

The Guide

Doctor fish offer medical care to visitors

The art of glass-blowing brought back to life

A list of hotels for the business traveller

Helpful phone numbers and info for first-time visitors





Students from 48 countries have come to the Glass Furnace

Keeping tradition alive

The ancient art of glass-blowing continues

The Glass Furnace looks just like an artist's retreat should – nestled in the rolling hills of a lush countryside, with a river bubbling along out back and plush green grass all around.

Here you can detach from the sounds and stresses of everyday life, channel the serenity of an unspoiled landscape and coax out your creative side. And that's exactly what the Glass Furnace is for – the single-minded dedication to the glass arts, such as glass-blowing, fusion or beadmaking.

Both masters and apprentices work from this artisan's campus and advanced school. On a crisp autumn day in a brightly lit workshop, five amateur bead makers crowd around a long metal table as an expert demonstrates the craft. The pony-tailed artist uses pincers to trap a piece of hot white glass, which looks like a small and slimy white worm. He places the molten liquid on a small, dried ball of blue glass, where it slides and wiggles for a few seconds before settling in to cool and thicken.

Elsewhere in the bowels of the Glass Furnace, a blower dangles a globe of orange-hot glass in a furnace, then pulls it out and spins it on a stack of wet newspaper. By alternating these two tasks for about an hour he will make a large serving plate, one of about 800 to 1200 pieces produced annually to meet the demand for artisan glass in Turkey. They are sold in boutiques and design shops.

WORLD-RENOWNED: In just five years in operation, the Glass Furnace has developed a reputation as one of the world's finest schools dedicated to the glass arts. These classes and workshops have drawn artists and students from 48 countries. They come typically in summer, when the Glass Furnace employs the world's premiere glass artists to teach two-week courses. It's an immersion experience – participants stay on campus in a 20-room dormitory, eat at the canteen, and lounge away the summer nights in the courtyard or perhaps at the back of the property. Tables and chairs sit café-style by the bank of the

Riva River, which flows north into the Black Sea. Less intensive year-round weekend workshops attract hobbyists from Istanbul, 25 km to the south. These classes include beadmaking, glass-blowing, fusing, kilncasting, enameling, art clay and glass enamel decoration. Classes are taught in English and usually have between six and 10 students.

The classes cover the complete range of glass arts. Glass blowers learn the basic techniques of gathering liquid glass into a bubble and forming it into bowls, plates or other shapes. Fusing classes teach students how to bond pieces of glass together. Bead makers use torches to make the small baubles that become jewellery or *nazar boncuğu* (the evil eye bead), the ubiquitous charms or amulets superstitious Turks hang outside their homes or wear to ward off the nefarious effects of the evil eye.

The Glass Furnace is the creation of Yılmaz Yalçınkaya, a 68-year-old born in a village known for its *nazar boncuğu*. "I never forgot the colour of the furnace – it's such a bright orange inside there," he said. At age 10, Yalçınkaya developed a crush on an older girl, and she gave him a glass elephant charm. These memories flooded back in the 1990s, when Yalçınkaya, who became a textiles engineer, was living in Istanbul and working selling textiles-industry machinery. Turkey's economy was much less dynamic then, and Yalçınkaya found himself in need of a hobby to retreat into.

BEGINNING OF A DREAM: "The 1990s were bad for business, and I needed to do something to relax," he said. Yalçınkaya started out making glass paperweights and other simple things, and eventually found himself pursuing glass arts at courses and seminars in other countries.

At a course at the Pilchuck Glass School in Seattle in 1996, he resolved to open Turkey's first such facility. "I realised that I was no great glass-blower," he recalled. "But I saw that we didn't have a glass school like that in Turkey, and I wondered why."



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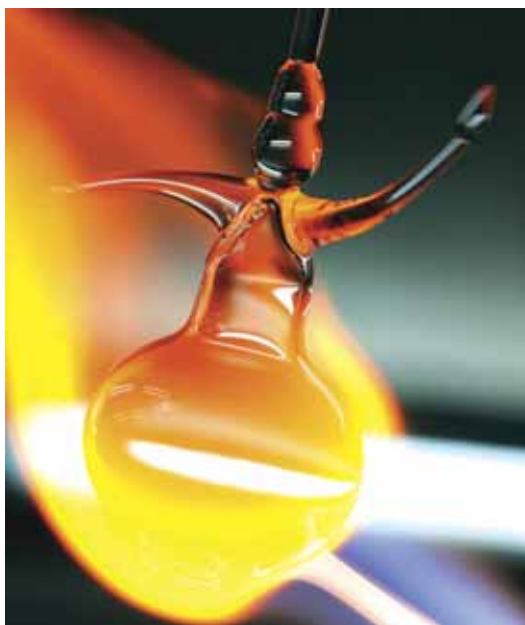
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İSTANBUL PERA ŞİŞLİ ESMA SULTAN ÇAMLIÇA PENDİK SUADIYE ANTALYA BODRUM MANHATTAN



The Ottoman glass industry was likely centred in Istanbul

In 1998 Yalçinkaya learned of an old shuttered glass foundry owned by Paşabahçe, a glass company created by Mustafa Kemal Atatürk. Yalçinkaya persuaded Paşabahçe to sell it to his non-profit organisation, the Glass Furnace Foundation, in 1999. That gave Yalçinkaya a location for his envisioned glass school, and operations from here began in 2002. The facility also provided a link to history, as glass had been made there for centuries already. Paşabahçe was named after a nearby town where it had once based its operations. But, as with so many stories in Turkey, the narrative traces back further.

