



Relocation Handbook 2022-2023

Welcome to MEF International School (MEF IS). We are looking forward to an exciting year of learning and growth with our students and staff and are happy to be welcoming you to our community. The purpose of the relocation handbook is to help orient new members to the MEF IS school community as well as Izmir and surrounding areas as we know that you will need information available to you to help you adjust to your new home in Türkiye. Our hope is to ensure that you experience a smooth transition and are enthusiastic about joining the MEFIS learning community. Please do spend some time going through some of the information here to help you take your first steps in joining us.

At MEF IS we believe in our motto, "Building Bridges between Countries and Cultures" and we pride ourselves on both the diversity of our students representing approximately 33 different countries as well as our highly qualified and diversified staff. When you join our community you will get to know more about the mission and vision of our school, feel included in our warm and caring community, and learn about our programs and curriculum.

In the meantime, welcome once again to our community and we hope the following pages, which have been put together by our faculty and staff, will help you with some of the information that you are looking for in making the move to your new home and new school. If you have any questions, please do not hesitate to contact us, we would be more than happy to answer them and be of support.

Elvan Tongal
Assistant General Manager

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An Overview of our School



MEF International School Izmir was established in 2004 to serve the needs of the international community living in Izmir. Part of a group of schools known as MEF Schools of Turkey, the school was founded by Mr. İbrahim Arıkan under the umbrella of Arıkanlı Holdings. MEF International School, Izmir offers an international education, as Cambridge International and the International Baccalaureate (IB) curricula are utilized. The school was recently authorized to offer the IB Diploma Programme. The school is accredited by CIS (Council of International Schools) and NEASC (New England Association of Schools and Colleges).

MEF International School Izmir educates approximately 155 students aged 3 to 18 from 31 countries, all holding international passports. Its 30 faculty members come from 10 different countries. The school provides a first class English-medium international education



with courses in English, Language Arts, Humanities, Natural Sciences, Mathematics, and the Arts. All students' needs are supported through holistic learning with the aid of the Learning Support and English Support teams. The school counselor provides social and emotional support and university guidance with the goal of students reaching their unique potentials.

MEF International School Izmir provides a stimulating education that engages the strengths, learning styles and needs of its students. Each child develops a passion for learning while realizing intellectual, creative, social, and physical potentials. Our mission is to 'inspire', 'nurture' and 'challenge' students to reach their 'unique potential'. Children are encouraged to construct meaning from real-life situations by utilizing inquiry. International values are celebrated. Students are empowered to become confident, balanced and socially responsible individuals who contribute positively to local and global communities.



Adjusting to a new country

As exciting as it is to move to a new country and experience a new way of life, many people at some point begin to go through common stages of culture shock. Culture shock is the feeling of being confused or anxious that you get when you move to a different place. It's important to be aware of the various stages of culture shock because it can help you work towards adjusting and finding ways to support yourself during this challenging, as well as exciting adventure.

In brief, the stages are as follows:

Stage 1: The Honeymoon (or Tourist) Stage

Stage 2: Shock

Stage 3: Adjustment

Stage 4: Acceptance or Acculturation

Stage 5: Re-entry Shock

For more detailed information, you can research the stages of culture shock online www.jetprogramme.org



Safety and Organizing Personal Affairs Prior To Your Departure:

Following is a highly recommended website that provides a traveling checklist and safety tips in preparation for your departure and will support you after you've arrived in Izmir:

<http://travel.state.gov/content/travel/en/international-travel.html>

It is suggested that foreigners register with their consulates in order to receive current updates and safety information. For US citizens, it is recommended to register with the Smart Traveler Enrollment Program (STEP) to ensure that the consulate has updated information in the event an emergency contact is required.

Prior to departing, below is a list of documents and info to consider leaving with a trusted contact:

- ★ Passport numbers and dates of issue
- ★ Bank account numbers
- ★ Credit card numbers
- ★ Insurance policy numbers
- ★ Driver's license number
- ★ Social Security numbers
- ★ Current prescription, including eyeglasses
- ★ Contents and location of safe deposit boxes
- ★ Names and addresses of business and professional contacts
(adapted from US Dept. of State Website, 2013, www.state.gov)

It is recommended to have an emergency supply kit on hand in case of an emergency evacuation. Consider packing a small bag with the following contents:

- ★ Water, one gallon
- ★ Food, a three day supply of non-perishables
- ★ Flashlight
- ★ First aid kit
- ★ Whistle
- ★ Extra clothes
(adapted from FEMA website, 2013, www.ready.gov)

The following website also has important information and tips regarding earthquakes and steps to take:

<http://www.fethiye.bel.tr/dosya/earthquakes.pdf>



Work Permit Process:

This process starts right after signing the employment contract. Our HR Unit will guide you through the process. This process may take several weeks or months depending on the country you are applying from. You are required to provide all the necessary information and documentation on time. It is also critical that you should be reachable when needed during the process. In case of a failure of communication and not providing the documents on time, the process will be delayed or it may start over again.

Here are the basic steps of the process to give you a general overview:

1. You need to sign the employment contract.
2. You need to provide the required documents below (Our HR may require additional documents):
 - a. *Passport (minimum two-year of validity)*
 - b. *Turkish biometric photo (6 pieces):*
 - i. *dimensions of 50 mm x 60 mm*
 - ii. *white background*
 - iii. *full face, front view, eyes open, natural expression*
 - iv. *must be taken within the last six months*
 - c. *Police checks both from your home country and the country in which you had last been employed*
 - d. *Medical check as outlined below (from a hospital or doctor)*
 - i. *Full blood exam*
 - ii. *Full urinary exam*
 - iii. *Fasting blood glucose*
 - iv. *Chest x-ray*
 - v. *Hearing test*
 - vi. *Respiratory function test*
 - vii. *Eye examination*
 - viii. *Hepatitis markers (hepatitis A- hepatitis B- hepatitis C- HIV)*
 - e. *Covid vaccination card*
 - f. *Signed contract by all parties*
 - g. *Diploma/s and the official Transcript/s*
 - h. *Teaching Certificate/s*
 - i. *English exam result and/or certificate accepted as valid by the Turkish Ministry of Education (according to the assignment type)*
 - j. *Employment verification letter from the related Ministry of Education (which verifies at least your two years teaching in the relevant teaching field)*
3. Our HR will obtain a Pre-Approval from the Turkish Ministry of Education on your behalf.
4. You need to contact the nearest Turkish Embassy/Consulate in the country that you are currently residing. Please make an appointment for a work visa and share the details of your appointment with our HR.
5. The documents required by the employer for your work visa application will be provided to you by the school.
6. You need to submit the ten-digit reference number immediately after submission of your work visa application to our HR.
7. There is a 10-days deadline for HR to apply for a work permit on your behalf with this reference number through the Ministry of Labor's system.

