



Mobility Services Welcome Package



is authentic consultant and assistant for global businesses who are willing to explore the opportunities in Iran's market.

Smart Invest Iran belongs to ATP Co. and dedicated to ease & facilitate establishing and running businesses in Iran's market.

Appropriate business matching & accurate market studies are the very first services available by our team to support you through your decision making and setting local business policy. At the stage of establishing your business in Iran, you can rely on us for more comprehensive services.

Expatriate mobility services, human resources solutions and corporate event management are the most required services after establishment of global businesses in the domestic markets. We provide all overseas owned enterprises with a comprehensive range of requested support - within our scope of services and national laws and regulations - to introduce business and investment opportunities and assisting them start and run businesses in Iran.

Smart Invest Iran main services are:



Business Matching



Event Management



Market Study



Consultancy



Expatriate Mobility Services



HRM Services

This catalogue, as a summarized part of our '**Mobility Services Welcome Package**' has been designed to provide you some general informations about our country, If you have any questions or desire more specific information, please do not hesitate to contact us or visit our website or instagram.

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IRAN

, bordered with Caspian Sea to the north, Persian Gulf to the south, Turkey & Iraq to the west, and Afghanistan & Pakistan to the east, is a multi-cultural, multi-climate country at the area of 1,648,195 km².

With the population of nearly 80million people, speaking Farsi (Persian) as their main and official language and believing in Islam as the country's main & official religion.

Known as the major power of the region and Middle East, Iran also plays an important role as a global player in the world's oil industry because of its large reserves of fossil fuels as the largest gas supply and 4th largest oil reserves, too.

Here is a brief overview of what we hope is some helpful information for anyone visiting or planning to do business in Iran.

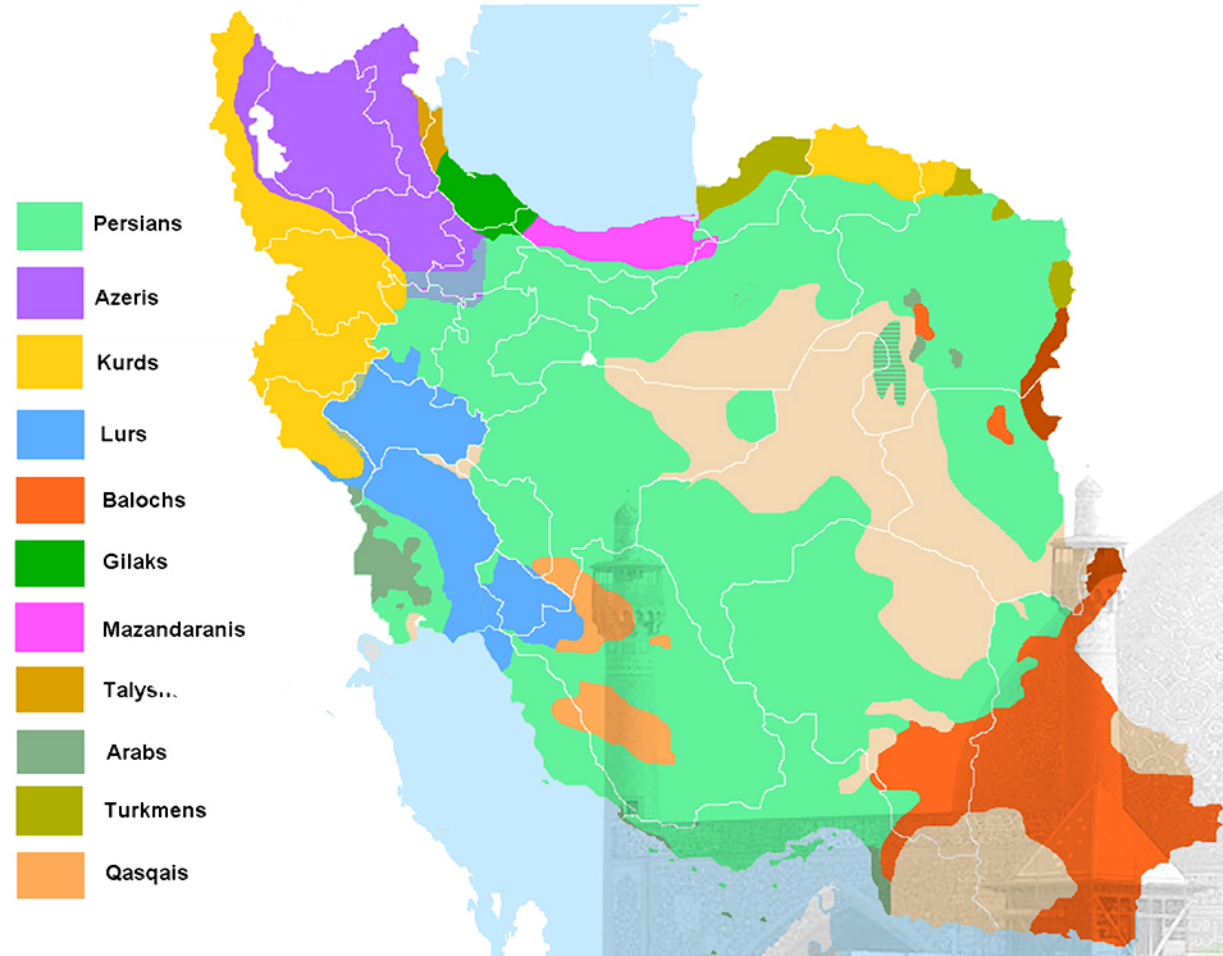
Iranians are a mixed of various ethnic groups and cultures, influenced over thousands years of history. What is known today as the Persian culture is the result of the amalgamation of Pars, Kurdish, Azeri, Baluch, Lur, Arab, Turkmen and other subcultures.

This interesting model of peaceful diversity is definitely one of the many reasons that makes Iran & Iranians great & special.

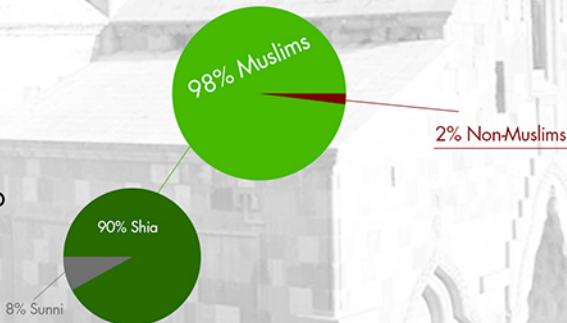
Hospitality is one of most common morals that Iranians are famous for, & it has been an obvious trait of this people from many years ago, according to most of foreigners visiting and staying in every city of the country.

Therefore, if you have decided to move/travel or stay in Iran, be sure that wherever you're going to arrive, from large cities such as Tehran, Isfahan, Tabriz, Shiraz, Mashhad to small cities and villages, you will receive a warm welcome from people.

Hospitality and generosity are the lifeblood traits of the Iranian culture especially with guests visiting from foreign lands.



Religions in Iran



Iran is an Islamic Republic. Islam is the main religion and there are many beautiful ancient and modern mosques in every city. However there are also Christian churches and other types of worship are tolerated.

The main impact of Islam in day to day life is the ban of alcohol, gambling, and provocative dressing or exposure of men and especially women.

Otherwise it is a vibrant bustling and modern life in the cities with the rural areas maintaining a more conservative vibe and charm of the older school way of life.

Iran is a nation of peaceful diversity and a very safe, modern and exciting place to live and visit.

Iranians speak a variety of languages and dialects with many accents, but the official, legal & governmental language of the country is Farsi (Persian) which is taught in schools & used in official communications.

An interesting point about Persian language is that a great number of French & Arabic words have become part of the Persian language due to historical relations between Iran & France and Arab world, also in return Persian has lent some words to English and some other languages, too. In Iran, English is commonly spoken in business circles, science groups and studies, and there are lot of people who you can communicate with in English everywhere! But is always helpful and respectful to know some common phrases in whatever host country one visits. here is a table of some possible helpful phrases to know.