GOING BACK: Little is known about glass during the era of the earliest Turkish rulers in Anatolia, the Seljuks. But fragments now in museums show that glass was a material used regularly by architects. The glass industry took a large step forward when Istanbul fell to the Ottomans, according to a history compiled by the Glass Furnace, though scholarship is light on the details.

One of the earliest historical documents, a miniaturist's painting during the reign of Murat III, in the late 16th century, depicts glass workers working with molten glass around a furnace. The Ottoman-era glass industry matured in several of the city's districts, including Beykoz, where the Glass Furnace is located, and in nearby Paşabahçe, a village that eventually gave its name to Turkey's dominant glass firm.

Stained-glass windows were developed as a staple in mosques, and uses for glass spread slowly in the Ottoman empire. Imports came from Venice from the 13th century until the 1716, when an import ban by the Venetians led to a shift in attention to the glass makers of Bohemia.

"As far as we know, from the available evidence, the Ottoman glass industry seems to have been centred around Istanbul. The sources reveal the existence of glass workshops in and around the capital at Eğrikapı, Eyüp, Balat, Ayvansaray, Bakırköy, Beykoz, Paşabahçe, Çubuklu and İncirköy, producing a great

variety of glassware," the Glass Furnace's website says. In the 1780s, according to Yalçinkaya, a whirling dervish named Mehmet Dede, from one of the Ottoman era's Sufi sects, was sent to Italy to learn more glass-making techniques.

Mehmet Dede returned from the trip with a glass artist from Milan. They set up shop in Beykoz, making tableware and cut crystal pieces for the Ottoman sultan and other nobles. Demand for glass as tableware developed slowly in the Ottoman Empire, as traditionally hammered-copper dishes were used to serve food. The 19th-century Dolmabahçe Palace features glass statues in its gardens, as well as cut-glass chandeliers and candle stands.

"With the foundation of the Republic, the Turkish glass industry was given a new lease of life, and the first national factory was founded on the slopes of the Bosphorus at Paşabahçe," the website says.

NAZAR BONCUĞU: One of the most important of techniques, and one central to the culture of not just Turkey but much of Asia, Northern Africa and Eastern Europe, is that of making nazar boncuğu. Cultures surrounding the Mediterranean basin, in the Middle East and across Asia's great trade routes to India and Bangladesh all feared the evil eye. The earliest evidence of this came from cuneiform tablets from a 5000-year-old Mesopotamian civilisation, and the earliest sample of using glass charms as protection is 3000 years old.

In Turkey that craft was centred in Izmir, known to the Greeks as Smyrna. In the 1930s, however, the glass artisans' furnaces were deemed dangerous because of their potential to spread fires among the wooden homes that filled the city. The glass artists then moved out to villages such as Yalçinkaya's childhood home, Görece. They were attracted by the wealth of pine trees inland from Izmir, which were used in the glass furnaces because it burns hotter than the average wood.

While those pieces, as well as tableware and other glass staples can be mass produced in factories, the Glass Furnace aims to keep alive the tradition of hand-made glassworks. In addition to its contracts to produce glass for sale in the Turkish market, it offers for sale the masterpieces of glass artists who come to teach and create at the school, many of whom draw inspiration from Turkish culture and from visits to Istanbul. Artists have created pieces such as a *nargile* (water pipe) twice the height of the average person and curved swords reminiscent of those used long ago in the Middle East.

The list of artists who have worked at the Glass Furnace is long: its website offers works by 49 artists or artist collaborations. These masters are flown to Turkey and paid to serve in residence for short periods, teaching and creating works for the school to display and sell. The Glass Furnace does place ads in magazines, but word of mouth seems enough to keep it going. "I believe that we have become a top-10 school in the world for glass," Yalçinkaya told OBG. "If people love glass, they will find us."



About 3000 visitors per year seek treatment from the doctor fish

Fish food

So-called doctor fish give tourists a medicinal nibble

One of Turkey's most unlikely tourist destinations is a hot spring nestled in a fold of brown foothills in central Anatolia. Here, for a fee, you can become fish food. Dip a hand or foot in this spring, and within seconds, hundreds of finger-sized carp will swarm, bump and nibble on your dead skin. It feels a bit ticklish, but is otherwise harmless. Thousands of people come to sit in the spring's water, for weeks at a time, believing in a long-held myth that these fish have medicinal powers.

DOCTOR FISH: Word spread in 1917 of the "doctor fish" near Sivas, a village home to some ruins of the Seljuk Turk era and little else. A shepherd had dipped a cut leg in a spring, and fish gathered to eat the damaged skin around the wound. Locals decided tried out the fish on other maladies, and by the 1950s had walled off a part of the spring into a separate pool to preserve a captive group of fish.

These little carp have since gone from local myth to worldwide spa trend. In 1979 five Turkish brothers leased the area, built a five-storey hotel, and marketed the new resort, called the Balıklı Kaplıca (spring with fish). They focused on psoriasis patients, some of whom believed in the fish as a miracle cure. Hard science debunks the notion that the fish have healing powers, but that hasn't stopped people from hoping otherwise.