8. Within several weeks, the Ministry of Labor in Türkiye will send the approval to the Turkish Consulate that you applied for and you need to go there in person to collect your work visa on your passport.
9. Your work permit card will be issued in Türkiye and submitted to the school on your name.
10. You will be registered on the Turkish Social Security System (called 'SGK') by the HR in accordance with your work permit approval.
11. You will be eligible to travel Türkiye with the work visa you have collected from the Embassy/Consulate (this will be a stamp on your passport).

Work permit applications will be made to the Turkish Ministry of Labor in line with the current permit cards of foreign teachers who are currently in Türkiye with a residency or work permit. Therefore, the consulate step will not be applied.

Please also see the informative graph [here](#) prepared by the Turkish Ministry of Labor and Social Security.

Residency Permit Process:

Residency permit application for your dependants can be made after the completion of the following steps:

1. Being physically present in Türkiye.
2. Holding a work permit card.
3. Completing 30-days service and obtaining a provision from the SGK (Turkish *Social Security*).

Our HR Unit will guide you through this process about what documents to be provided, how and when to apply for you and for your dependents.

You can access more information about residency permits at <https://en.goc.gov.tr/residence-1>.



What were your first impressions of Izmir?

Izmir is a city that is often under the shadow of Türkiye's main attractions in Istanbul, Antalya, and Cappadocia but it has a culture and quality all its own. The city has a relaxed hipster center with beautiful sea views facing the sunsets. Friends gather in the long park along the waterfront for picnics, bike rides, fishing, and walks along the stunning views. Moving inland, there are historical remnants in the Konak market area. The bazaar is full of homemade goods, discounts for the bargaining, and tasty restaurants with traditionally prepared dishes. Another asset of Izmir is its proximity to quaint villages by some of the best beaches in the world. Getting public transport for a day trip to swim in crystal blue waves, enjoy a refreshing kahvalti (Turkish breakfast), and wander the stony streets with brightly colored accents is pure delight. Hiking in the hills around Izmir can also lead to waterfalls, scenic views, and fresh pine air. Izmir is a city that is easy to love!

-MEF IS Teacher, 2021



Coming to Izmir was my first time moving abroad. Before moving here when I talked to people about Izmir life they said it would be a great first abroad experience because it's a very "liveable" city. I did not fully understand what that meant until I moved here and experienced the Izmir culture. Izmir is one of the biggest cities in Türkiye; however, it has more of a small town feel. The pace of life is relaxed, and the local people are very friendly. I have found it to be a liveable city because I can walk or take public transportation to beaches, historical sights, and other sightseeing wonders, I can find everything I need at stores within walking distance, and there are new cafes, restaurants and shops to explore. My favorite part of living in Alsancak quickly became the daily sunsets over the sea. Overall the adjustment to living in Izmir was smooth and I felt supported by coworkers and the local community when challenges arose.

-MEF IS Teacher, 2021

Common Misconceptions about Türkiye

You may have been to Türkiye before; you may have not. There are some common misconceptions that deserve explanation...

The women all wear burqas and headscarves: Türkiye is a secular Republic founded in 1923 by a modern left-of-center leader by the name of Mustafa Kemal (better known as Atatürk). Very few Turkish women wear burqas. While headscarves are commonly worn by some segments of society, many Turkish women do not wear them. There is no pressure for foreign women to assimilate to such practices.

It's a hot, desert climate and everyone rides a camel and speaks Arabic: All climates exist in Türkiye. The Black Sea region is cool and rainy much like the Pacific Northwest in the US, for example. While camels can be found in some touristic areas, camels are not commonly seen in Türkiye. Finally, while there are a few minority populations in southeastern Türkiye who speak Arabic, Arabic is not commonly known. Instead, the Turkish language is widely spoken throughout the country.

You can't drink alcohol, find pork or eat during Ramadan: Yes, you can drink alcohol and eat pork, and you can also eat during the Ramadan season. However, it would be unwise to eat or drink on the street during fasting hours. General rules of respect and common sense suggest that if you are to drink during Ramadan that you should do so in designated areas – restaurants and bars that serve drinks. Pork, on the other hand, can be found, but is expensive.

The local beer is Efes or Bomonti and some of the local Izmir wines are Urla, Sevilen, and Kayra. All alcohol has a hefty tax levy, so it is not so cheap – particularly imported ones. Alcohol sales are not permitted after 10 pm. The “national drink” of Türkiye is Raki, an aniseed based drink which when mixed with water turns cloudy. It is quite potent at 48% proof. It is fondly referred to as “lion’s milk”. A Turk’s idea of an ideal meal is fish and lots of raki.

The food is spicy: While the kebab culture of southeastern Türkiye may include a pleasing spicy warmth, Turkish food is not typically hot. Cuisine in the Marmara and Aegean regions is much more similar to Greek food with fish, fruits, vegetables and, of course, olive oil commonly used. Common throughout Türkiye is roasted lamb, beef and lamb kebabs, kofte meatballs, grilled fish, manti ravioli and the varieties of pizza known as pide and lahmacun.

The Turkish population dislikes Americans and other European populations: The Turkish population is a very proud, nationalistic population. However, it is a far from xenophobic population; on the contrary, the Turkish people pride themselves on being tolerant and warm towards foreign populations. Most Turks are extremely interested about life outside of Türkiye and will want to learn about you and your country of origin.

Turkish hospitality is legendary, so don't be surprised if the local shopkeeper pours you a glass of tea.

Sources consulted:

<http://www.gadling.com/2013/03/07/not-constantinople-9-misconceptions-about-istanbul-Türkiye/>
http://www.numbeo.com/crime/rankings_by_country.jsp

Frequently Asked Questions...

Can I use the local cash machines?

Cash machines (ATMs) are available throughout Türkiye, accepting major credit and bank cards and instructions are often available in English. It is advisable to inform your bank in advance that you are travelling to Türkiye to double-check on specific regulations.

Can I use my credit card?