Persian Alphabet

ا	ب	پ	ت	ث	ج	چ	ح	خ	د	ذ
الف	به	په	ته	ث	جیم	چه	حه	خه	دال	ذال
zál	dál	xe	he	če	jím	se	te	pe	be	alef
z	d	x	h	č	j	s	t	p	b	.
[z]	[d]	[x]	[h]	[tʃ]	[s]	[t]	[p]	[b]		
ر	ز	ژ	س	ش	ص	ض	ط	ظ	ع	غ
ره	زه	ژه	سین	شین	صاد	ضاد	ظا	ظا	عین	غین
ġeyn	eyn	zâ	tâ	zâd	sâd	šín	sin	že	ze	re
ġ	'	z	t	z	s	š	s	ž	z	r
[g, ɣ]	[ʔ, ø]	[z]	[t]	[z]	[s]	[ʃ]	[s]	[ʒ]	[z]	[r]
ف	ق	ک	گ	ل	م	ن	و	ه	ی	ی
فه	قاف	کاف	گاف	لام	میم	نون	واو	هه	ی	ی
ye	he	váv	nun	mim	lám	gáf	káf	qáf	fe	
y	h	v	n	m	l	g	k	q	f	
[j]	[h, ø]	[v]	[n]	[m]	[l]	[g]	[k]	[q, ɣ]	[f]	

English	Persian
Welcome	Khosh amadid
Hello	Salam
How are you? Fine thanks, and you?	Hale shoma chetor ast? Merci, khubam mamnun, shoma chetorid?
What's your name? My name is ...	Esm e shoma chist? Esm e man ast
Where are you from? I'm from ...	Shoma ahle koja hastid? Man az hastam
Pleased to meet you	Az molaghat-e shoma khosh vaghtam Khosh-bakh-tam
Good morning	Sobh be-kheir
Good night	Shab be-kheir
Goodbye	Khoda hafez
Good luck	Mo'afagh Bashed
Bon Appetit	Nosh-e jan
I don't understand I don't speak/understand farsi	Nemifahmam Farsi balad nistam/ Farsi nemi-fah-mam
I don't know	Nemidanam
Excuse me	Bebakhshid
Sorry	Bebakhshid
Thank you	Merci Mamnoon Moteshakeram
No thank you	Nemikha-ham merci Na merci
You're welcome	Kharesh mikonam Zنده Basheen
Please	Lofan Kharesh mikonam
Help!	Komak!
Stop!	Vay-sa!

English	Persian
Taxi	Tak-si
Can you get me a taxi please?	Tak-si migirid baraye man lofan?
Please go to this address	Lofan be een ad-res beravid
I will get off here	Hamin-ja Lofan Hamin-ja piyade mishavam
Where is the ...?	... kojast?
Restaurant	Res-to-ran
Hospital	Bimarestan
Pharmacy	Daroo-khaneh
Hotel	Hotel
Park	Park
Coffee	Ghah-ve
Cafe'	Coffee shop
Tea	Chai
Teahouse	Chai-khaneh
Come here	Bia enja
Go/Go away	Boro
Hurry/Quick/Run	Bodo
A little	Yek kam
A lot	Ziyad
Big	Bozorg
Small	Koochak
Mr.	Agha
Ms./Mrs./Miss.	Khanoom
I	Man
You (plural)	Shoma
He/She	Oo
We	Ma
They	Ee-shan
1	Yek
2	Doe
3	Se
4	Chahar
5	Panj
6	Shesh
7	Haft
8	Hasht
9	Noh
10	Dah

MEN

There are not much limitations for menswear in Iran, but some minor notes can be useful: Shorts are not acceptable in public places. Wearing ties or bows is not a problem and T-shirts are acceptable. And absolutely there are no limitations for any color to wear. Most of the businessmen wear suits and ties and the overall fashion is always current with or even ahead of the latest fashions in the West.



Ordinary people walking in Tehran Bazaar

WOMEN

Following the Islamic laws, women should wear hijab. In Iran, public areas and places, wearing Hijab is a must for all adult women, which means your hair, arms and legs and other body parts (excluding face and hands from wrist to fingertips) must be covered. There are two of types of outer coverings Hijab used by Iranian women, the manteaux which is similar to a light overcoat and is worn over pants along with a headscarf, and the chador which is a long black or colorful covering, that envelops the body and is worn over the clothes or in combination with the manteaux & headscarf. However, these rules are not observed very strict for tourists & foreigners but it is mandatory and should be obeyed. You must not worry about maintaining your hijab, since in times you have forgotten about it, the maximum penalty will be a request (usually in a kind way) to make it correct but its strongly recommended to respect and observe the law.



A Governmental Organization Employees



Persian young generation



Tourists visiting Iran

Iranian official calendar, regulate according to Solar year & Iranian months. 21 March, equal Farvardin 1st, is the beginning of Iranian New Year and Persian annual calendar.

The modern Iranian calendar (Solar Hejri) is now the official calendar in Iran & Afghanistan. It begins on the vernal equinox as determined by astronomical calculations for the Iran Standard Time meridian (52.5°E or GMT+4.5h).

The Iranian year, usually begins within a day of 21 March of the Gregorian calendar.

To find the corresponding year of the Gregorian calendar, add 621 (if you are before January) or 622 (if you are after January) to a Solar Hejri year. The first six months (Farvardin–Shahrivar) have 31 days, the next five (Mehr–Bahman) have 30 days, and the last month (Esfand) has 29 days or 30 days in leap years.

In the Iranian calendar, every week begins on Saturday and ends on Friday. The names of the days of the week are as follows:

Shanbeh (Saturday), Yekshanbe (Sunday), Doshanbe (Monday), Seshanbe (Tuesday), Chaharshanbe (Wednesday), Panjshanbe (Thursday) and Jom'ê (Friday).

Yek, Do, Se, Chahar, and Panj are the Persian words for the numbers one through five.

The name for Friday, jom'ê, is Arabic (Persian). Jom'ê is sometimes referred to by the native Persian name, Adineh.

In most Islamic countries as well as Iran, Friday is the weekly holiday.

Iranian working days are from Saturday to Thursday and Fridays are the National off days as mentioned above.

On Thursdays, some companies are totally off and some are working only half day. Also some companies whose job are related to international relations or International Company and organizations which have offices in Iran, set Friday & Saturday as the weekly holiday days off.

Persian month	1 st Day
Farvardin	23-28 March
Ordibehesht	27 April
Khordad	27 May
Tir	26 June
Mordad	26 July
Shahrivar	25 August
Mehr	24 September
Aban	24 October
Azar	23 November
Dey	23 December
Bahman	22 January
Esfand	21 February



Iranian Currency

Iranian currency is Iranian Rial. There is another money unit in Iran which is called Toman and is equivalent to 10 Rials. Toman is more common in oral quotes, while Rial is the official unit and used in most verbal documents. Price etiquettes may come either in Rial or Toman and usually are understood by the buyers. In case of doubt, check it with the seller.

The Iranian official currency is available in coins (100, 250, 500, 1000 & 5000 Rls.) and notes (1000, 2000, 5000, 10.000, 20.000, 50.000, and 100.000 Rls.).

Exchange & Transfer

For exchanging money, you can refer to the banks which have a sign of "EXCHANGE" on their entrance. There are also authorized exchange shops in the airport or tourist areas where you can exchange your money at a bit more cost, but fast.

These shops are called "SARRAFI" in Farsi which is the equivalent word for exchange. You can exchange USD, EUR, GBP, AED and TRY almost everywhere, but other major currencies can be exchanged in certain bank branches. Another useful service which can be expected from these shops is Transferring money.

As a foreigner who have bank accounts in other countries, still there are some limitations for money transfers to Iran, but at last it is possible to transfer money from your own account to an account here or to get it cash from exchange shops and they may charge you just with a little percent of whole amount of transferring money. In the other hand you can do this at some branches of banks who give foreign currency services as well.

There are many ATMs everywhere in Iran, but they only accept the domestic cards and are currently useless to foreigners unless they have an account in any Iranian Banks.

It is recommendable to bring money in cash in form of USD, EUR or GBP. Current rate of exchange according to Iran's Central Bank. This can be different from the market rate at which you can exchange at exchange shops.

During your stay, if you are carrying money in cash, there is also a possibility for you to open an account in an Iranian Bank, too.

For such services and to have them done more safe and accurate, we offer you some exclusive services you need for financial consultation.



IRAN's

Capital and largest city, Tehran, is a metropolitan of nearly 14 million people. While you are moving to Tehran for living, you should know that this city is the main cultural, economical and political center of the country as the main governmental, ministerial and administrative offices and organizations are located there.

The city is built on the foot of 'Alborz' mountains, located in the northern part of the country and above the 'Dasht e Kavir' a desert in central country.

There are plenty of steep streets, and from most places of the city you can have the view of northern tall mountains usually covered with snow.

The climate has contrast during different seasons, from short springs and autumns to hot and dry summers and cold winters with the chance of snowing and frost.

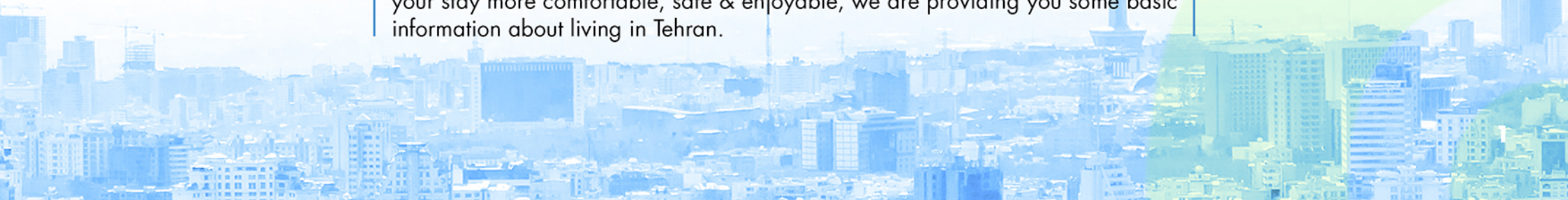
Tehran is served with Two Airports built near the city in southern part, one for domestic flights (Mehrabad) and one other for International flights (IKIA), also a central Railway station is located in the south central part of the city which links the capital to all across the country and even Europe (through Tabriz and then Istanbul).