About 3000 people a year visit the doctor fish, technically called *Garra rufa*. Visitors to the spring drink from the mineral-rich water before breakfast and then feed themselves to the fish for four hours a day. Though the carp eat away the blotches and flakes of psoriatic skin within about three weeks, along with lots of other normal dead skin, the spots usually return within months.

Research published in 2000 by Fevzi Bardakçi, a biologist at Turkey's Adnan Menderes University, eliminated questions about what's really happening here. The fish have no special abilities but eat dead skin because the spring's constant temperature of

34° Celsius is too hot to host enough algae, their staple food. This lack of nutrients makes their reproductive systems weak, according to Bardakçi's study. The dead human skin is the next best thing for the fish, and they look first to psoriasis blotches and flakes because these spots are easier for their toothless mouths to separate and eat. The extra food comes at the perfect time: Most people visit the springs in summer, when the carp are breeding and need an extra boost to lay eggs.

The spring can be beneficial. It offers a mix of factors that commonly send psoriasis into remission: strong sun, mineral water, clean air and relaxation. That's the same equation that attracts psoriatics to Israel's Dead Sea coast. It also puts them in a stress-free environment where they can meet other people with the same problem, which is a bonus for those who suffer a condition believed to be exacerbated by stress and social discomfort.

INTERNATIONAL ATTENTION: The Balıklı Kaplıca drew international attention in 1999 when psoriasis patients from Germany came on a buying spree, scooping up fish to take home from several areas in the country. Supply now comes mainly from breeders in Europe and Asia. Prices peaked at roughly \$90 a fish in 1999, though they now go for \$35 to \$70 apiece, said Thomas Gularas, a psoriasis sufferer in Fernblick, Austria. He breeds and sells fish and owns a psoriasis-treatment spa there. There are two other such clinics in Austria, and more in Croatia, Serbia, Germany and Ireland. The European spas usually offer individual bathtubs, each stocked with 150 to 300 carp, which some prefer to group pools.

In recent years the market for the *Garra rufa* has expanded beyond miracle cures and into an esoteric spa treatment. There are at least 27,000 natural-spring spas in Japan, many touting offerings such as facials using bull semen, nightingale droppings or gold leaf. Some are now enlisting *Garra rufa* for aqua-pedicures, and the trend has spread from there.



Midtown Hotel Istanbul

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Accommodation options for the business traveller

ISTANBUL

MIDTOWN HOTEL ISTANBUL

Lamartin Cad. No. 13, 34437

Taksim, Istanbul

T: (+90) 212 361 6767

F: (+90) 212 361 6768

info@midtown-hotel.com

www.midtown-hotel.com

Rooms: 80, including 7 corner suites, 73 deluxe rooms, 9 with a view of Bosphorus.

Business & Conference Facilities: All essential services, including wireless internet, all office materials, secretarial services, 4 high-tech meeting rooms with an emphasis on environmentalism and unique coffee break service.

Guest Services: All essential services provided, including concierge service.

Wining & Dining: Midtown restaurant with modern recipes from Turkish, Far Eastern and South American cuisines. Midtown cafe with delicious breakfast menu, and a wide selection of teas coffees and appetizers.

ARMADA HOTEL

Ahırkapı Sk. No:24, 34122,

Sultanahmet, Eminönü

T: (+90) 212 455 4455

F: (+90) 212 455 4499

info@armadahotel.com.tr

www.armadahotel.com.tr

Rooms: 110, including 16 interconnected rooms, corner rooms, superior rooms, 2 rooms for disabled guests.

Business & Conference Facilities: All essential services, including internet, printer, fax and 5 meeting rooms.

Health Facilities: Doctor on call, Medline Assistance.

Guest Services: Guest relations, airport shuttle, car hire, valet, 24-hr room service, dry cleaning and laun-

dry, free wireless internet, luggage room, 24-hour security.

Wining & Dining: Terrace & Sera Restaurant, Ahırkapı Restaurant, Radio Bar & Lounge.

BEST WESTERN CITADEL HOTEL

Kennedy Cad. Sahilyolu No: 32 Ahırkapı

34400 Sultanahmet

T: (+90) 212 516 2313

F: (+90) 212 516 1384

office@citadelhotel.com

www.citadelhotel.com

Rooms: 31 rooms including 6 suites.

Business & Conference Facilities: 2 meeting rooms (30 persons capacity).

General Facilities: Central air-conditioning, central heating, garden, power generator, parking, concierge, wireless internet, laundry and dry cleaning.

Wining & Dining: Breakfast Lounge, snack bar, a la carte restaurant, international cuisine, 24-hr room service.

BEST WESTERN THE PRESIDENT HOTEL

Tiyatro Cad, No: 25

Beyazıt, PO Box 34126

T: (+90) 212 516 6980

F: (+90) 212 516 6998

sales@thepresidenthotel.com

www.thepresidenthotel.com

Rooms: 201 rooms, including 8 suites.

Business & Conference Facilities: All essential services, including internet and secretarial services.

Health & Leisure Facilities: Indoor heated swimming pool, fitness centre, sauna, steam room, massage, doctor and nurse on call.

Guest Services: Concierge, gift shop, wireless internet, hairdresser, laundry and dry cleaning, babysitter, closed car park.

Wining & Dining: Ocakbaşı Grill House and Terrace Restaurant, Breakfast Lounge, patisserie, cafeteria, 24-hour room service.