International credit and debit cards are widely accepted in shops and restaurants throughout Türkiye. When selecting a credit card, you may want to find a bank that does not charge an extra fee for international purchases. In addition to a credit card, it is advisable also to carry cash for taxis, smaller shops and cafes, particularly in more rural areas.

How can I open a bank account?

Banking is a booming business in Türkiye with many foreign banks either setting up or setting up joint ventures with the local banks. Salaries are paid into [Yapi Kredi Bank](#). Yapi Kredi Bank provides services to foreigners. The school will help you to open your bank account in Yapi Kredi Bank. You will be accompanied by the administrative assistant.

Once your work visa application is approved and the card is received you will be eligible for opening a bank account in Türkiye. You are able to do telephone and Internet banking with most services being provided in English. About 4 weeks after your arrival you will receive a Yapi Kredi Bank card which can be used at all Yapi Kredi Bank ATMs and as a debit card.

Please be aware that you will not receive any salary until September 11th which is why we recommend you come with some funds to tide you over. (We suggest at least 1000 USD.) On September 11th you will be paid for the two weeks you worked in August and thereafter on the eleventh of each month you will receive your salary for the previous calendar month.

How to pay my bills - utility bills?

Teachers will be responsible for all fees such as electricity, water, cable, telephone, internet, and the monthly building heat, water and maintenance (known in Türkiye as aidat fee). These fees vary with the apartment and the building complex. Average total fees per month vary. This includes broadband internet, cable TV, maintenance and heating, local telephone (not including any long distance calls), electricity, and water. Maintenance fees in summer are often less as there may not be a heating fuel fee.

Please note that getting a telephone service hooked up, cable service and internet service can take anything from one week to several weeks to set up. We have had a few cases where it took longer for one reason or another. Therefore, upon arrival you will receive information about cafes with free Wi-Fi in your neighbourhood. You will also have access to the school Wi-Fi. Our business office will help you with any issues you have with regards to any of the above including setting up payments through internet banking.

Once you have opened your bank account, you can place an automatic utility payment order from your salary account for utility bills (telephone, internet, heating, water, electricity, apartment expenses etc.), so your bills can be paid from your account automatically on a monthly basis.

Will I be able to use my mobile phone in Türkiye?

After you enter Türkiye, you can use your mobile phone that you brought from abroad for the first 4 months without registering it.

If you want to keep using your mobile phone that you brought from abroad, you need to register it via your E-devlet (E-government) account. It will cost 2.732-TL (which was the price earlier this year) to register your phone. The register fee is for 2022. It increases every year.

Therefore it's recommended to buy a new Turkish phone (no need to register). You will need to take your mobile phone and passport to an operator store to buy a sim card. The major GSM operators in Türkiye are Turkcell, Vodafone and Turk Telekom. (Unregistered phones will be blocked and unable to receive or make calls).

What is the local currency?

The local currency in Türkiye is the Turkish Lira (TL) available in the following denominations: banknotes: 5, 10, 20, 50, 100 & 200 TL; coins: 5, 10, 25 & 50 kuruş and 1 TL. Cash can usually be exchanged without commission at bureau de changes ('döviz'), banks and hotels.

How should visitors dress in Türkiye?

There are no hard and fast rules, but it is best to use common sense when deciding what to wear.

Can I drive in Türkiye?

A foreign driving license can only legally allow you to drive for 6 months from your arrival date in Türkiye. If you wish to drive after that time, then you must get your license converted into a Turkish driving license. All of the major international car rental companies are located in Türkiye, so you are able to rent a car. Foreigners are also able to purchase automobiles known as 'blue plate cars' (see <http://blueplatecar.com/>)

What is the main supply voltage, will I need an adaptor?

The main voltage for electricity is 220V and 50Hz. Central European type wall socket (two-pin plugs) is standard in Türkiye. Adaptors are sold in large department stores and at small shops specializing in electrical goods ('elektrikçi').

Do I need to know Turkish in order to communicate?

English is Türkiye's second widest spoken language and you will easily find English speakers in the major cities and holiday resorts. Restaurant menus and other information for foreigners are often printed in English.

What are the opening times for shops and other services?

Museums: 9 am to 5 pm, Tuesday to Sunday. Pharmacies: 9am to 7pm, Monday to Saturday. 24-Hour duty pharmacies are available on a rotation basis so that the names and addresses can be found on any pharmacy door. Banks operate 9am to 5pm, Monday to Friday. Supermarkets and shopping centres usually operate from 10am to 10pm. Please note that the working times may vary due to the pandemic.

What is the time difference?

Türkiye is GMT+3, that is to say two hours ahead of the UK and one hour off Central Europe.

Is the tap water drinkable?

Officially, yes, the tap water is drinkable, as it is treated by the municipalities. However, you are advised to purchase drinking water from local water vendors at a reasonable cost in comparison to purchasing at one of the larger supermarket chain stores like Migros or Carrefour.

Sources consulted: <http://www.goTürkiyetourism.com>

What to Bring

Bring with you any medication, cosmetics, vitamins, etc. that you use regularly. Some may be available here, a bit more expensive, but your particular brand may be difficult to find. Having said that, many prescription items are available here across the country unlike in many other countries where you would require a prescription. We suggest that you bring a copy of your prescription if it is something you use regularly as it may help in finding the equivalent.

Electrical Power Adaptors

Türkiye's electrical grid utilizes 220 volts, 50 Hz system, requiring a round-prong European-style plugs that fits into recessed wall sockets. Upon arrival, and prior to plugging in your devices from home, it is worthwhile to double check their voltage rating. Some items are multi-volt, meaning they can operate with either 110-125 V or 220 – 240V. If this is the case you will typically see writing on the appliance or its power adapter that indicates input: 110-240V. With the use of a plug adapter, you can freely use your devices in Türkiye. Other devices are strictly 110-125V, and if plugged in without the use of a POWER ADAPTER / TRANSFORMER, you will burn out your device and create a brand new door stop. International travel power adapters are a wise purchase and can be picked up at most major electronics retailers prior to departure for Türkiye.



Other recommendations passed on by members of our faculty are;

- ★ Bring comfortable walking shoes. There are plenty of hills so this is a must.
- ★ There are plenty of places to shop, from high end malls to more affordable outdoor clothing markets so don't feel you need to bring your entire wardrobe.
- ★ Do bring any medical information, records, vision prescriptions, information about pre-existing conditions, doctor's reports, etc.
- ★ Don't bring your hair dryer or any small electrical items that need an adaptor. Wait and purchase those items here.
- ★ Do bring a few photos from home. They provide comfort during those cycles of culture shock that will come in the natural course of things.