Also the rapid transit rail system of the city 'Metro', and other choices of Buses, BRT and taxis. Are other choices for transportation.

Tehran and its suburbs are a metropolitan, containing Large number of people from all over the country. A cosmopolitan city with great museums, parks, restaurants, cinemas and nearly all other entertaining facilities.

Most commercial & government buildings are located in the center of Tehran and residential structures predominate elsewhere. When you move from south to the north part of the city weather becomes cooler, less polluted and crowded and the majority of people become wealthier.

Living in this city is similar to living in other large capitals of the world, but to make your stay more comfortable, safe & enjoyable, we are providing you some basic information about living in Tehran.





Through this 'Welcome Package' you will get some useful and categorized data of living in this city under these titles:

TRANSPORTATION

COMMUNICATION

DAILY NEEDS & SHOPPING

ENTERTAINMENT

BANK AND FINANCIAL

HEALTH

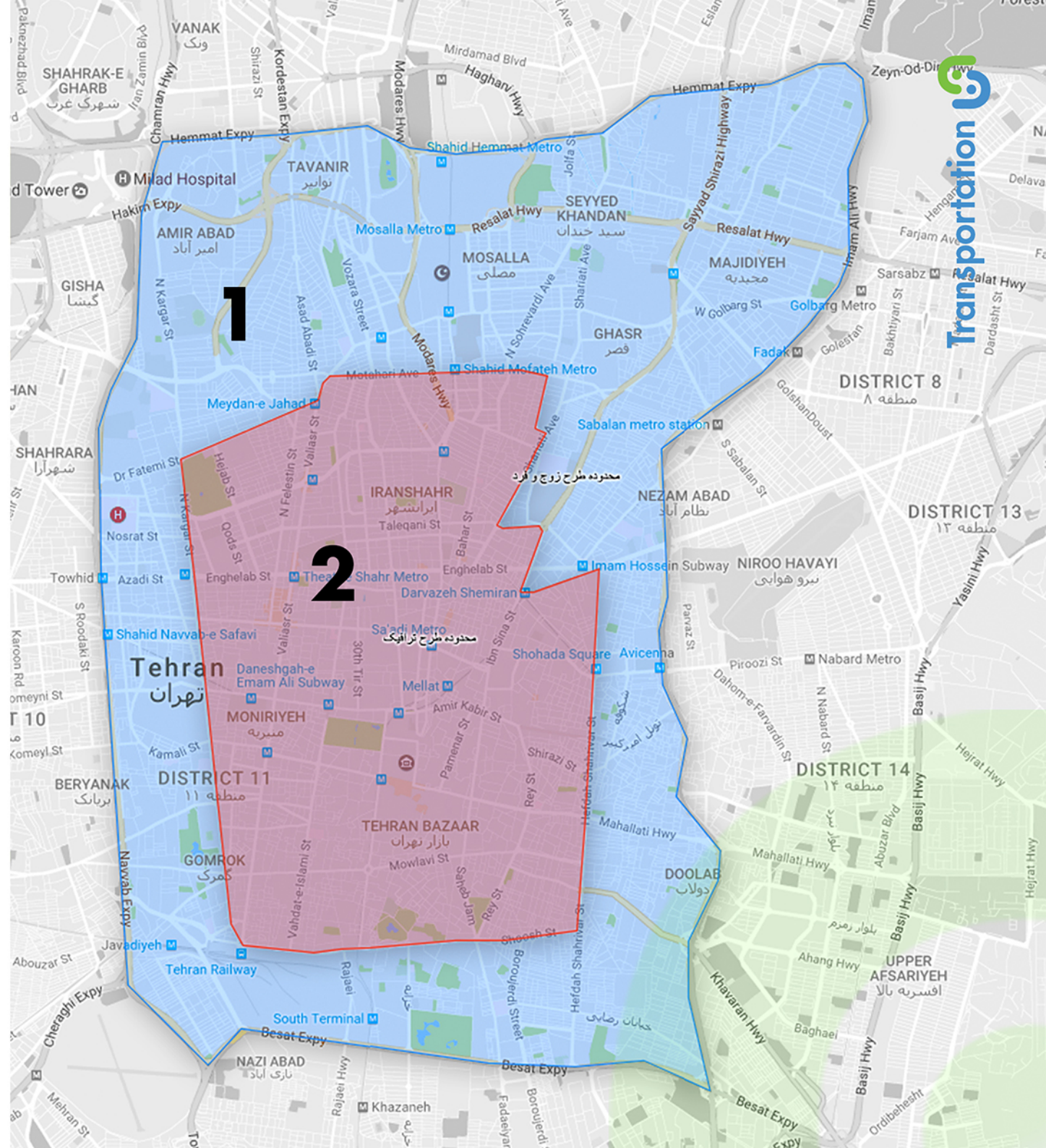
ACCOMODATION AND REAL ESTATE

Getting around mostly congested, crowded and extensive Tehran is not as easy as it seems to be even if you knew that the city is equipped with a huge network of highways and interchanges beside complicated streets & meandrous alleys. If you own a car or have a driver in Tehran, the only thing you have to consider about beside the traffic jam, is the the Traffic Zones which are restricted to private cars. There are two different type of traffic zones in the city which are:

- 1- Restricted zone based on car's registration number (for Odd & Even days)
- 2- Central restricted zone which is open for public cars (buses, taxis, ambulances, etc.) & also cars with the traffic label permission

But, if you want to use public transportation, you may have some choices as listed below:

- 1- Bus
- 2- BRT
- 3- Metro(Subway)
- 4- Taxi



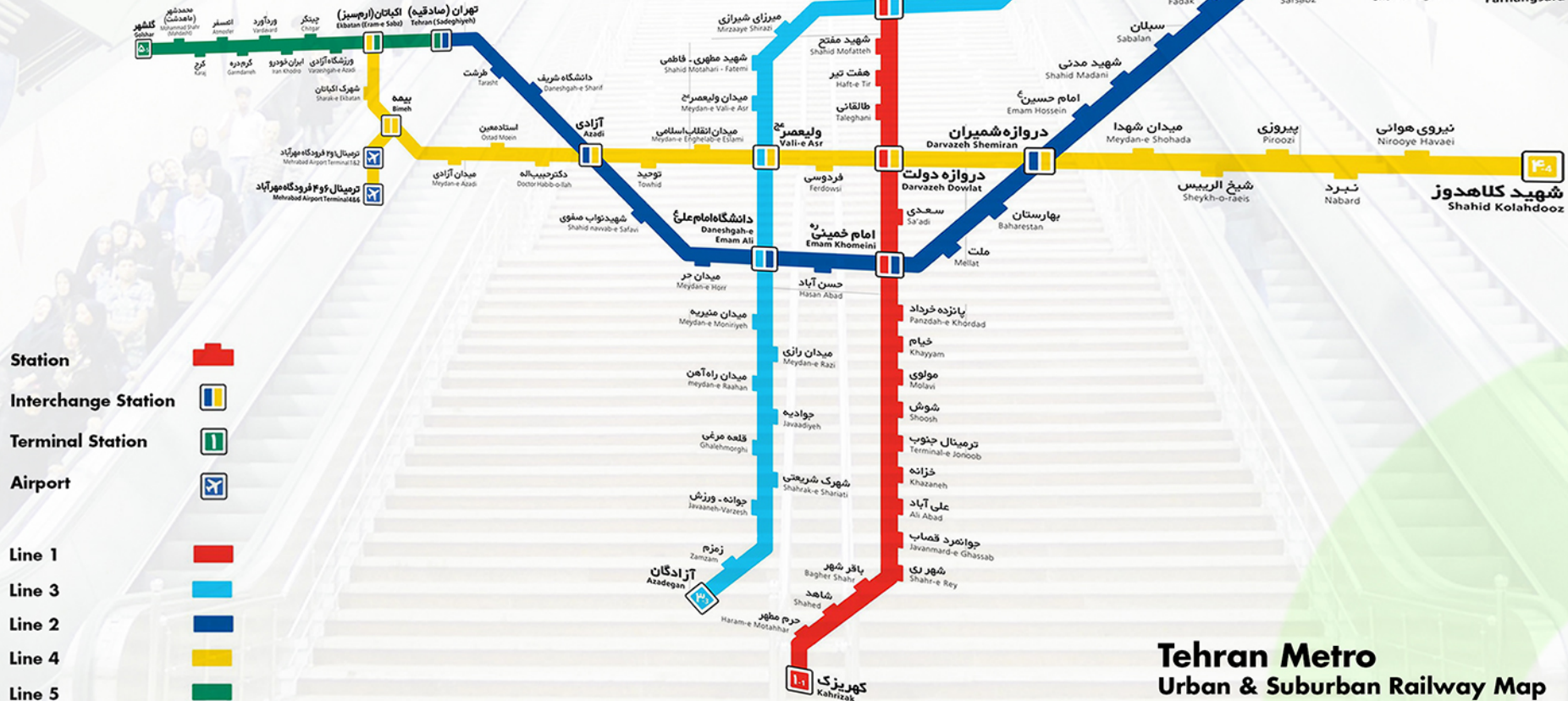
Metro (Subway)

A good and rapid transit system to avoid noise, pollution and chaos of Tehran traffic with a vast network of 5 different lines.