Best Western Citadel Hotel



Best Western The President Hotel



Armada Hotel

GRAND CEVAHIR HOTEL & CONVENTION CENTRE

Darulaceze Cad. No:9
Okmeydan, Istanbul
T: (+90) 212 314 4242
F: (+90) 212 314 4244
info@gch.com.tr, sales@gch.com.tr
www.gch.com.tr

Rooms: 323 in total, including 240 standard, 32 executive standard, 4 presidential suites, 7 executive corner suites, 40 corner suites.

Business & Conference Facilities: A total of 28 halls and conference centre with capacities ranging from 35 to 2750 guests.

Health & Leisure Facilities: Indoor and outdoor pools, fitness centre, Turkish bath, solarium, sauna, massage, doctor on call.

Guest Services: Concierge, gift shop, internet, hair dresser, dry-cleaning service, 24-hr security, 1000-vehicle capacity, multi-storey car park.

Wining & Dining: Deliz Restaurant, Sultan Restaurant, 24-hr room service.

THE MARMARA ISTANBUL

Taksim Meydanı
Taksim Istanbul 34437
T: (+90) 212 251 4696
F: (+90) 212 244 0509
istanbul-info@themarmarahotels.com
www.themarmarahotels.com/The-Marmara-Istanbul/index.asp

Rooms: 375 total rooms, 82 Club Rooms including 6 Flying Carpet Suites, 16 Executive Suites, 1 Grand Suite, 1 Presidential Suite. 61 non-smoking rooms. City view, Golden Horn view and Bosphorus view rooms are available.

Room Details: Coffee- and tea-making facilities, direct dial telephone, music, minibar, safe deposit box, high-speed wireless internet, television, satellite TV, central air conditioning, shower, bathtub, hair dryer, music in bathroom, telephone in bathroom.

Business & Conference Facilities: 12 meeting rooms. Overhead projector, projection screen, whiteboard, slide projector, flipchart, barcoveision, sound system, microphone, video player, DVD player, television, fax, speakers desk, podium, VCD player, computer, high-speed wireless internet connection, telephone, laser pointer. Largest room capacity 1000 pax, 2 ballrooms with a capacity of 1000 pax, largest space 760m².

Health & Leisure Facilities: Massages, facials, hydrotherapy, hands, feet and body treatments, gym with a panoramic view of Taksim Square with state-of-the-art equipment. Outdoor swimming pool (with children section), Turkish bath, sauna, massage, hot tub, solarium, fitness centre, aerobics.

Guest Services: Concierge, wireless internet, business centre, hairdresser, laundry, dry cleaning, 24-hr in-room dining, doctor or nurse on demand, babysitter on demand, closed parking space, pets are allowed.

Wining & Dining: Breakfast lounge, roof bar, aqua bar, cafe. 1 a la carte restaurant, 1 open buffet restaurant

offering international cuisine, Ottoman cuisine and Turkish cuisine.

MÖVENPICK HOTEL ISTANBUL

Büyükdere Cad. 34330
4. Levent / Istanbul
T: (+90) 212 319 2929
F: (+90) 212 319 2900
hotel.istanbul@moevenpick.com
www.moevenpick-istanbul.com

Rooms: 249 rooms including 71 executive rooms, 21 suites, as well as Skyline Deluxe suites, all tailored towards the requirements of business people. 174 non-smoking rooms and 2 rooms for physically challenged guests.

Room Features: All the rooms offer in-room safes (large enough to accommodate a laptop), direct dial telephone, voicemail, satellite TV, high-speed internet connection, minibar, hair dryer.

Business & Conference Facilities: Equipped with state-of-the-art remote control audio-visual technology. Ballroom can accommodate 600 guests and Premium Room 100 guests. 10 break-out rooms for 8 to 70 people.

Health & Leisure Facilities: Wellness Centre with indoor swimming pool, sauna, hot tub, a fitness centre with modern cardiovascular equipments and massage services.

Guest Services: Executive Lounge, business centre, laundry, dry cleaning, 24-hr room service, wireless internet in public areas, safety box at reception, power generator, hair dresser, doctor on demand, babysitter, free parking and travel agency.

Wining & Dining: AzzuR Restaurant (contemporary Mediterranean cuisine), BarAdoX (bar and lounge), Gourmet (chocolates, cakes, pastries and premium Mövenpick ice cream).

THE RITZ CARLTON, ISTANBUL

Süzer Plaza
Elmadağ Caddesi No: 9 34367 Şişli
T: (+90) 212 334 4444
F: (+90) 212 334 4455
www.ritzcarlton.com/istanbul

Rooms: 244 rooms including 57 Club rooms, 21 Executive Suites, The Presidential Suite and The Ritz-Carlton Suite.

Business & Conference Facilities: 2403 sq metres/26,866 sq ft of meeting and conference space. A 695-sq-metre/7481-sq-ft ballroom and 9 individual meeting rooms. 750 sq metres/8070 sq ft of prefunction space. Document centre, courier services, executive boardroom, teleconference capabilities.

Health & Leisure Facilities: Fully equipped spa facilities including indoor pool, 24-hour open fitness centre, Turkish bath, sauna, steam room, whirlpool and 9 massage rooms as well as open-air spa during summer months with a lap pool, two whirlpools, 2 massage rooms and sundeck terrace.

