cad. 21 Yildiz Ankara	(312)4913506	(312)4913513
Korea, Republic of	Alacam sk. 5 Cankaya Ankara	(312)4684821(3)	(312)4682279
	Cumhuriyet cd. 8/2 Taksim Istanbul	(212)2330410(9)	(212)2330410(9)

12. Travel

Embassy	Address	Telephone	Fax
Kuwait	Resit Galip cd. 110 G.O.P. Ankara	(312)4450576-80	(312)4466839
Latvia	Resit Galip Cad. 95 G.O.P. Ankara	(312)4056136	(312)4056137
Lebanon	Kizkulesi Sk. 44 G.O.P. Ankara	(312)4467485(3)	(312)4461023
	Tesvikiye Cad. 134/1 Istanbul	(212)2361365(2)	(212)2361365(2)
Libya	Cinnah Cad. 60 Cankaya Ankara	(312)4381110(5)	(312)4403862
	Miralay Sefik Bey Sk. 3 Gümüssuyu Istanbul	(212)2518100(4)	(212)2525515
Lithuania	Mahatma Gandhi Cad. 17/8-9 G.O.P. Ankara	(312)4470766	(312)4470663
Luxembourg	1377 Sk. Kut Ap. 8/9, Alsancak Izmir	(232)4214882	(232)4214882
Macedonia	Filistin Sk. 30/2 G.O.P. Ankara	(312)4469204-05	(312)4469206
Malaysia	Mahatma Gandhi Cad. 58 G.O.P. Ankara	(312)4463547-48	(312)4464130
	Halaskargazi Cad. 266 D.7 Sisli Istanbul	(212)2471728	(212)2471375
Mexico	Cankaya Cad. 20/2 Cankaya Ankara	(312)4423033	(312)4420221
		(312)4422382	
Moldavia	Kaptanpasa sok. 49 Kavaklidere Ankara	(312)4465527	(312)4465816
Mongolia	Koza Sok. 109 G.O.P. Ankara	(312)4467977	(312)4467791
Morocco	Rabat sk.11 G.O.P. Ankara	(312)4376020-21	(312)4471405
Nepal	Valikonagi cd.Y.K.Bank. Ishani Kat:4 Nisantasi Istanbul	(212)2466104	(212)2466104
Netherlands (Holland)	Hilal Mah. Hollanda Cad. 3 Yildiz Ankara	(312)4091800	(312)4091898
	Istiklal cd. 393 Beyoglu Istanbul	(212)2515030	(212)2515030
	Atatürk Bul. 72 PK34 Iskenderun	(326)6138190	(326)6138190
	Cumhuriyet Mey. 11/2 Izmir	(232)4634960(5)	(232)4634990(5)
New Zealand	Iran Cad. 13/4 Kavaklidere Ankara	(312)4679054	(312)4679013
Nigeria	Ugur Mumcu Sok. 56 G.O.P. Ankara	(312)4481077(3)	(312)4481082
Norway	Kirkpınar Sok. 18/3-4 Cankaya Ankara	(312)4058010	(312)4430544
	Atatürk Bul. Unsal Han K.1 Iskenderun	(326)6176170(5)	(326)6176170(5)
	Rihtim cd. 227 Karaköy Istanbul	(212)2491708	(212)2491708
	1378 sk. 4/1 Alsancak Izmir	(232)4219280	(232)4219280
Oman	Mahatma Gandhi Cad. 63 G.O.P. Ankara	(312)4470630-31	(312)4470632