Trains usually run every 8-15 minutes, on working hours from 5:30AM to 11PM.

There are few apps for Android & iOS devices to assist passengers on using metro.

Paying by: One/Two way tickets, prepaid tickets (Public Transportation Cards) which are available in every station.



Bus

Expansive, cheap, confusing bus network of Tehran, is the most using transportation network by the majority of people.

But as a foreigner you must know a little bit of Farsi (at least numbers and destination name) and also you have to know exactly where you're going, plus you need to tolerate the crowded and sometimes stinky atmosphere of the bus.

If you get in a bus and get confused, try to ask others! and surprisingly you will find many people wish to help you finding your way.

Note that the buses are partitioned in two sections, men-only & women-only.

Routes: Most of the streets.

Paying by: Cash, Public Transportation Cards. (which can be bought from the stations)

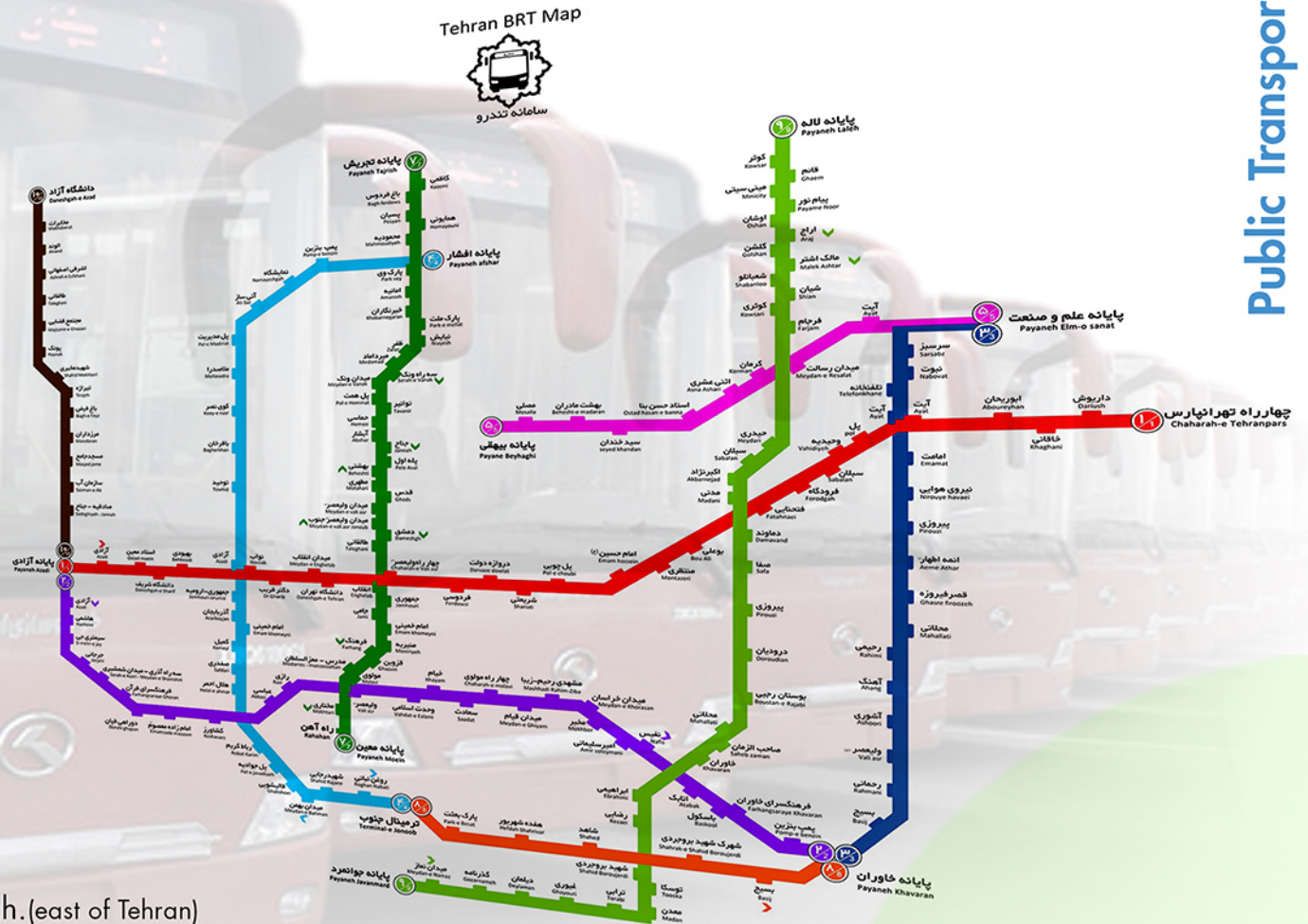
BRT (Bus Rapid Transportation)

Red buses riding in special lanes of some highways and streets which travels quickly from west to east, south to north & some other routes, are called BRT. BRT is the best way for travelling inside the city in high-traffic hours (7Am-9Am | 4pm-8pm) to avoid congestions in main streets of central & north Tehran.

Main Routes:

- Azadi Sq (west of Tehran) to Terminal-e-Shargh.(east of Tehran)
- Central Railway Sq. (south of Tehran) to Tajrish Sq. (north of Tehran)
- Parkway bridge (North of Tehran) to Jomhuri Sq. (downtown)

Paying by: ONLY Public Transportation Cards. (which can be bought from the stations)



Taxi

Like every other city, there are various types of taxis.

Shuttle (shared),

Taking up to 4 passengers, in almost every street, square and corners of the city. you can get into them, by just raising your hand and telling them your destination.

There are also some taxi stops in main streets, squares & routes which have a certain destination, and by taking them you have to wait for all other passengers so the taxi gets full & then moves. In midway of a route you can also take them by saying your destinations to the stopped ones and they will pick you up if they have free seat. The price is different due to the route, its length and district. If you are in the beginning of the route you can ask them to drive you to the destination as a private taxi, too. By paying the price for other potential passengers.

Paying by: Cash only.

Private Taxis (Darbast)

Same cars as shuttle taxis, but the difference is that you are the only passenger for them. Obviously the price would be more expensive and you have to negotiate with them about the price and destination before you getting on and be sure to bargain for the ride.

Paying by: Cash only.

Agency Taxis (Telephone)

These type should be ordered by phone, more expensive than others but there is a responsibility behind any services. Also there are some women-only taxis which you can order for women in this type of transportation service.

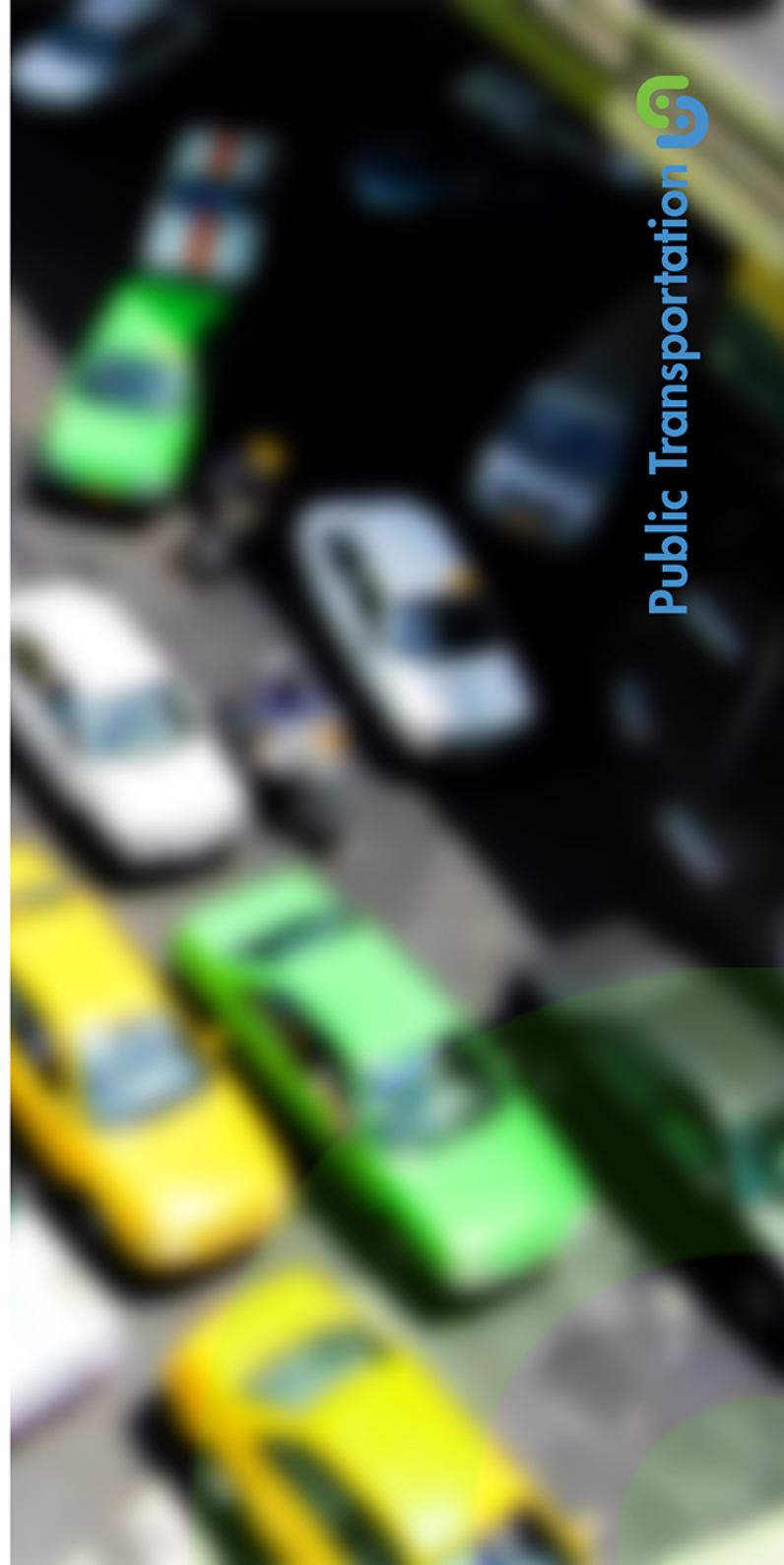
Paying by: Cash only.