Housing & Accommodation

You will be met at the airport by a member of the leadership team. You will then be taken to your apartment or lodging for the evening. You will be given a basket which is full of some basic food, household items.

MEF IS offers its foreign hire faculties a housing allowance. Please check out the following document for more information:

- [MEF IS Housing Procedure](#).

Should you wish to see rental residentials in Gazimiri, which is the name of the school's neighborhood, you can check the most preferred online real estate service provider in Türkiye, which is sahibinden.com (which means 'from the owner' in Turkish). You can visit its English website below. The school will also support new arrivals by having a local real estate agent show them flats. The locations that our faculty members prefer the most are Gazimiri, Bornova, Alsancak, Karşıyaka, Urla, and Güzelbahçe districts. It's recommended for your travel convenience that you choose a location within the shuttle routes such as Alsancak, Karşıyaka, and Güzelbahçe.

Our Facilities Unit will support you with your accommodation.

Online Real Estate Provider: [Sahibinden.com](#)

Renting home expenses:

- The real Estate Agency commission fee is one month's rent amount if you rent it via a real estate agency.
- A rental deposit is usually required as a rental fee. Some landlady/lords may also demand two rental fees. In addition, according to the furniture/equipment in the house, the amount of collateral may not exceed three rents.

Welcoming at the Airport

One of our admin team members will be welcoming you at the airport with a school provided vehicle and driver in order to transport you to your accommodation venue. You will be communicated with details (whatsapp number, name, plate no etc.) prior to your flight date.

Setting up home

When you move home, and in the case for many, moving to another country, it often doesn't take long before you start missing some of the things from home. It goes a long way to start adding a stamp on your place to turn it from an apartment into a home. Some picture frames, a few photos of your loved ones or places you have been, and a few ornaments will help you do this. There are lots of home shops available in Türkiye including Mudo, Zara Home and Tepe Home to name a few. But there are a couple of main, affordable places that you can go to, to add those personal touches to your apartment.

Koçtaş (Kochtash)

Koçtaş is both a hardware and also homeware hypermarket. There is one located in a nearby shopping centre by the name of Optimum, located in Gaziemir. The website is in Turkish, but clicking on a few random links will give you an idea of what is available. Most of the products are affordably priced. <http://www.koctas.com.tr>

IKEA

Surely there is no need to introduce the Swedish furniture / homeware power house, but it is worth mentioning a few points. There are two IKEA stores in Izmir, one located in Bornova Forum AVM (Forum Shopping Mall). The other option available is internet shopping with delivery right to your door. <https://www.ikea.com.tr/magazalar/ikea-izmir.aspx>

Drinking Water

Tap water is drinkable and used for cooking and brushing teeth. However, for drinking most people prefer bottled water, and this is what we recommend. Drinking water can be bought at any supermarket. However it is much cheaper if you buy the large bottles from the "water shop". The business office can assist you in obtaining these.

You can buy drinking water in glass or PET bottles in most supermarkets when you are out and about or you can opt to carry water in your own water bottle from home. You can order large water bottles (19L) or have water delivered right to your door from a variety of vendors at an approximate cost of 15TL (which is approximately 2 USD).

Some of the more popular ones used by our faculty:

Erikli (available in glass) - <http://www.erikli.com.tr/> - 444 0 222

Pinar (available in glass) - <http://www.pinarsu.com.tr/> - 444 9900

Abant (available in glass) - <http://www.abantsu.com.tr/> - 444 0743

Hayat (available in glass) - <https://www.hayatsu.com.tr/> - 444 0744

In addition, "BiSu" ("SomeWater" in Turkish) is also available as a mobile application that you can easily order your water from any brand that you want once you're subscribed. Please note that some of the drinking water suppliers on this app may service during the regular working hours and during the weekdays.

Official website: <https://bisu.com.tr/>

Supermarkets

There is a wide array of goods available from supermarkets. The main supermarkets that our faculty shop from are: Macrocenter, Migros and Carrefour. Each of these supermarkets has the facility for online internet shopping, which is especially helpful when you are making large item purchases such as cleaning products. There is a very small surcharge associated with the internet option. And you can also specify the date and time for the delivery within a window of three days. There are more and more international selections of products available in Türkiye and it is growing all the time.

Macrocenter has the widest range of international products on offer and is under the umbrella of Koç – major company in Türkiye, which is also the owner of the Migros and the Koçtaş brand.

It is helpful to know about the Discount cards in supermarkets which are available to you. The card for the Koç group of supermarkets is called “Money Card” and can be used both at Migros and Macrocenter. You must present the card at each purchase to be able to access the discounts in the store, and you also get “money points” for each purchase you make, that you can buy free groceries once you have “saved” a larger amount. The Carrefour card operates a little differently, their discounts are available without the presentation of the card, however, they have different promotions at different times that you can access with the card.

In terms of pricing, Macrocenter is the most expensive, then comes Migros and the most affordable tends to be Carrefour. There are smaller supermarkets also available that you will see when you are out; ŞOK, BİM, A101, these supermarkets also offer similar products at a much reduced rate, so you can look out for these too.

Türkiye is famous for the local “bakkal”. The “bakkal” is your local small shop that stocks most of the necessary items that you might be looking for. The “bakkal” more often than not delivers straight to your door. The items that you purchase are usually a little more overpriced than what you would normally pay at a bigger supermarket. However, it is often useful, if you don't feel like venturing out, you are ill, or you have visitors and you need something delivered to you.

Macrocenter

Official website: <http://www.macrocenter.com.tr/>

Macrocenter online shopping: <http://online.macrocenter.com.tr>

Migros

Official website: <http://www.migros.com.tr/>

Migros online shopping: <http://www.sanalmarket.com.tr> (available in English)

Carrefour

Official website: <http://www.carrefoursa.com.tr/>

Carrefour online shopping: <https://www.carrefoursa.com.tr>

Bakkal

Convenience stores here are called Bakkals. They are everywhere and are open almost all hours. Develop a good relationship with your local bakkal guy and he will do all sorts of things over and above the call of duty, like deliver goods to your home. The prices may be a little higher than larger stores but they are very convenient.