Guest Services: Indoor swimming pool, 24-hour open fitness centre, authentic Turkish hammam, Wi-Fi inter-



Grand Cevahir Hotel & Convention Centre



Mövenpick Hotel Istanbul



The Marmara Istanbul



The Ritz Carlton, Istanbul

net connectivity in all guest rooms and public spaces, barrier-free accessibility for handicapped guests, on-site jewellery and gift shops, concierge services (for dining reservations, golf tee times, etc.), valet parking, shoeshine, safe-deposit boxes, barber shop, babysitting, laundry and dry cleaning.

Wining & Dining: Çintemani Restaurant (all-day dining), The Lobby Lounge, RC Bar and Guney Park Terrace (summer only).



Barcelo Saray Hotel

BARCELO SARAY HOTEL

Yeniçeriler Cad. No: 85 Beyazıt

T: (+90) 212 458 9800

F: (+90) 212 458 9830

saray.res@barcelo.com

www.barcelosaray.com

Rooms: 96, including deluxe rooms, junior suites.

Business & Conference Facilities: 3 conference rooms, cyber corner, wireless internet.

Health & Leisure Facilities: Turkish bath, sauna, steam room, massage, doctor on call.

Guest Services: Airport transfers, ATM, concierge, car hire, laundry, valet, internet, visa processing, 24-hr security, hairdresser.

Wining & Dining: Vista Restaurant, Piano Bar, Saray Cafe, 24-hr room service.



Hyatt Regency Istanbul

ÇIRAĞAN PALACE KEMPINSKI

Çırağan Caddesi 32, Beşiktaş 34349 Istanbul

T: (+90) 212 326 4646

F: (+90) 212 259 6687

reservations.ciraganpalace@kempinski.com

Rooms: 282 rooms, 20 hotel suites and 11 palace suites.

Business and Conference Facilities: All essential services, technical assistant, projection screen, video wall, sound and light system, 20 function rooms (16 in the palace and 4 in the hotel).

Health and Leisure Facilities: Spa, massage, 24-hr fitness centre and indoor swimming pool, Turkish bath and outdoor swimming pool (heated in the winter).

Guest Service: 24-hr room and concierge services, limousine service, laundry and dry cleaning, shoe shine, transfer by yacht, limousine and helicopter service, helipad, car park, shops, travel agency, hairdresser, beauty salon.

Wining and Dining: Tuğra Restaurant (classical Turkish and Ottoman cuisine) Laledan Restaurant (seafood specialities), Gazebo Lounge and restaurant (international cuisine, open 24 hours), Çırağan Bar, Çırağan Bosphorus Barbecue (summer only).



Çırağan Palace Kempinski

FOUR SEASONS HOTEL ISTANBUL

AT THE BOSPHORUS

Çırağan Caddesi No.28

34349 Beşiktaş, Istanbul

T: (+90) 212 381 4000

F: (+90) 212 381 4010

www.fourseasons.com/bosphorus

Rooms: Four Seasons Hotel Istanbul at the Bosphorus offers 141 guest rooms and 25 suites. Bright and



Four Seasons Hotel Istanbul

airy, they open to balmy sea breezes and a variety of waterfront, garden and city views.

Business & Conference Facilities: All essential services, including internet, secretarial services, 6 meeting rooms, Bosphorus Ballroom with capacity for up to 500 people and Atik Pasha Ballroom with capacity for up to 1000 people.

Health & Leisure Facilities: Outdoor swimming pool, spa & hammam including fully equipped fitness room, heated indoor pool with underwater music system, steam rooms, saunas, 9 treatment rooms, 1 VIP treatment suite.

Guest Services: All essential services provided, including spa and concierge services.

Wining & Dining: Aqua (main restaurant, Mediterranean cuisine), Lobby Bar & Lounge, Pool Bar & Grill.

HYATT REGENCY ISTANBUL

Taskisla Caddesi, No. 1, 34437

Taksim – Istanbul

T: (+90) 212 368 1234

F: (+90) 212 368 1000

istanbul.regency@hyatt.com

istanbul.regency.hyatt.com

Rooms: 360 rooms including 102 king, 159 deluxe king, 71 Regency Club, 28 suites, 3 rooms for disabled guests and 7 fully furnished luxury apartments.

Business & Conference Facilities: 1507 sq metres of function space with 13 renovated meeting rooms including a ballroom equipped with high-tech essentials like “Easy Meet Unit” smart wall.

Health and Leisure Facilities: Gaia Fitness Centre & Spa offers specially designed treatment rooms, a fitness studio, an exercise room providing yoga and Pilates classes, and floodlit tennis courts.

Guest Services: Concierge, babysitting services, free parking, business services, hotel shop, internet access, airport transfer.

Wining and Dining: Italian restaurant Spazio, Agora Restaurant serves local and international cuisine, Mezzanine Lounge & Bar, and the Library Bar.

LAESPARK HOTEL

Topcu Cad. No: 23, 34437

Taksim, Istanbul

T: (+90) 212 313 5100

F: (+90) 212 313 5151

reservation.istanbul@laesparkhotel.com

www.laesparkhotel.com

Rooms: 164, including 138 standard and 14 deluxe rooms, 4 junior suite rooms, 4 Lares suites and 2 presidential suites.

Business & Conference Facilities: All essential services, including internet and secretarial services.

Health & Leisure Facilities: Indoor pool, fitness centre, hot tub, sauna, Turkish bath, Medline service.

Guest Services: Concierge, car hire on request, laundry & dry cleaning, valet, high-speed internet, visa processing, 24-hour security.