12. Travel

Embassy	Address	Telephone	Fax
Pakistan	Iran Cad. 37 G.O.P. Ankara	(312)4271410(4)	(312)4671023
	Nispetiye Cad. Gulsen Sok. 3 Etiler Istanbul	(212)3584506	(212)3584508
	Cumhuriyet Bulv. 95 Alsancak Izmir	(232)4591616	(232)4220576
Palestine	Filistin Cad. 45 G.O.P. Ankara	(312)4360423 (312)4470244	(312)4377801
Peru	Sakayikli sk. 25 Levent Istanbul	(212)2684372	(212)2684372
Philippines	Mahatma Gandhi Cad. 56 G.O.P. Ankara	(312)4465831	(312)4465733
Poland	Atatürk Bul. 241 Kavaklıdere Ankara	(312)4572000-01	(312)4678963
	Büyük Ciftlik sk. Yücel apt. 5-7 Nisantasi Istanbul	(212)2477494	(212)2477494
Portugal	Kuleli Sok. 26 G.O.P. Ankara	(312)4461890-91	(312)4463670
	Sehit Muhtar cd. 43/3 Taksim Istanbul	(212)2501130	(212)2501130
Qatar	Baku Sok. 6 Diplomatik Site Oran Ankara	(312)4907274	(312)4906757
Romania	Bükres Sok. 4 Cankaya Ankara	(312)4663706 (312)4271243	(312)4271530
	Siraselviler cd. 95 Taksim Istanbul	(212)2453555	(212)2453555
Russian Federation	Karyagdi Sok. 5 Cankaya Ankara	(312)4392122 (312)4408217	(312)4383952
	Istiklal cd. 443 Istanbul	(212)2442610	(212)2442610
San Marino	Cumhuriyet cd. 247/1 Harbiye Istanbul	(212)2407525	(212)2407525
Saudi Arabia	Turan Emeksiz Sok. 6 G.O.P. Ankara	(312)4685540(3)	(312)4274886
	Yildiz Posta cd. 52/7 Esentepe Istanbul	(212)2754396	(212)2754396
Serbia and Montenegro	Paris Cad. 47 Kavaklıdere Ankara	(312)4260236	(312)4278345
Slovakia	Atatürk Bulvari 245 Kavaklıdere Ankara	(312)4675075-76	(312)4682689
Slovenia	Küpe Sok. 1/3 G.O.P. Ankara	(312)4056007	(312)4466887
Spain	Abdullah Cevdet Sok. 8 Cankaya Ankara	(312)4380392	(312)4426991
	Kenan Evren Bul. 40-12 Antalya	(242)2417770	(242)2417770
	Tesvikiye cd. 143/6 Istanbul	(212)2403444	(212)2403444
	Cumhuriyet Bul. 1097/703 Izmir	(232)4897936	(232)4897936
South Africa	Filistin Cad. 27 G.O.P. Ankara	(312)4464056	(312)4466434
		(312)4463626	

12. Travel

Embassy	Address	Telephone	Fax
Sudan	Sancak Mah. 12.Cadde 16 Cankaya Ankara	(312)4413884-85	(312)4413886
Sweden	Katip Celebi Sok. 7 Kavaklıdere Ankara	(312)4554100	(312)4554120
	Istiklal cd. 497 Beyoglu Istanbul	(212)2435772	(212)2435772
	138 sk. 4-1/201 Izmir	(232)4220138	(232)4220138
	Ismet İnönü Bul. 2/4 Mersin	(324)2311837	(324)2311837
Switzerland	Atatürk Bulvari 247 Kavaklıdere Ankara	(312)4675555(2)	(312)4671199
	Hüsrev Gerede cd. 75/3 Tesvikiye Istanbul	(212)2591115(3)	(212)2591115(3)
Syria	Sedat Simavi Sok. 40 Cankaya Ankara	(312)4409657-58	(312)4385609
	Istanbul	(212)2482735	(212)2482735
Tajikistan	Cayhane Sok. 24 G.O.P. Ankara	(312)4461602	(312)4463621
Thailand	Kader Sok. 45/3-4 Cankaya Ankara	(312)4673409	(312)4277284
	Cumhuriyet cd. 349/7 Harbiye Istanbul	(312)2528619	(312)2528619
Tunisia	Kuleli Sok. 12 G.O.P. Ankara	(312)4377812	(312)4377100
	P.K.176 Adana
	Cumhuriyet cd. 169/1 Elmadag Istanbul	(212)2528619	(212)2528619
Turkmenistan	Koza Sok. 28 Cankaya Ankara	(312)4417122(2)	(312)4417125
Turkish Republic of Northern Cyprus	Rabat sk. 20 G.O.P. Ankara	(312)4461030	(312)4465238
	Büyükdere cd. 81 M.Köy Istanbul	(212)2752990	(212)2752990
	Atatürk cd. 71-3 Mersin	(324)3281789	(324)3281789
U.A.E.	Turan Gunes Blv. 15.Cad. 290.Sok. 3 Cankaya Ankara	(312)4901414-68	(312)4912323
Ukraine	Sancak Mah. 206.Sok. 17 Cankaya Ankara	(312)4415499	(312)4406815
Uruguay (Honorary)	Cinnah Cad. 102/7 Cankaya Ankara	(312)4400066	(312)4410484
	Zeytinoglu Cad. Yeserti Sok. Hayat Apt. 1B/15 Etiler Istanbul	(212)3521067	(212)3510871
U.S.A.	Atatürk Bul. 110 Kavaklıdere Ankara	(312)4555555	(312)4670019
	Girne Bulvari No.212 Yuregir Adana	(322)3466262	(322)3467916
	Kaplıcalar Mevkii Sok. No.2, Istinye Istanbul	(212)3359000	..
	Atatürk cd. 92 Alsancak Izmir	(232)4648755	(232)4648916
Uzbekistan	Sancak Mah. 211.Sokak 3 Cankaya Ankara	(312)4413871-72	(312)4427058