Getir (mobile app shop)

Getir ("bring" in Turkish) serves through its mobile app. It offers an on-demand "ultrafast" delivery service for grocery items, in addition to a courier service for restaurant food deliveries. They deliver anywhere (your home, your workplace or a park where you enjoy the sunshine with friends and need something to eat or drink), in an average of 10 minutes, in any time day and night! Official website: <https://www.getir.com/en/>

Farmer's Market (Street Markets)

One of the most interesting (and cheapest) ways to shop is at street markets. It is mostly fresh fruit and vegetables that are sold but depending on the market you can also obtain a range of other products. Basic kitchen items, basic linen and clothing amongst many other things can be bought at these markets.

Buying from the same vendor on a regular basis will usually ensure that you receive the better products. Agriculture is one of Türkiye's main industries therefore the quality and variety of fresh fruit and vegetables is generally of a very high standard.

Each suburb in Izmir has its own Farmer's Market. These markets spring up on a busy street on one day of the week. The local one in Gaziemir, close to the school, runs every Sunday.



Home Entertainment and Internet Cable TV

Digital television is very popular in Izmir, especially amongst foreigners as it means that with the press of a button you can change the language of some programmes from Turkish into English. There is a monthly charge and you have a choice of packages, from the basic package to the “deluxe” which gives you a number of movie channels and also paid movie channels.

The options for home entertainment have converged with a number of providers offering connectivity to both traditional cable packages as well as Internet connectivity. For cable TV the most widely subscribed service is DIGITURK. Digiturk offers a basic subscription package at an introductory price and allows users to pay for additional packages of channels based on their interests: music, movies, sports, children etc. A bundled service with cable TV and Internet are also available. (Approximately 50TL per /month depending on the package) The connection procedure is quite simple and our business office can help you with this. (www.digiturk.gen.tr)

Given that the details are available only in Turkish, your best bet will be to call 4737373 in order to speak with one of the English speaking reps to arrange for installation and set-up of your service. Technicians will come to your residence and set up the system for you based on a prearranged date and time. After initial installation, changes to the service can be facilitated through contact via telephone with one of their English speaking customer service representatives.

Internet

In addition to Digiturk, the three most frequent internet service providers (who also offer various cable TV programming options) would be TTNET (Turkish Telecom Network – ADSL service www.ttnet.com.tr Tel: 444 1 444), TURKCELL SUPERONLINE (*fiber, ADSL and DSL services available depending on area of residence* <http://www.superonline.net/> Tel: 0532 532 00 00) and TurkSAT (*DSL service that requires a basic cable subscription in addition to the internet package* <https://www.turksatkablo.com.tr> Tel: 126 or 0850 804 4444). Most if not all of the service providers noted above have English speaking operators to assist with your service installation and account upkeep needs.

Please note that, in order to be able to set an internet service in your name (*which you should have*) you must have your work & residence permits approved. You may not have home internet until you get your visas approved which may take a few months. During this process you can use the school’s internet service while you are on the campus for your urgent issues or to contact your family back in your home country.

Ordering In

There are some amazing options that are available for Turkish and international cuisine available out and about. There are some delightful taste sensations to be enjoyed.

However for the times that you decide to stay in, and are not up to cooking up a storm then let us introduce you to a faculty favorite website: **Yemek Sepeti** (*translation: Food Basket*); <https://www.yemeksepeti.com/en/izmir> which is available in English. Basically this is a portal linked to many different restaurants that are able to deliver to your door. There is a whole plethora of options available; from café style food, international and Turkish cuisine, to fast foods and pizza.

You can also order from the “**Getir**” (Bring in Turkish) which is the second most preferable online food delivery service. You need to download its mobile application and register yourself (your name, address, credit card info etc.) for the first time, so next time it will be easy for you to order your food, drink or supermarket needs by following a few steps. Official website: <https://www.getir.com/yemek/>

Medical Information

Covid-19:

Due to the pandemic situation that the whole world is currently facing, a file has been prepared for the school community so that they can know what to do when needed.

Please click the links below to reach the Covid-19 related documents and explanations.

- [Covid-19_Medical Services](#)
- [Covid-19 Questions & Answers](#)
- [Covid-19 Protocols](#)

Health Insurance:

Teachers are provided with medical insurance for medical care and treatment. Teachers may add insurance for dependents at their own discretion and expense. The health insurance is for within Türkiye. There are some provisions for travel outside Türkiye but we recommend teachers when going on holiday to take out travel insurance. In addition to the private health insurance you will be entitled to and covered by the Turkish Social Security System (SGK) since the school registers you and pays all the related fees and taxes. Thus, when you are away for 2 days due to illness you have to submit a doctor's report to your Deputy Principal. After the submission of the doctor's report, payment for absent days is made by the SGK (not MEF Schools which is reflected in the month's salary payment) and must be collected from a specific bank once it has been processed (which may take several weeks).

If there is a discrepancy between the SGK payment and the teacher's total salary, the teacher will be reimbursed by MEF Schools for the difference.

Please click the links below to reach the health insurance related documents.

- [MAPFRE Health Insurance_Facts](#)
- [MAPFRE Health Insurance_Special Terms](#)
- [MAPFRE Health Insurance_Coverage Plan](#)

Mapfre Information and Support Hotline: **0 212 705 5555**

You may find some more helpful information on the website of the insurance company below.

MAPFRE official website: <https://www.mapfre.com.tr/insurance-en/individual/>

Hospitals:

The health care services provided in Türkiye are truly world class. People fly in from all over Europe and the Middle East to get treated in Türkiye. Your health is in good hands.

Private Hospitals under private insurance (Mapfre)

<https://form.mapfre.com.tr/iletisim/formlar/anlasmali-saglik-kuruluslari> (A Network)

These hospitals have an agreement with the school's group health insurance company.