Snapp, Carpino, Tap30 & Ajancy

These 4 applications are the newest type of transportation services which are working as an Iranian version of the International application 'Uber' in Tehran.

They are fairly cheap & their prices are calculated in advance and shows on your smartphone so can be paid by phone (online payment or pre-paid accounts) and/or by cash to the drivers.

All Apps are available on common application platforms for iOS and Android, and you only need a local SIM card on a smartphone & a knowledge of where you are & your destination on map.



In Tehran, as a developed modern city, you can easily reach to variety of choices of all sorts of communication ways.

The Country code is 98 and Outgoing international code is 00. Tehran Code is 021, In public you can find yellow/green telephone booths in streets and they are marked in English, Telephone Cards are also available for domestic calls.

GSM900 Mobile network is also available if you have a mobile phone from any part of the world and if its not getting connected with Iranian Telecommunication Company (ITC) network, you can buy a domestic SIM card with the choices of 4 main operators All provided with at least 3G network for internet use as well.

- 1- **HAMRAH AVAL (MCI)**, the first and largest mobile operator in Iran with approximately 17 million postpaid and 49 million prepaid subscribers. Hamrah Aval's service is available in 1,239 cities and over 70,000 kilometers of highway in Iran. It provides roaming services via 271 partner operators in more than 112 countries. Using GSM 900/1800 MHZ and 3.5G Internet network.
- 2- **MTN Irancell**, the second largest mobile phone network operator of Iran, providing services with 4G LTE network in 9 major cities.
- 3- **RighTel**, third largest mobile phone network operator of Iran. RighTel is the first 3G mobile operator in Iran, providing 3.75G mobile telecommunication services to individuals & businesses.
- 4- **Taliya**, which is smaller than 3 others and not covering all the cities.

Also there are some other regional networks available in some other cities only. All you need to buy an Iranian SIM card is your passport including a copy of the page with your photo and the amount of about 5-10\$ to pay for the SIM card and a 2\$ credit. (prices are different due to your choice of the provider and services). Incoming calls from other countries are FREE OF CHARGE and You only need to recharge Your SIM card if you want to call or using Data.

To use internet in your office or home its better to choose an ADSL or Wimax service from lots of ISPs providing data services. Parsonline, Shatel, Irancell, Hiweb, AsiaTek, Mobin Net ... are the main ISPs providing Internet services up to speed of 16mbps, based on where you are staying and what you are doing. Its recommended to ask for a membership and access from us, setting it up for you with one of ISPs, but there are online websites for each, under their own name mentioned above.



While staying in the city, you need to provide your daily needs of living. There are various options for shopping usual stuff such as food, groceries, fruit, dairy and etc. this variety includes local cozy little shops around the corners of alleys to huge shopping centers and malls. In nearly every neighborhood there are some local shops selling goods divided by category, which are little Supermarkets, Groceries or Fruit shops.

Also mid-sized chain supermarkets are in most popular neighborhoods in which you can buy almost everything for daily use.

Hyper markets and big supermarkets are also a new option in center of most of the districts. In these kind of shops, you generally don't have to worry about being overcharged & bargaining isn't common outside of the bazaars.

Here is a cost of living list from Expatistan website, based on local observations, updated May 2017. Prices are in IRR (Iranian Rials).

Food	IRR	Clothes	IRR
 Basic lunchtime menu (including a drink) in the business district	220,188	 1 pair of jeans (Levis 501 or similar)	2,045,150
 Combo meal in fast food restaurant (Big Mac Meal or similar)	182,331	 1 summer dress in a High Street Store (Zara, H&M or similar retailers)	2,122,390
 500 gr (1 lb.) of boneless chicken breast	66,502	 1 pair of sport shoes (Nike, Adidas, or equivalent brands)	4,073,630
 1 liter (1 qt.) of whole fat milk	27,553	 1 pair of men's leather business shoes	2,925,770
 12 eggs, large	52,833	Personal Care	
 1 kg (2 lb.) of tomatoes	25,500	 Cold medicine for 6 days (Tylenol, Frenadol, Coldrex, or equivalent brands)	53,209
 500 gr (16 oz.) of local cheese	92,280	 1 box of antibiotics (12 doses)	66,907
 1 kg (2 lb.) of apples	43,177	 Short visit to private Doctor (15 minutes)	293,083
 1 kg (2 lb.) of potatoes	20,654	 1 box of 32 tampons (Tampax, OB, ...)	103,863
 2 liters of Coca-Cola	29,483	 Deodorant, roll-on (50ml ~ 1.5 oz.)	124,797
 Bread for 2 people for 1 day	17,929	 Hair shampoo 2-in-1 (400 ml ~ 12 oz.)	106,917
Housing		 4 rolls of toilet paper	65,628
 Monthly rent for 85 m2 (900 Sqft) furnished accommodation in EXPENSIVE area	46,012,400	 Tube of toothpaste	60,489
 Monthly rent for 85 m2 (900 Sqft) furnished accommodation in NORMAL area	25,771,100	 Standard men's haircut in expat area of the city	244,863
 Utilities 1 month (heating, electricity, gas ...) for 2 people in 85m2 flat	2,786,840	Entertainment	
 Monthly rent for a 45 m2 (480 Sqft) furnished studio in EXPENSIVE area	30,397,700	 Basic dinner out for two in neighborhood pub	497,364
 Monthly rent for a 45 m2 (480 Sqft) furnished studio in NORMAL area	17,225,400	 2 tickets to the movies	196,604
 Utilities 1 month (heating, electricity, gas ...) for 1 person in 45 m2 (480 Sqft) studio	2,095,370	 2 tickets to the theater (best available seats)	590,699
 Internet 8 Mbps (1 month)	646,472	 Dinner for two at an Italian restaurant in the expat area including appetisers, main course, wine and dessert	1,245,040
 40" flat screen TV	20,467,900	 Cappuccino in expat area of the city	117,403
 Microwave 800/900 Watt (Bosch, Panasonic, LG, Sharp, or equivalent brands)	10,363,400	 iPod nano 16GB	6,053,310
 Laundry detergent (3 l. ~ 100 oz.)	131,544	 1 min. of prepaid mobile tariff (no discounts or plans)	964
 Hourly rate for cleaning help	133,415	 1 month of gym membership in business district	1,309,620
Transportation		 1 package of Marlboro cigarettes	104,090
 1 liter (1/4 gallon) of gas	9,944		
 Monthly ticket public transport	685,901		
 Taxi trip on a business day, basic tariff, 8 km. (5 miles)	114,865		

While living in Tehran you don't have the choice of usual common nightlife entertainment which you have in other cities, for example Due to Islam based laws, any kind of alcoholic drinks are forbidden in Iran. But of course there are lots of other possibilities to enjoy your free time.

Tehran is full of interesting public places such as Restaurants, Cafés, Cinemas, Art Galleries, Art and Cultural Complexes,

Museums, Monuments & also some natural sightseeing worth spending time in. From Palaces, museums and historic buildings of the downtown to art galleries in center and outdoor natural places located in mount Alborz and skiing resorts of north Tehran with only 20 minutes of driving to reach.