12. Travel

Embassy	Address	Telephone	Fax
Vatican	Birlik Mah. 3.Cadde 37 Cankaya Ankara	(312)4953514	(312)4953540
Venezuela	Koza Sok. 91/3 G.O.P. Ankara	(312)4478131	(312)4470711
Vietnam	Cayhane Sok. 34 G.O.P. Ankara	(312)4468049	(312)4465623
Yemen	Fethiye Sok. 2 G.O.P. Ankara	(312)4462637	(312)4461778
	Halaskargazi Cad. No.107/2, Harbiye Istanbul	(212)2312705	(212)2406808

Note: country code for Turkey is 90, if you want to dial a number in Turkey from your country; dial your international access code (usually 00, 01 or +), then 90 (Turkey), then city area code (212 for Istanbul, 312 for Ankara, 232 for Izmir etc.), and then the number (7 digits).

A WORD OF CAUTION

Crime rates are low in Istanbul as compared to other world cities, but as in many European cities there is a particular scam that seems to lure unsuspecting men--especially here because Turks are generally so genuinely hospitable and outgoing. Consulates have reminded us to be suspicious of the following: if you are a foreign man, out alone or with one or two others, be suspicious of anyone you don't know who comes up to you and asks you to go have a drink with them. You will end up having to pay exorbitant amounts for each drink or even be forced to withdraw money from the ATM. It is reported that if you flatly refuse at the initial request, they will not follow you or hassle you. This scam has been known to include drugging of the victim in some instances, so be careful not to drink with people you don't know. In the drugging cases, almost all perpetrators introduced themselves as being foreigners themselves, usually from Morocco. Taking simple precautions will enable you to avoid such situations. Be aware that pick-pocketing is an issue in the Sultanahmet area (historic district) and Taksim.

13. Learning Turkish

Language schools in the city offer Turkish language instruction at reasonable rates. Some language schools offer very traditional approaches to language learning. Private tuition is readily available.

13.1. TURKISH LEARNING RESOURCES

www.onlineturkish.com/
www.turkishclass.com/
www.turkishlanguage.co.uk/

13.2. TURKISH SCHOOLS

DCG

İstiklal Cad. Zambak sokak Fırat apt. 12/2 Taksim Tel: 212-252-9073

Berlitz

İstiklal Cad. 120, Galatasaray İş Hanı, 7th Floor, Beyoğlu Tel: 212-293-7400
İzzattin Çalışlar Cad. 56, 4th Floor, Bahçelievler Tel: 212-644-9000
Bağdat Cad. 271, Sella Apt., 4th Floor, Caddebostan Tel: 216-360-8844
www.berlitz.com.tr

Concept Language

Ihsan Aksoy Sok., Fulya 2 Apt. 10/3, Çamlık, Etiler Tel: 212-257-3993
www.turkishcourses.com

EF Dil Okulu

İstiklal Cad, Beyoğlu İş Merkezi 361, 5th Floor, Beyoğlu
Tel: 212-245-9991
Aydın Sok, F Block 12, 1. Levent Tel: 212-282-9064-65
Konaklar Mah., Manolya Sok., 11 Zekeriyaköy, Sarıyer
Tel: 212-202-8712-13
Rumeli Cad., 92 Osmanbey Tel: 212-247-0983
Bağdat Cad., Kazım Özalp Sok. 15/4, Şaşkınbakkal, Suadiye
Tel: 216-302-7250
www.efdilokulu.com

Tömer Institute

Katip Çelebi Mah., Tel Sok. 29, Taksim Tel: 212-249-1648
www.tomer.ankara.edu.tr

Taksim Dilmer

İnönü Cad., T. Zafer Sok., 16 Gümüşsuyu Tel: 212-292-9696
www.dilmer.com

13. Learning Turkish

13.3. SURVIVAL TURKISH

Here is a very basic list of words and phrases you can begin memorizing to help you get by.