<i>District</i>	<i>Hospital Name</i>	<i>Address</i>	<i>Contact</i>
Bornova	Özel Ata Sağlık Hastanesi	Kazım Dirik Mah. 297 Sok. No:1	02324595959
Çiğli	Özel Kent Hastanesi	8229/ 1 Sokak No:56	08502225368
Gazimir	Özel Akut Kalp Damar Hastanesi	Dokuz Eylül Mah. Kahramanlar Cad. 343/1 Sok. No:6	02322203900
Kahramanlar	Özel Su Hospital	1397 Sok. No:1	02324882488
Karşıyaka	Başkent Üniversitesi Zübeyde Hanım Hastanesi	6371 Sokak. No:34	02322411000
Konak	Özel Medical Park İzmir Hastanesi	Yeni Girne Bulvarı 1825 Sok. No:12	02323995050
Konak	Özel Gazi Hastanesi	Kahramanlar Mah. 1421 Sokak No:29	02324647979
Konak	Özel İzmir Hastanesi	Gaziler Cad. No:155 Kapılar	02324833131
Konak	Özel Karataş Hastanesi	336 Sok. No:26	02324414170
Konak	Özel Atakalp Hastanesi	Kazım Dirik Mah. 297 Sok. No:1	02324595959
Konak	Özel Şehir Ege Hastanesi	Emir Sultan Mah. Gaziler Cad. No:472-476	02323900390
Konak	Özel Gözde İzmir Hastanesi	Gaziler Cad. No:353/4	02324582020
Narlıdere	Özel Egepol Hastanesi	Halide Edip Adivar Bulvarı 507 Sok. No:3	02322622222
Kuşadası	Özel Gözde Kuşadası Hastanesi	Türkmen Mah. Rıza Saraç Cad. No:1/2	02566145656
Torbalı	Özel Medifema Hastanesi	Ayrancılar mah. Kocatepe Cad. No:1	02328541854
Torbalı	Özel Tınaztepe Torbalı Hastanesi	Kuruçeşme Mah. Ahmet Piriştina Bulvarı No:51	02324541414

Ambulance Service through Mapfre

Call 0 212 334 6272 or

<https://www.mapfre.com.tr/insurance-en/individual/health/health/3s-medical-insurance-system/avantajlariniz.jsp>

Ambulance: This service arranges the dispatch of an ambulance and/or doctor's visit at home in case of emergencies.

MAPFRE SİGORTA Medical Claims Processing Center is at your service 7 days a week, 24 hours a day. All you have to do is call 0212 334 6272 from anywhere.

Public Hospitals:

All the MEF employees can benefit from the public hospitals free of charge by providing TR ID numbers. Each district (e.g. Gazıemir, Bornova, Alsancak) has a public hospital. Please be aware that these hospitals will be crowded.

MHRS (Merkezi Hastane Randevu Sistemi / Central Hospital Appointment System) is the most practical way to make an appointment from a government which works in link with the e-devlet (e-government). You can also view or download your laboratory results or your health history based on your visit to the government hospitals.

Please click to visit the website: <https://www.mhrs.gov.tr/>

SOS Call Center:

Call **112** for ambulance, police and fire all around Türkiye.



Ministry of Health Mobile Apps:

In order to be able to benefit the Turkish Healthcare System properly, you should download the following four mobile applications on your mobile phones which you will find very useful during your employment in Türkiye.

E-devlet (e-govern) is a government run official website and mobile application provides digital government services such as your Turkish ID and visa information, employment, tax, SGK (Social Security), health, personal deeds of your real estate / property (home/land) in Türkiye, your vehicle and driving licence information in Türkiye and includes all government services. Once your work visa is approved, you will be eligible to enter the system with your TR ID number and your e-devlet password which you can get from the PTT (Turkish Post & Telegram Organisation). If you go to the PTT and ask for an e-devlet password, they will give you one for around 2 lira. You need to change your password at your first login and must not share your password with third parties.

Official website: <https://giris.turkiye.gov.tr/Giris/>

E-nabiz (e-pulse) keeps your health records which is an official application provided by the Ministry of Health that you can view all of your health database such as your doctor appointments, medicines, test results etc. You will need your TR ID number and your e-nabiz password that you need to create during your first sign-up.

Official website: <https://enabiz.gov.tr/>

MHRS (CDAS: Central Doctor Appointment System) is also a Ministry of Health run platform to make doctor appointments online across the country wherever you are in Türkiye. You will need your TR ID number and your MHRS/CDAS password that you need to create during your first sign-up.

Official website: <https://www.mhrs.gov.tr/>

Provides English application.

Chemist / Pharmacy (Eczane in Turkish):



Pharmacies in Türkiye use a standard signboard to be easily visible (please see the picture on the left).

Medication is freely available in Izmir with and without a prescription. The medication that you may currently use may be available over the counter. If your medication is not available a visit to the doctor may be in order to find the equivalent version available in Türkiye. If there is regular medication that you take that is expensive, you may be eligible to get this medication for free or at a much reduced rate through the national health care system (SGK), by making a visit to the local public doctor in your suburb; please note this is only the case once your official paperwork has come through and you are registered for public

health insurance.

Most pharmacies or chemists (eczane) are open 9:00am -7:00pm Monday - Friday. For each neighborhood, there is at least one on-call pharmacy (called 'nöbetçi eczane') that will be open 7:00pm-9:00am. There will also be an on-call pharmacy open on Saturdays and Sundays. You can find out which one by visiting any chemist and looking for a sign on their door to indicate which one is open or you can find an "app" called "Eczane" or "Nobetci Eczane Bul" to help you find which ones are open also.

You can also list the pharmacies (Nöbetçi Eczane) whose turn it is to be open at night or during a holiday on the website below. Please make sure you select the right city/province (Izmir) and District (Gaziemir) to indicate your area. This web site belongs to the Chamber of Izmir Pharmacists. Website: <https://www.izmireczaciodasi.org.tr/nobetci-eczaneler>

Dentist

Dental services are very good here and upon asking can receive many recommendations from staff members who have had work done.

There are so many dental clinics all around İzmir. Some of them are listed below.

- Denta Global - <https://www.dentaglobal.com/en/contact/>
Address: Adalet Mah. 2131/10 Sok. No:3A Bayraklı / İzmir (Right across Folkart Towers)
Phone: +90 850 399 82 82
- Smyrna Dent - <https://smyrnadent.com/en/>
Address: Mansuroğlu Mahallesi, 283/14. Sk. 14A, 35535 Bayraklı/İzmir
Phone: +90 232 290 5676
- CTG Dental - <https://www.ctg.dental/>
Address: 1416 Street Nu:34 Kahramanlar 35230 İzmir
Phone: +90 232 483 13 13 / +0542 284 0 347
- Ata Diş Polikliniği - <http://atadis.com.tr/en/>
Address: 1377 Sk. No: 2 K: 1 D:1 Alsancak - İzmir
Phone: +90 232 464 86 26

Intercity Transportation

Travelling by public transport is cheap, relatively efficient but can be crowded. If you intend to travel by public transport around Izmir there are a few options you can use.

Bus

Buses list their destinations on a sign placed at the side or on the front window of the bus. It takes a bit of quick reading at times, but you will get the hang of it. The buses are also numbered.