Beside these, you may find some holy and religious places interesting to attend and use. Attached to this package there are list of some entertainment spots categorized by type as mentioned below:

Museums

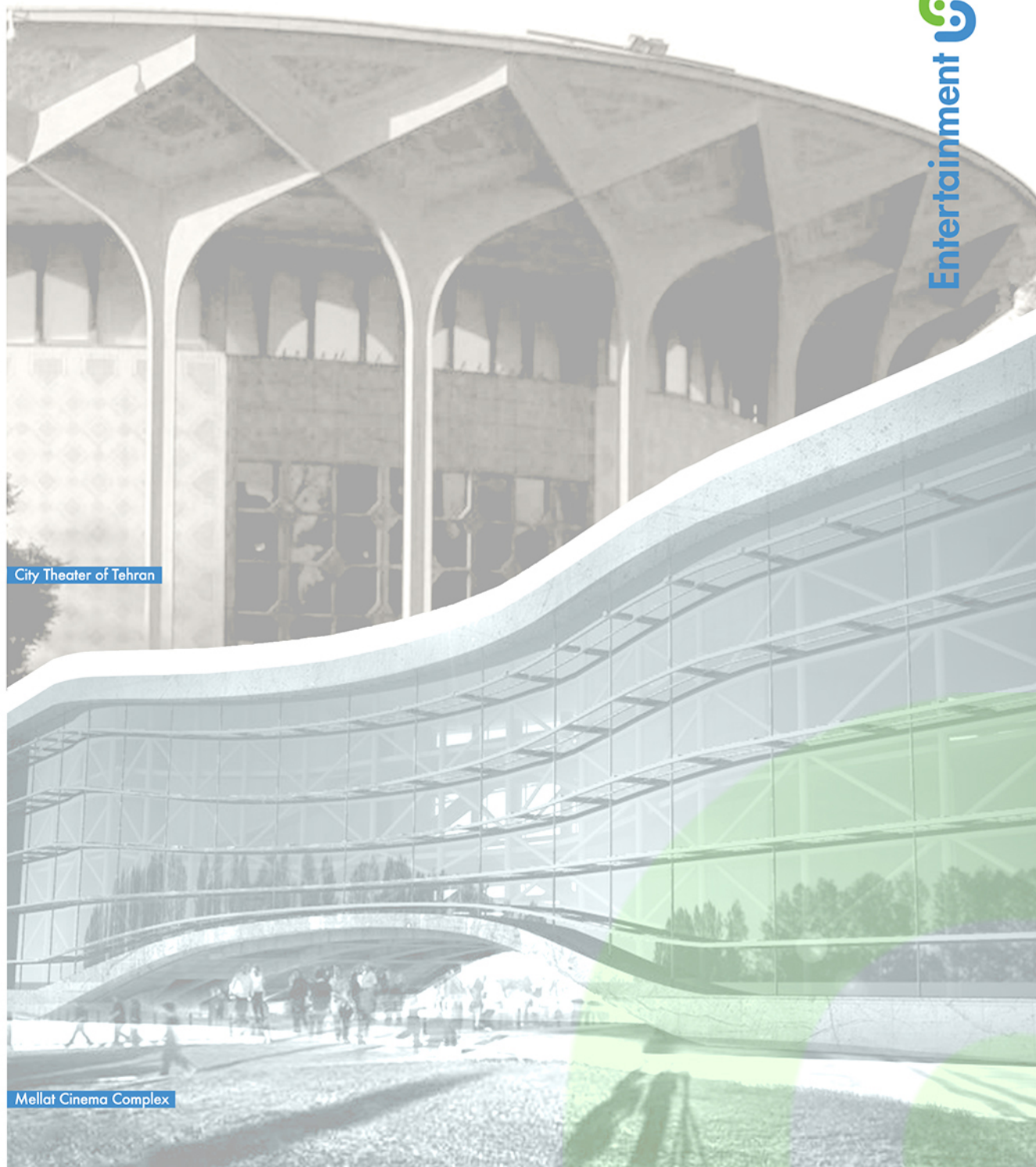
Art Galleries

Restaurants

Cafés

Natural outdoor

Monument & Historical Places



City Theater of Tehran

Mellat Cinema Complex

Different cuisines from delicious unique Persian cuisine to all types of international cuisines from Italian, French, Asian to Mexican and etc. can be found in Tehran.

Those who have been to Iran have delighted by the variety of high quality stews and kebabs among many other dishes. There are restaurants of various kinds. You will find a lot of herbs and spices, but Iranian dishes are not as hot & spicy as the Indian ones. A moderate amount of them is added to food just to give them different tastes. As there are not genetically manipulated vegetables and fruits in Iran, they taste the same old natural tastes everybody appreciates them. The meat usually served in the restaurants is chicken, veal, fish and lamb.

Of course, you may find turkey, quail & shrimp too, but no pork, snake, frog, dog or other kinds. They are prohibited & forbidden to use, according to religious and public beliefs.

The vegetarians can order raw or cooked vegetables in the hotels as well as restaurants. & even recently there are some Vegetarian-Only restaurants with a quite range of all meals and snacks for whom choose this type.

You can find Any kinds of soft non-alcoholic drinks in Tehran. Domestic drinks as well as international brands served everywhere.

People drink tap water. It is filtrated and refined before supplied to them. Also you can take Iranian bottled water prepared according to the international standards for both domestic and export uses from everywhere.



Marinated Chicken & Rice with Barberry topping (Zereshk Polo ba Morgh)



Steamed, Saffron rice with kabab made from ground lamb or beef mixed with parsley and chopped onions (Chelo Kabab Koobideh)

Banks

There are lots of banks in Iran and while you're passing by every corner you can see at least 2, 3 of them showing off with their signs and advertisings.

To open an account in an Iranian bank as a foreigner you need to have these requirements:

- 1- You have to be +18 and have the knowledge to read & write in English to fill in the forms
- 2- Fill in the forms at the bank and after reading and signing the agreement letter, you have to give a sample of your signature to the bank operator.
- 3- You need to have your Passport & Residential Permission and their copies with you.
- 4- You need to be introduced to the bank from a Person who have and account in the same bank, or from your embassy or a governmental organization or even Iran Ministry of Foreign Affairs.
- 5- you can open your account in Rials (Toman) or even in Dollars.

Following you may see some well-known and leading banks in services by their logos, Recently some banks have an option for foreigners called 'Tourist Card' which is an electronic debit card in Rials currency with designated expiry date, which can be paid by foreign currencies and can be used in whole banking system.



With a population of 75 million (2012), Iran is one of the most populous countries in the Middle East. According to the World Health Organization (WHO), as of 2000, Iran ranks 58 in healthcare and 93 in health-system performance.

In 2016, Bloomberg News ranked Iran 30th most efficient healthcare system ahead of United States and Brazil.

The report shows life expectancy in Iran is 73 years and per capita spending on healthcare is \$346. The health status of Iranians has improved over the last two decades.

There are tens of Medical Schools and more than hundred thousands of doctors and nurses working in healthcare system.

In 2012, 30,000 people visited Iran each year to receive medical treatment. Most health tourists were from Azerbaijan, Turkmenistan, Iraq, Turkey, Kuwait, Oman, India, Pakistan and even other countries.

Generally healthcare in Iran can be split into three sectors: the public-governmental system, the private sector and NGOs.

Beside the hospitals, you can visit individual doctor's and specialists' clinics by having an appointment set before.

The quality of hospitals varies according to location, but in the bigger cities such as Tehran, you will find hospitals that meet international standards with well-trained medical staff. Although the gap between public and private hospitals in Iran is not huge but in some private hospitals you may get more quick and classy services.

Also nearly 100 companies are also providing medicine and other health needs in the pharmaceutical industry.

Pharmacies can be found easily in every main street and places in Tehran and you can find most of the medication you need and even if they don't have it, you can usually order what you need to get it later. But it is possible that you may need a valid prescription for some of medications you might ask them, and without prescription pharmacies won't give you some types of medications.

From paragraphs mentioned above you can be sure that Iran's healthcare system is sufficiently provided with enough knowledge, specialists and facilities.

Iranian public and private healthcare system performs fairly well & standards of healthcare in the country are steadily improving.

As English language is the main professional language for medical students, most of the people working in healthcare system are fairly familiar with English language.

The first and most of what you need in case of any "not feeling well" situation is the emergency number which is 115, so you can simply dial 115 from any connection device and get help by talking to them ASAP.

Recently in most of hospitals, they have set some helpful procedures for foreigners,

They will provide you a translator & a specific person who you can contact with your language during your treatment.