Wining & Dining: Portofino Ristorante, Turkuaz Restaurant, Vitamin Bar, Park Cafe, 24-hr room service.

ANKARA

SHERATON HOTEL & CONVENTION CENTRE

Noktalı Sk. Kavaklıdere 6700

T: (+90) 312 457 6000

F: (+90) 312 457 6100

sheraton@sheratonankara.com

www.sheratonankara.com

Rooms: 414 rooms, including deluxe rooms, tower rooms, smart rooms, apartments, disabled & left-handed rooms, non-smoking rooms, executive suits, diplomatic and presidential suites.

Business & Conference Facilities: Business centre with all essential services, including colour printing, photocopy, internet, secretarial services, 12 meeting rooms, grand ballroom with total capacity of up to 1650 guests.

Health & Leisure Facilities: Indoor pool, fitness centre, squash, hot tub, sauna and steam room, massage, doctor on call.

Guest Services: Concierge, butler services, car hire, gift shop, shopping arcade, wireless internet, babysitting, services for disabled guests, dry cleaning and laundry service, safety deposit box in the rooms and at the reception, valet, closed parking area, movie theatres, beauty parlour.

Wining & Dining: Brasserie-One, L'angoletto, Copper Club, Espresso Cafe, The Lobby Bar.

HOTEL MIDI ANKARA

Karyagdi Sk No:40, Çankaya

T: (+90) 312 409 6434

F: (+90) 312 409 6400

rez@midihotel.com

www.midihotel.com

Rooms: 73 rooms, including executive, luxury and superior rooms. Non-smoking and handicapped accessible rooms available.

Business & Conference Facilities: All essential services, including translation and secretarial services, audio-visual equipment, 6 meeting and conference rooms with a total capacity of 350 guests.

Health & Leisure Facilities: Health club with fitness centre, sauna, steam room, massage, doctor on call.

Guest Services: Internet connection 2 Mbps, laundry, valet, currency exchange, mail service, safe deposit boxes, convenience store, concierge, car hire, free access to car parking.

Wining & Dining: Le Salle d'Or Restaurant (Turkish and international cuisine), The Crystal Bar, Atrium Patisserie, 24-hr room service.

BODRUM

MÖVENPICK RESORT BODRUM

Gündönümü Mevkii

Bitez, 48400 Bodrum

T: (+90) 252 311 1020

F: (+90) 252 311 1030

resort.bodrum@moevenpick.com

www.moevenpick-bodrum.com

Rooms: 92 spacious rooms including 4 suites and 5 junior suites all with balcony or terraces which offer full comfort and relaxation. 15 non-smoking rooms and 1 room for physically challenged guests, as well as 9 interconnecting rooms.

Room Features: Rooms are equipped with LCD televisions, 2 direct phone lines, wireless internet access and electronic safes that are able to accommodate laptops. All rooms also feature a minibar, full climate control, hairdryer and more.

Business and Conference Facilities: 3 meeting rooms for 8 to 130 people with latest audiovisual technology, including LCD screens, LCD projectors and free-of-charge wireless internet.

Guest Services: Laundry, dry cleaning, 24-hr room service, wireless internet, safety box at reception, power generator, business centre, doctor on demand, babysitter, free parking.

Health Facilities: Wellness Centre with 2 outdoor and 1 indoor swimming pools, a Turkish bath, sauna and a fully equipped fitness centre. Guests can also choose from a wide range of massages offered in the spa's four treatment rooms.

Wining & Dining: The Mövenpick Hotel Restaurant (contemporary Mediterranean cuisine), Clubhouse (combination of snacks and refreshments all day long), Poolside Bar.

IZMIR

MÖVENPICK HOTEL IZMIR

Cumhuriyet Blv. No:138, Pasaport

T: (+90) 232 488 1414

F: (+90) 232 484 8070

hotel.izmir@moevenpick.com

www.moevenpick-izmir.com

Rooms: 185 rooms including 38 executive rooms, 17 junior suites and a king suite, offering the highest levels of comfort and some captivating views of the square in the front of the hotel and the Aegean Sea.

Room Features: All the rooms offer in-room safes large enough to accommodate a laptop, direct dial telephone, voicemail, satellite TV, modem connection and high-speed internet connection, minibar, hair dryer.

Business and Conference Facilities: A total of 9 modular banquet and conference premises with a capacity of 20 to 300 people are equipped with the latest audiovisual technology, providing the ideal setting for events of all kind.

Health and Leisure Facilities: Health Club with indoor swimming pool, sauna, steam bath, a fitness centre with modern equipment, studio classes like yoga and Pilates and various kinds of massage services.

Guest Services: Executive Lounge, business centre, laundry, dry cleaning, 24-hr room service, wireless internet in public areas, safety box at reception, power generator, hair dresser, doctor on demand, babysitter on request.

Wining & Dining: Margaux Restaurant (international cuisine), Breeze Bar (lobby bar), Swiss Cake (shop with chocolates, cakes, pastries and Mövenpick ice cream.)



Sheraton Hotel & Convention Centre



Mövenpick Hotel Izmir



Mövenpick Resort Bodrum



Istanbul's nightlife scene is on par with any other major European city and there is no shortage of clubs and bars, especially in and around the Taksim area. Walk along Istiklal Caddesi, a pedestrian thoroughfare in the heart of European Istanbul's busiest district.