Taxis

Taxis are abundant in Izmir and it is very simple just to flag one down, although it is a good idea to pick up a taxi from a taxi rank if it is possible, especially late at night. Take note of the meter when travelling. Taxi drivers in Izmir are usually honest but occasionally you can get some hassle from them. Taxis are cheap compared to home, i.e. North America, Australia, England and New Zealand. They will “toot” you if they want a fare. Delays in procuring a taxi when it is raining are commonplace.

Some words of advice:

Change - If possible try to have small change when getting into a taxi. A lot of the time drivers will say they can't break the note if you produce a 100.00 TL note. Sometimes you can be lucky, other times you may not.

Traffic problems - Drivers will often suggest going by a longer, less congested route that is going to cost you more money. Use your own judgment. You can say no. Women don't usually sit in the front seat of taxis. The taxi driver may think that you are being forward and you could receive unwelcome attention. Sit in the back, be firm yet polite and avoid eye contact.

At night - It is safest to telephone for a taxi or take one from a taxi stand. If you feel uneasy, ask the driver to stop and get out.

Seat belts - There are often none in the back seat. At times the driver may travel too fast for your liking. You can ask them to slow down. (Turkish translation for slow please- yavaş lütfen.)

Dolmuş

The smaller buses are called “dolmuş” (which means “stuffed”)- these can also sometimes be cars (especially between the Alsancak and Konak areas). These are efficient little buses that run by no particular timetable. Look for your destination on the side or front of the bus. Payment is made by passing money up to the driver. If you are sitting in the back seat, just tap the shoulder of the person in front of you and hand them the money. If you require change, it will be passed back to you through the bus.

They are generally a little more expensive than the larger buses but more comfortable and faster. It is worth becoming familiar with the dolmuş system as it is convenient and efficient.

Ferry Boat

When you are using the Government Large Ferry Boats (from Uckuyular to Karsiyaka / from Goztepe to Alsancak/Karsiyaka) you can either purchase a “jeton” before entering the building and insert it into the turnstile or use your IZMIRIM KART.

Metro/IZBAN

The rail system – IZBAN is useful if you are travelling between Airport/Gaziemir – Karsiyaka / Cigli / Aliaga and underground rail system (Metro) between Ucyol-Hatay /Konak to Bornova. An extremely efficient fast service and well worth using if it is convenient. You can still use your IZMIRIM KART.

Trams

A new tramway has recently been completed in March 2018 and runs along the entirety of the Izmir bay. The tram may be a bit slower, but it is safer than the bus in terms of speed and may stop at different locations than the buses that run along the same route.

Resources for Transportation

<https://turkeytravelplanner.com/>

(Izmir Rail Map)

<http://www.izban.com.tr/Sayfalar/AgHaritasi.aspx?MenuId=97> (izban map)

<https://www.izmirmetro.com.tr/Sayfa/39/18/rayli-sistem-haritasi> (metro map)

<http://www.tramizmir.com/tr/hatharita/56> (tram map 1)

Izmir ulaşım and Eshot are two apps that have also been found to be useful.

Public Transportation Card*

An “*İZMİRİM KART*” is used for public Bus, Subway, Izban, Ferry, Cable Car, BISIM (Bicycle), Parking Lot, Sasalı (Zoo Park), Toilet, Ice Rink.



How to obtain your card?

You can obtain your Izmirim Card from all sales points and filling booths in the city. The sales points have a big table of İzmirim Kart. You can load money to your card from these points or online.

To do it online please visit: <https://www.izmirimkart.com.tr/tr/Anasayfa>

The website is in Turkish but you can translate the page into English by clicking right on the mouse and choosing 'Translate to English' as long as your browser is Google Chrome.

Then you will see the section 'Online İşlemler (Online Operations)'

- ★ Click on 'İzmirim Kart TL Yükleme (İzmirim Kart-TL Loading)'
- ★ Write your card number which is written behind the card
- ★ Write verification code which is shown on the page
- ★ Click 'Devam et(continue)'
- ★ Type the amount into the box 'Yükleme tutarı(amount of money)' (e.g. 50 TL)
- ★ Type your email address
- ★ Type your credit/ debit card number
- ★ Type the valid date written on your credit/ debit card
- ★ Type the security code behind your credit/ debit card
- ★ To finalize tick the box which means you agree the terms and conditions of the transaction
- ★ And click 'Yükle'(load money)

About the country and the culture

About Türkiye

Türkiye is a great and exciting country to live in. We are sure that you will enjoy your time in the school, Izmir and Türkiye. Depending on a variety of factors, Turkish people you meet in Türkiye will have a range of English language (from none to those who are fluent). Regardless of the level of English or even if the Turkish person you encounter speaks only Turkish, Turks are famous for their hospitality, grace and warmth. It is the custom for Turks to be very helpful, particularly to foreigners. Very often a stranger will overhear your plight and offer help in English, sometimes very poor, and sometimes surprisingly excellent.

Whether they speak English or Turkish, there is a feeling of genuine warmth and desire to make you feel welcome and comfortable. In addition to the possibility of meeting Turks who speak English, you may well discover those who speak German or French in addition to, or instead of, English.

We are aware how difficult it is to move to a different country and leave your friends and personal items behind. This is a new phase in your life which will offer up new challenges but rest assured that Izmir is a great place to be! To help you settle into Türkiye and Izmir, we have created this booklet to help ease your transition.

Some of the websites below that will give you information about Izmir and living and working in Türkiye are:

- ★ www.internations.org (for groups and events in Izmir);
- ★ www.expatsguideTürkiye.com (an expat guide for Türkiye);
- ★ <http://soturkish.com/en/> (a website developed by our former Turkish teacher for learning Turkish and Exploring the culture). The following Facebook pages may also be of help: real izmir expats, foreigners in izmir.

A copy of the Lonely Planet Guide for Türkiye is also useful reading as it gives you information about Türkiye, the food, the language and the culture.



About Izmir

Izmir is a metropolis in the western extremity of Anatolia and the capital of the Izmir Province in Türkiye. It is Türkiye's third most populous city, approximately 4 million people and the country's largest port on the Aegean Sea. Izmir metropolitan area extends along the outlying waters of the Gulf of Izmir and inland to the north across Gediz River's delta, to the east along an alluvial plain created by several small streams and to a slightly more rugged terrain in the south. The historical city was formerly known as Smyrna. The city of Izmir is composed of several metropolitan districts. Of these, Konak district corresponds to historical Izmir. Having constituted "Izmir Municipality" area until 1984, Konak had been the name for a central neighbourhood around Konak Square until then. With the constitution of "Greater Izmir Metropolitan Municipality", the city of Izmir connected eleven metropolitan districts, including Balçova, Bornova, Buca, Gaziemir and Konak.