English	Turkish	Phonetic Pronunciation
Yes	Evet	EV-et
No	Hayır	HA-yr
Thank you	Teşekkürler	TE-she-KUR-ler
Thank you very much	Çok teşekkür ederim	CHOK TE-she-KUR eh-DER-im
You're welcome	Bir şey değil	bir SHEY DI-yil
Please	Lütfen	LOOT-fen
Excuse me	Özür dilerim / pardon	oh-ZUR di-LER-im
Hello	Merhaba	MER-ha-BA
Goodbye	Güle güle	gu-LE gu-LE
So long / See ya	Görüşürüz	gu-RU-SHU-ruz
Good morning	Günaydin	gu-NAHY-din
Good afternoon	İyi günler	ee-YEE gun-LER
Good night	İyi akşamlar	ee-YEE ahk-SHAM-LAR
I don't understand	Anlamıyorum	ahn-LAHM-I-YOR-um
What does this mean in English	İngilizcede ne demek	BU-nu ing-LEEZ-jey-dey NEY de-MEK?
I, me	Ben	ben
We	Biz	beez
You (singular)	Sen	sen
You (plural)	Siz	seez
He, she, it	O	o
They	Onlar	on-LAR
Welcome	Hoş geldin(iz)	hosh GEL-di-n (iz)
(response to 'welcome')	Hoş bulduk	hosh bul-DOOK
Nice to meet you	Çok memnun oldum	CHOK MEM-noon OL-doom
What's your name?	Adınız ne?	AD-i-NIZ ney?
My name is _____	Adım _____	AD-im _____
How are you?	Nasılsın (iz)?	NAH-sil-SIN (iz)?
I'm fine	İyiyim	ee-YEE-yim
Okay / so-so	Şöyle böyle	SHOY-ley BOY-ley
There is _____	_____ var	
There is not _____	_____ yok	
How much (\$) ?	Ne kadar?	NEY kah-DAR?
Very expensive!	Çok pahalı	CHOK pah-HA-le
I need a taxi	Taksi lazım	TAHK-si LAH-zim
Do you speak English?	İngilizce biliyor musun(uz)?	ing-LEEZ-jey BIL-I-YOR-mu-sun (uz)?
I want to go to this address	Bu adrese gitmek istiyorum	bu a-DRES-ey GIT-mek IS-ti-YOR-um
Leave me alone!	Beni rahat bırak!	BEN-I ra-HAT bur-AK
Go away!	Git başımdan!	GIT bash-IM-dan
Help!	İmdat! Yardım et!	Im-DAHT! yar-DIM e-DIN
Excuse me (to waiter or sale clerk)	Bakar mısınız?	Bah-KAR mi-SIN-iz?
I would like this	Bunu istiyorum	BU-nu IS-ti-YOR-um

14. School Staff Contact Numbers

Feel free to call these numbers whenever you need help. The school's numbers are:

Marmara Campus: Tel: +90 212 857 8264 Fax: +90 212 857 8270
Hisar Campus: Tel: +90 212 287 2772 Fax: +90 212 265 0860

To dial the number from Istanbul, leave off the country code (90) and city/area code (212) if you are on the European side and just dial the 7-digit number. If you are on the Asian side of Istanbul, dial '0' then '212' then the number. The Asian side's city/area code is 216. If you are calling a mobile phone, you will need to dial '0' then the prefix before dialling the 7-digit number (532, 533, 536, 535, 542, 543, 546, and 555 are among the currently used mobile phone prefixes).

Here is a very basic list of words and phrases you can begin memorizing to help you get by.

Position	Name	School Ext.
Operator	Zeynep Esiner	Ext. 0
Receptionist	Zeynep Esiner	Ext. 155
Gate/Guards		Ext. 401, 402
Headmaster	Peter Welch	Ext. 113
Secondary Principal	Chris Andre	Ext. 203
Primary Principal	Sean Murphy	Ext. 118
Primary Vice Principal	Jonathan Twigg	212 287 2770 Hisar Campus
Business Manager	Nalan Yalçın	Ext. 102
Asst. to Business Manager	Eser Romano	Ext. 122
Registrar	Berrin Balık	Ext. 105
Logistics & Support Mgr.	Pınar Demirkan	Ext. 129
Development Officer	Jennifer Gökmen	Ext. 126
Community Relations Officer	Suzy Gürkan	Ext. 130
Executive Secretary	Figen Engin	Ext. 113
Office Manager/Hisar	Ayşe Özdemir	212 287 2770 Hisar Campus
Nurse	Sonnur Babayiğit	Ext. 112