No trip to Turkey would be complete without a day spent in the historic Sultanahmet district visiting the famous Sultanahmet Mosque and Hagia Sophia. Other must-see sites include the Grand Bazaar, Spice Bazaar, Basilica Cistern and the ancient Hippodrome.

GOVERNMENT MINISTRIES

Office of the President
0312 470 1000

Prime Ministry
0312 413 7000

Agriculture
0312 287 3360

Defence
0312 417 6100

Energy
0312 212 6420

Foreign Affairs
312 292 1000

Finance & Customs
0312 415 2900

Education
0312 419 1410

Industry & Trade
0312 219 6741

Interior
0312 418 1368

ASSOCIATIONS

The American-Turkish Council
001 202 783 04 83

US-Turkish Industrialists and Businessmen's Association
001 202 776 77 70

The EU-Turkish Industrialists' and Businessmen's Association
32 2 736 4047

STATE INSTITUTIONS

Parliament
0312 420 5000

Chief of General Staff
0312 425 1366

South-Eastern Anatolia Project (GAP)
0312 442 2324

Supreme Administration Court (Danıştay)
0312 425 9914

State Institute of Statistics (DİE)
0312 417 6440

State Planning Organisation (DTP)
0312 294 5000

Foreign Trade (DTM)
0312 215 7016

Privatisation Administration (OİB)
0312 430 4560

EMBASSIES

Australia
0312 459 9500

Belgium
0312 446 8247

Bulgaria
0312 467 2071

Canada
0312 409 2700

Egypt
0312 468 4647

France
0312 455 4545

Germany
0312 426 5465

Greece
0312 448 0647

Iran
0312 427 4320

Ireland
0312 446 6172

Israel
0312 446 3605

Italy
0312 426 5460

Japan
0312 446 0500

Netherlands
0312 446 0470

Romania
0312 427 1243

Russia
0312 439 2122

Spain
0312 440 1796

Sweden
0312 455 4100

Switzerland
312 457 31 00

Syria
0312 440 9657

Ukraine
0312 439 9973

United Kingdom
0312 455 3344

United States
0312 455 5555

CONSULATES (ISTANBUL)

Australia
0212 262 9315

Belgium
0212 243 3300

Bulgaria
0212 281 0115

Canada
0212 251 9838

Egypt
0212 324 2160

France
0212 334 8730

Germany
0212 334 6100

Greece
0212 393 8290

Iran
0212 513 8230

Ireland
0212 482 1862

Israel
0212 317 6500

Italy
0212 243 1024

Japan
0212 317 4600

Netherlands
0212 393 2121

Romania
0212 292 4125

Russia
0212 292 5101

Spain
0212 270 7410

Sweden
0212 334 0600

Switzerland
0212 283 1282

Syria
0212 232 6721

Ukraine
0212 663 2673

United Kingdom
0212 334 6400

United States
0212 335 9000

CONSULTANCY & ACCOUNTANCY SERVICES

Deloitte
0212 366 6000

Yapı Kredi Yatırım
0212 280 1030

LEGAL SERVICES

Güner Law Office
0212 284 6091

CREDIT CARDS

American Express/Garanti Bank
444 0333

COURIER SERVICES

Aras Cargo
0216 538 5555

Yurtiçi Kargo
0212 365 2365

CAR HIRE

Sun Rent a Car
0216 318 9040



At least one night during your stay should be spent at a *meyhane*, a restaurant that serves all kinds of fresh, local fish, a dizzying array of appetizers and plentiful *raki*, Turkey's popular anise-flavoured liquor. Live music often turns the dinner into a late-night party.



A cruise along the Bosphorus Strait is a wonderful way to marvel at Istanbul's shoreline, studded with old wooden mansions. Boats stop for lunch near the Black Sea, where you can disembark and tour the Rumeli Castle, eat fresh fish and browse in local shops.

CHAMBERS OF COMMERCE & INDUSTRY

Turkish Union of Chambers and Exchanges
0312 413 8000

Istanbul Chamber of Commerce (ITO)
0212 455 6000

Aegean Region Chamber of Industry (IZMIR)

0232 484 8046

Ankara Chamber of Industry
0312 417 1200

Ankara Chamber of Commerce (ATO)
0312 285 7950

Adana Chamber of Commerce
0322 351 5506

Adana Chamber of Industry
0322 436 6363

BUSINESS ASSOCIATIONS

Foreign Economic Relations Board (DEIK)
0212 339 5000

International Investors Association
0212 272 5094

Association of Independent Businessmen and Industrialists (MÜSIAD)
0212 222 0406

Turkish Industrialists and Businessmen's Association (TÜSIAD)
0212 249 1929

TRAVEL - AIR

Ataturk International Airport
0212 465 3000

Air France
0212 310 1919

British Airways
0212 465 5688

KLM
0212 310 1900

Lufthansa
0212 315 3434

Turkish Airlines
0212 463 6363

Emirates Airlines
0212 465 5814

Onur Air
0212 444 6687

Atlas Jet
0216 444 3387

Pegasus Air
0212 697 7777

TRAVEL AGENCIES

Paragon
0212 227 3500

Sultan Tourism
0212 241 3178

Plan Tours
0212 230 2272

Barefoot Travel
0212 517 0269

TOURISM INFO

Istanbul
Sultanahmet Square
0212 518 1802

EMERGENCY

Ambulance

112

Police

155

Fire

110

Directory

11811

PRIVATE HOSPITALS

Florence Nightingale Hospital

0212 224 4950

Bayındır (Ankara)