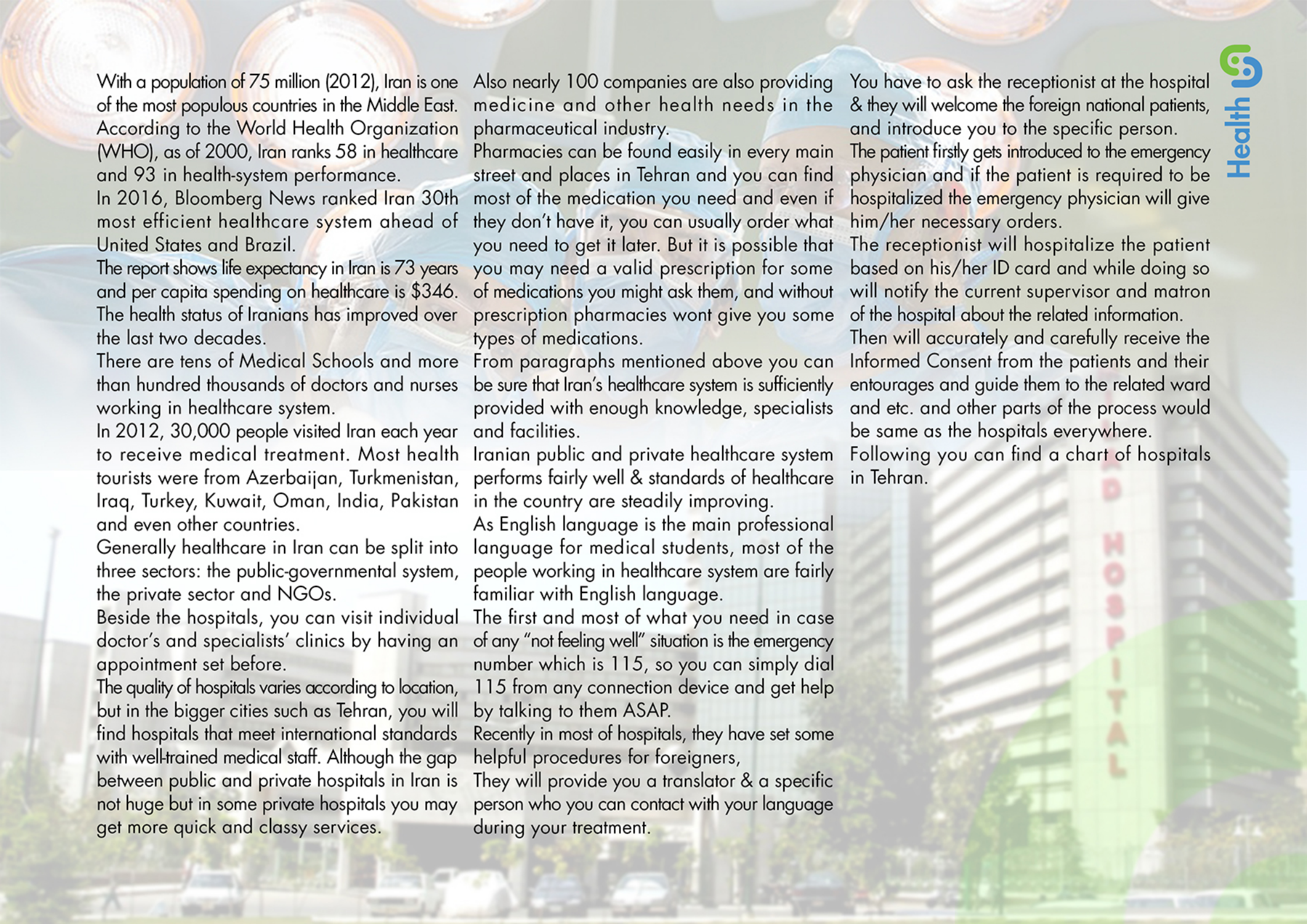
You have to ask the receptionist at the hospital & they will welcome the foreign national patients, and introduce you to the specific person.

The patient firstly gets introduced to the emergency physician and if the patient is required to be hospitalized the emergency physician will give him/her necessary orders.

The receptionist will hospitalize the patient based on his/her ID card and while doing so will notify the current supervisor and matron of the hospital about the related information.

Then will accurately and carefully receive the Informed Consent from the patients and their entourage and guide them to the related ward and etc. and other parts of the process would be same as the hospitals everywhere.

Following you can find a chart of hospitals in Tehran.



If you are deciding to Stay in Tehran, there are some major choices you can have, Based on traveling surveys on internet and reliable websites, there are lots of hotels, hostels and other public places to stay in for the period you are living in the city.

There are about 10 five star hotels in Tehran, which are located in different parts of the city. Other choices vary from 4 star hotels to luxury hotel apartments and even private residences and no-Star hotels which offer you acceptable services.

You may find a list of hotels and hostels attached to this package, but a better choice for staying in long period of time is to rent a house.

All foreigners can rent properties in Iran legally if they have proper documents for staying and personal identifications.

To rent a property, first you have to choose the district you want to stay. this is a very first and most important step to rent a property in Tehran, due to the city's heavy traffic jam in pick hours, its highly recommended to chose a place for home, near the place where your office might be.

Also its recommended to choose a place to live in some districts which are more suitable for foreigners. Easy access to main routs, public transportation & necessary services & emergency facilities such as shopping centers, hospitals, fire station and... is another most as well as safety of the building and whole neighborhood, beside the living costs and costs of the property.

The next step is choosing what type of property you need to rent. In Tehran you can find all types of properties available to rent: fully furnished mansions & villas to large and/or normal apartments in various of areas located in different districts.

To choose a proper place, you have 2 main choices: 1st choice is to ask for it from some local real estate agencies which are like some shops in almost every corner of the city, and the other choice is to search for it on internet, on some websites which are designed to offer you such services, as well as our own website!

But, a very important thing to remember is to set your rent contract legal and valid, in of the registered real-estate agencies to prevent any inconvenient consequences.

Payment system for rent is a little bit different in Tehran, mostly you have to pay an annual deposit and also monthly rent. This price varies according to the districts, property area and condition and also the time of the year you are renting it. And usually its negotiable between the owner and you, with the help of the realtors, but usually its not easy to communicate with them in English. Monthly rent usually should be paid at the end of the month plus the utility and services charges.



All kinds of sports and athletic activities are so popular in Iranian society specially among young generation.

Football (soccer) is the main sport people do and pursuit the results & matches. Also wrestling has been always first successful and well-known sport for Iranian all over the world, and in recent years GYM, Volleyball, Basketball & Sports Club activities became trendy for everyone. Therefore, there are lots of options providing a range of facilities maintain fitness and health for anyone who wants to do some exercises, keep his/her body in shape.

Local GYMs are always the first choice, almost in every neighborhood you can find spaces for both women and men with updated facilities. Mostly gyms are single-gender only for men only for women but also there are some places which women can use them morning to afternoon and men from then to night.

Language knowledge is acceptable in most of them, and if not, you can find a gym mate who can help you through connection for sure. The other possibility is to become member of bigger sport complexes which are multi-sport facilitated clubs, where you can do more than GYM activities.

The most famous and biggest one in Tehran is the 'Enghelab Sport Complex' which can provide you with almost every kind of sport you are looking for, from outdoor/indoor pool to several tennis courts, squash, football, futsal, basketball, volleyball, hiking trail & even Golf!

To use this complex, you have to become a one year or 6 month member or you should pay the entrance fee each time you want to go there.

Unexpectedly in Tehran you can do skiing, with the choice of 4 different ski resorts! located near the city.

1st in Tochal, which is the name of a mountain and its summit, you can reach a cozy resort inside Tehran & the north are, with a 15 minutes driving inside the city almost from everywhere! The other choices are Darband Sar, Shemshak and Dizin Ski resorts which are located in just one hour driving from Tehran to the north-east suburbs, and have a ten minutes distance between them.

These last three slopes and tracks are known for the International Competitions which are held every year in ski season.

The ski season normally starts in mid autumn and continues to first month of spring.

Another unexpected activity you can experience in Tehran, is Aqua Sports!

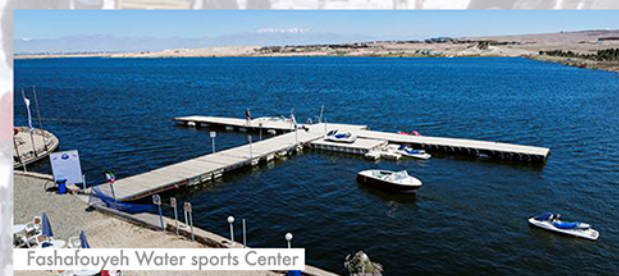
With a nearly 30km driving from the city to the south-east suburbs in which you can try Jet Ski, Waterski, Kayaking & boat riding.



Tehran view from Tochal



Enghelab Sports Complex



Fashafouyeh Water sports Center



Dizin Ski Resort

IS IT POSSIBLE TO BRING ALCOHOLIC BEVERAGES TO IRAN?

No, it is forbidden.

IS IT SAFE TO DRINK THE WATER FROM THE TAP?

The tap water is potable, but it is recommended to have bottled mineral water.

ARE INTERNATIONAL DRIVING LICENSES ACCEPTED BY THE POLICE?

Yes.

ARE WOMEN ALLOWED TO DRIVE WITHIN IRAN?

Yes, they are.

WHAT ARE THE ELECTRICITY AND POWER STANDARDS IN IRAN?

220 volts AC, 50Hz. Plugs are of the round two-pin type. If you have 110 volts' appliances, it is recommended to take a 110-to-220 plug with you while traveling. Of course, you can find it in Iran too.

ARE THERE INTERNATIONAL MAIL SERVICES?

Yes.

DO POLICEMEN SPEAK ENGLISH?

Not all of them, most of them only speak Farsi, but they are very helpful.

ARE THERE ANY LOCAL ENGLISH NEWSPAPERS AND MAGAZINES AVAILABLE IN IRAN?

Yes, there are several dailies in English. Most of the times, you can find one in the lobby of the major hotels.

WHEN IS THE BEST TIME TO VISIT IRAN?

It depends on what you want to do! In most places in Iran summer is hot and winter is cold, with snow in some places. During the month of Ramadan it can be difficult for travellers as many food stores are close during the day.

CAN I BUY SOUVENIRS LIKE PERSIAN RUGS IN IRAN?

Yes, it is possible to buy Persian rugs or other souvenirs. Iran is known for having the best rugs and carpets in the world.

WHAT ARE THE EMERGENCY NUMBERS?

There is no single number for all emergencies in Iran.

It's 110 for police, 125 for fire department and 115 for ambulance. The telephone directory number is 118.

CAN I BRING MEDICATION? WHAT PROCEDURE DO I NEED TO FOLLOW?

You may bring prescription and over-the-counter medications to Iran, but we recommend you carry these in their original bottles and/or packaging.

	Gallery Name	Address	Telephone
1	Assar Art Gallery	16 Barforushan Alley, Iranshahr St.,Karimkhan Zand St.	+9821 88 32 66 89
2	Khak Gallery	No.1 , jilla alley, gholhak st, shariyati Ave.	+9821 8832 6689
3	Dastan's Basement Gallery	No.6, Beedar St. - Fereshteh St.	+9821 2202 3114
4	SilkRoad Gallery	No.103, Lavasani (Farmanieh) Shemiranat.	+98212272 7010
5	Mohsen Gallery	No.42, Mina Blvd., Nurbakhsh St., Farzan St., Nadji St., Zafar.	+9821 2225 5354
6	Homa Art Gallery	No.8, West 4th Alley, Sanaee St., Karimkhan St.	+98218886 3596-8
7	Henna Art Gallery	No.19, East Biglarpour St,Jahantab St ,Akhlaghi St,Kaveh Blvd,Dolat St.	+98212258 7879
8	Aaran Art Gallery	No.12, Dey St., North Kheradmand Ave.	+9821 8882 9086-9
9	Aun Gallery	40, Seoul St., Vanak.	+9821 8860 3050
10	O Gallery	No.46, Khosro, Villa street	+9821 8892 2028
11	Ag Galerie	No.3, Pesyan, Moghadas Ardebili Street, Zaferanieh	+9821 2685 1748
12	Atbin gallery	No.42, Khazad Alley, Parkway, Valiasr	+9821 2621 0395
13	Art Center Gallery	No.147, Nourthen Salimi, Andarzgoo BLVD,Farmanieh	+9821 2221 0349
14	Art Lounge	Niloufar Alley, Fereshteh	
15	Aryana	No.9, Easten Maryam, Fereshteh	2122601216

	Hospital Name	Address	Telephone
1	Iranmehr	Shariati St.	021 2009071, 021 2009720
2	DayHospital	Valiasr St, Tavanir St,.	021 8785 811-9
3	Shohadaye Tajrish	Tagresh Sq, ShahrDari St	021 278001-9
4	Modares (heart)	End of Saadat abad St.	021 2074 090-5
5	Ayatollah Taleghani	Evin Tehran.	021 2402 044-5, 021 2402873
6	AmirAlmomenin	Satar Khan St, Niayesh St.	985001-9
7	Baghiyatollah Aazam	Vanak St, Molasadra St.	2151
8	Khatamolanbia	Valiasr St, Rashid Yasemi St.	021 8797751-9
9	Rajayi	Valiasr St.	021 21921-9
10	Bahman	Shahrake Gharb, Iran Zamin Blvd	021 8857 5901
11	Parsian	District 2, Saadat Abad, E Sarv Street	021 2209 7151
12	Atieh	Farahzadi Blvd	021 82721
13	Ramtin	Velenjak	021 2242 0136
14			
15			

	Monument Name	Address	Telephone
1	Azadi Tower	Azadi Square.	021 66023951-4
2	Qazali Filmpark	55th Street , West Lashkari Expwy.	021 2144195580
3	Grand Bazaar		—
4	Tabiat Bridge	Haghani Highway.	—
5	Toghoral Tower	38 Nabi Pour St, Rey.	—
6	Iranian Artists' House	Park-e Honar Mandan, Iranshahr St.	021-8831 0457
7	White Palace	Taheri St.	—
8	Milad Tower	South Sheikh Fadlallah exit	021-8436 1000
9	Imamzadeh Shah-e Abdal-Azim	Rey.	—
10	Baaghe Ferdos	Valiasr Street, Bagh-e Ferdos	021-2271 9001
11	Madrseh va Masjed-e Sepahsalar	Mostafa Khomeini St	—
12	Dar ul-Funun	Naser Khosrow St	021-3311 3782
13	Sahebgharanieh Palace	Niyavaran Ave	—
14	Tehran University	Enghelab Ave	021-6111 3411
15	Portal of Bagh-e Meli	Imam Khomeini St.	—

	Museum Name	Address	Telephone
1	The National Jewelry Treasury	Ferdowsi Avenue Central Bank of I.R. Iran,.	021 6446 3785
2	Golestan Palace	Arq Suquare.	021-33113335-8
3	Sadabaad Palace	Shahid Fallahi (Zaferanieh),	021 2275 2031
4	National Museum of Iran	Emam Khomeini Ave. Si-e-Tir corner.	021 672061-6
5	Glassware Museum of Tehran	30th of Tir Street.	021 6708 1534
6	Carpet Museum of Iran	Beside Laleh Park.	021 8896 2703
7	Tehran Museum of Contemporary Art	N Kargar St.	021 88989375
8	Reza Abbasi Museum	972 Shariati Street.	021 863003
9	Cinema Museum	Vali Asr Ave.	021 2272 3535
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	Restaurant Name	Cuisine	Address	Telephone
1	Dizi Iranshahr	Persian Traditional	No. 52, Kalantari St,.	021 8881 0008
2	Alighapou	Persian Traditional	South Gandhi St.	–
3	Majmá	Persian Traditional	6, Ali Mohammadi, Mirzapour Street, Shariyati.	021 2221 0562
4	Morshed	Persian Traditional	2, Niyavaran Street.	021 2200 2200
5	Moslem	Persian Traditional	Bazzar, Panzdah-e Khordad St,.	021 5560 2275
6	Sharafol Eslam	Persian Traditional	Bazzar Tehran	–
7	Gilaneh	Persian Traditional	Saba blvd, Africa street.	021 2205 5335
8	Gilac	Persian Traditional	15, Parc des Princes, Kordestan Highway.	021 8803 0404
9	Shandiz	Persian Traditional	24, Saba BLVD, Jordan Street.	021 2205 4848
10	SPU	Persian Traditional	Darakeh Square.	021 2241 9494
11	Nayeb	Persian Traditional	1030 Vali-asr St.	021 8871 3474
12	Rouhi	Persian Traditional	AB Complex, No.58, Simaye Iran St., Shahrake Gharb.	021 8837 6080
13	Divan	International	Fayazi Blvd, Sam Center, 8th floor.	021 265 3853
14	Leon	International	Fereshteh Avenue, 7th floor, Sam Center.	021 2265 3841
15	Zaferan	International	17, Sharestan 8, Pesyan Street, Zaferanieh.	021 2241 4910

	Restaurant Name	Cuisine	Address	Telephone
1	Milad Tower <small>Revolving Restaurant</small>	International	Milad Tower, hemmat Highway.	021 8862 0381
2	Narenjestan	International	Sarv Building, Shahrdari Sq, Saadat Abad.	021 2206 6060
3	Elysee	International	7th Floor Tandis Center, Tajrish Sq.,	—
4	Dejavu	International	No. 31, Between Alef Sq. & Persian St., Moghadas Ardebili, Zaferanie,	021 2241 4159
5	Khaghan	International	No.2 Giti Blvd., Golestan Blvd., Africa Ave.,	021 2205 0119
6	Burger Land	Fast Food	Andarzgoo BLVD, Tehran,Iran	021 2239 8600
7	Dukan Burger	Fast Food	Niyavaran Street, Tehran, Iran	021 2280 4104
8	Hacupian	Fast Food	49, North Aboozar, Khaje Abdolah Street, Seyd Khandan.	021 2284 9375
9	Perperook	Fast Food	18, Bakhshayesh, West Sarv Street, Saadat Abad.	021 2207 8109
10	Atawich	Fast Food	Nastaran, South Etaati Street, Marzadaran.	021 8828 4148
11	Lamzi	Fast Food	Zaferanieh, Valiasr Street.	021 2271 7070
12	Apachi	Fast Food	585, Pasdaran Street.	021 85515
13	Kenzo	Asian	No. 30, Khodami St.,	021 8888 8222
14	Silk Road	Asian	Rosha Center, Lavasani Street,.	021 2275 8525
15	Asian House	Asian	131, Parc des Princes, Kordestan Highway,.	021 8861 6113

	Restaurant Name	Cuisine	Address	Telephone
1	Wasabi	Asian	A.S.P Complex, Kordestan Highway.	021 8821 7769
2	Taj Mahal	Indian	29, South Sheikh Bahaei Street, Mollasadra, Vanak Sq	–
3	Cingari	Indian	6 Zohreh St, Mofateh Street.	021 8832 7075
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