0312 287 9000

Acıbadem

Hastanesi

0216 544 4444

Anadolu Sağlık

Merkezi

444 4276

Dunya Göz Hastanesi (eye clinic)

0212 413 7575

American Hospital

0212 311 2000

German Hospital

0212 293 2150

International Hospital

0212 663 3000

JFK Hospital

0212 441 4142

Hisar Intercontinental

Hospital

0216 524 1300

CLINICS

Euromed

0216 414 6282

Intermed Medical Centre

0212 225 0660

ME - DI

0212 296 8268

NEWSPAPERS

Hurriyet

0212 677 0000

Milliyet

0212 505 6111

Radikal

0212 505 6111

Referans

0212 677 0000

Sabah

0212 354 3000

Turkish Daily News

0212 251 6580

Today's Zaman

0212 639 3450

NEWS AGENCIES

Financial Times

0312 438 2735

Associated Press

0312 428 2441

Reuters

0212 350 7000

TURKISH LESSONS

Boğaziçi University

0212 257 5039

Taksim Dilmer

0212 292 9696

Tomer

0312 435 9781

Akademi Dil Center

0212 852 9903

GOVERNMENT WEBSITES

www.tcmb.gov.tr

www.cmb.gov.tr

www.mit.gov.tr

www.mkutup.gov.tr

www.ttk.gov.tr

www.tubitak.gov.tr

www.tse.org.tr

www.tuba.gov.tr

www.yok.gov.tr

www.kultur.gov.tr/en

TOURISM

www.bookinturkey.com

www.goturkey.com

LIFE IN TURKEY

www.iksv.org

www.istanbul.com

www.mymerhaba.com

www.tourismturkey.org

www.lonelyplanet.com/turkey



Facts for visitors

Helpful tips and guidelines for new arrivals

SOCIETY & ETIQUETTE: It is quite common to be offered tea followed by a brief personal conversation before a business meeting. Showing interest in someone's health, family or other close relationships is polite and can go a long way in building strong relationships. Turkey is increasingly cosmopolitan and it is generally acceptable to behave as one would in any other European city. Women are usually safe walking alone. However, the eastern and rural parts of the country have a more traditional and conservative culture.

LANGUAGE: While Turkish remains dominant throughout the country, English is commonly used throughout the business community. English speakers are less prevalent throughout the service industry (outside of hotels, of course), and learning a few basic Turkish phrases will be helpful for daily life. Major cities have foreign language centres that offer Turkish courses.

VISAS: Visas are easily obtained upon arrival to the airport and are required for citizens of most countries. The process requires a short wait in line and the visa fee. Visas may also be purchased at the Turkish embassy in your country of residence before departure. Visas for most European countries, the US, and Australia cost \$25 or €20, are multiple-entry and are good for three months. Canadian visitors will pay \$60 or €45.

TRANSPORT: Traffic, especially during peak hours, can be quite bothersome in large Turkish cities due to its increasingly urban population. Unfortunately, public transport is also rather limited so it is recommended to avoid travelling during peak hours. Ankara, Izmir and Istanbul do maintain fairly efficient tram lines, while Istanbul also has an underground metro. However, these systems are not necessarily as extensive as those found in other parts of Europe. Taxis are not always cheap and the fare doubles between midnight and 6am. For those who wish to drive their own car a valid driver's licence, registration and insurance card must be presented to allow entry of the vehicle. Driving, especially in Istanbul, can be quite dangerous, with congestion leading to tailgating, swerving and aggressive driving.

BUSINESS HOURS: The workweek in Turkey runs from Monday to Friday. Most corporate offices open at 8am and close around 6pm. Banks and government offices generally close at 4pm or 5pm.

During the summer months, as well as the religious month of Ramadan, it is not uncommon for office hours to start and finish much earlier.

CURRENCY: As of January 1, 2009, the official currency of Turkey is no longer the Yeni Türk Lirası (YTL) and has reverted to its original name, the Türk Lirası (TL). Current denominations come in TL1, 5, 10, 20, 50 and 100 and each lira consists of 100 *kuruş*.

COMMUNICATIONS: Turkey has major three GSM operators and 3G services are set to come on-line shortly. There are Internet cafés in most major cities and hotels generally offer free wireless internet to patrons. For extended stays, it is necessary to register mobile phones that were purchased outside Turkey, as the country has restricted unregistered phone usage after a period of about 14 days.

TIPPING: Many high-end restaurants will include a 10-15% gratuity charge on the bill and those that don't expect a voluntary 15%. Smaller establishments typically do not require a tip, although it is becoming more common to leave 5-10%. It is not common practice to tip a taxi driver unless it is deserved, as they will often round up the charge anyway.

ELECTRICITY: Electricity comes in at 220V and follows the European standard round two-pin plugs. Adapters are readily available in airports and neighbourhood electrical shops, but it is recommended that visitors use a protector for laptops as there are frequent power surges.

HEALTH: As with many Mediterranean nations Turkish food is generally very healthy, fresh and enjoyable. It is prudent to stick with bottled water for the entirety of your trip. Cities generally have a selection of private international and local public hospitals, although private care will be expensive without proper insurance. Contact your embassy or hotel for a recommendation.

How you talk is your business.
Making you talk, is ours.

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for choosing Avea as their GSM operator.

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working with us.

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