Izmir has almost 3,500 years of recorded urban history and possibly even longer as an advanced human settlement. By 1500 BC, the region fell under the influence of the Central Anatolian Hittite Empire; the old Izmir, then known as Smyrna, found itself invaded by the Lydians, the Persians, the Greeks, the Romans and then by the Turks (Ottoman period). The city faced a plague in 1676, an earthquake in 1688 and a great fire in 1743, but it continued to grow. By the end of the 17th century, its population was estimated at around ninety thousand, the Turks forming the majority, while there were also 15,000 Greeks, 8,000 Armenians and 6 - 7,000 Jews, as well as a considerable segment composed of French, English, Dutch and Italian merchants. They were attracted by cotton and other products and by the strategic location of Izmir. With the privileged trading conditions afforded to foreigners, Izmir set out on its way to become one of the foremost trade centres of the Empire. Foreign consulates moved in from the island of Chios and served as trade centres for their nations. Each consulate had its own quay and the ships under their flag would anchor there. Following the defeat of the Ottoman Empire in World

War I, the victors intended to carve up large parts of Anatolia under respective zones of influence and offered the western regions of Türkiye to Greece with the Treaty of Sèvres. On 15 May 1919 the Greek Army occupied Izmir. The Turkish Army retook possession of Izmir on 9 September 1922, effectively ending the Greco-Turkish War (1919-1922) in the field. Part of the Greek population of the city was forced to seek refuge in the nearby Greek islands together with the departing Greek troops. This war represents part of the Turkish War of Independence led by Mustafa Kemal Atatürk defeated the forces sent by the Allies and then then embarked upon a program of political, economic, and cultural reforms, seeking to transform the former Ottoman Empire into a modern, westernized and secular nation-state.

Its port is Türkiye's primary port for exports in terms of the freight handled and its free zone. Izmir is widely regarded as one of the most progressive Turkish cities in terms of its values, lifestyle, dynamism, and gender roles. Politically, it is considered a stronghold of the Republican People's Party (CHP). The city hosts an international arts festival during June and July, and the Izmir International Fair, one of the city's many fair and exhibition events centered around but not limited to Kültürpark, takes place in September. Izmir is served by national and international flights through the Adnan Menderes International Airport.

Climate

People coming to Izmir can expect long, hot summers and mild, rainy winters. The total precipitation for Izmir averages 27.8 inches per year; however, 77 percent of that falls during November through March. The average maximum temperatures during the winter months vary between 12C and 14C. Although it's rare, snow has been recorded in Izmir in January and February. The summer months - June through September - bring average daytime temperatures of 28 C degrees or higher. Many people install fans or air conditioners to cool their apartments. Rain is extremely rare in the summer, and you may have to undergo water rationing before the rains come in the fall.

There is a difference of 141 mm | 6 inch of precipitation between the driest and wettest months. The variation in temperatures throughout the year is 18.4 °C | 65.1 °F.

Source: <https://en.climate-data.org/asia/Türkiye/izmir/izmir-4547/>

Earthquakes

Sometimes there are earthquakes in Türkiye, although most are undetectable and the more earthquake-prone areas are in northern and eastern Türkiye. However, there have been larger earthquakes in the past few years. It's always recommended to be ready for the earthquake. It means you should have a backpack, which includes a first aid kit, some dry food, water, extra clothes and a torch. This backpack shouldn't be out of reach in case of an emergency.

Religion / Culture

Approximately 99% of the population of Türkiye is officially Muslim. These religious beliefs have an effect on culture and personal attitudes. However, by constitution, everyone in Türkiye has freedom of religion and beliefs. The government is based on secularism and the activities of religious organizations are closely monitored. Turks have a personal way of following Islam that differs from most Muslim people. A great number of Muslim Turks will enjoy alcoholic beverages, smoke cigarettes and make the most of the “good things in life” while taking care to observe religious observances such as Ramadan and Kurban Bayram. During the summer you will find Turks summering along the Aegean Sea or the Mediterranean Sea wearing normal swimming attire. While Türkiye tends to be more tolerant than other Muslim countries, it is important to be sensitive. At no time should Islam or Atatürk be slandered as this is considered highly offensive. As you travel through Türkiye you will find areas that are very modern and others that are quite conservative. Conducting oneself in a considerate manner is suggested.

In Türkiye you will find Catholic, Orthodox, Protestant, Armenian churches as well as Synagogues and everyone is free to practice the religion of his / her choosing. Izmir has areas where people of very different religions have lived side-by-side for centuries with their practices and customs and continue to do so. There are a few churches for foreigners to attend, in Alsancak, Bornova, and Karsiyaka.

Clothing

The dress code in Izmir is quite liberal. Having said this, some Turks are still fairly conservative, particularly in some areas of Izmir. You will travel more comfortably and less conspicuously if you lean towards a “conservative” style of dress. However, in most areas in and around Izmir, mini skirts, shorts, and tops with spaghetti straps are a perfectly normal way of dressing for women. Neat, professional clothing is required for school, you may refer to the Dress Code Policy for further details.



Winter - It does not get really cold for long periods of time. Taxis are not easy to hail in rain and buses may be held up. Shops are full of warm, inexpensive winter clothing if you do not have room in your suitcase for all of your winter favourites. Summer - It can be very hot and humid during the summer months. Loose fitting cotton clothes are advisable. Again, the shops are full of the latest fashions. Due to the uneven pavements, high curbs and potholes, it

is also useful to have some flat, lightweight walking shoes for sightseeing.

Spring and Autumn - The weather can change very quickly during these seasons and the season itself can be very short lived. It is not unknown for spring to only last for one week.

Postal Services

Mail and packages from abroad can take several weeks to arrive. If you are sending something abroad, to make sure your post goes as quickly as possible, mark the envelope or package 'uçakla', which means 'air mail'. You can use the school address as your mailing address. If you wish to have things sent to you after your arrival, remember that all items go through customs and are subject to tax. This tax can be as high as 100%, so discourage your friends from sending you gifts! 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. Please consult us if you would like more information about this.

Turkish Language

The Turkish language is widely spoken throughout Türkiye and is spoken in pockets throughout the Balkans and in the Middle East. It is the most commonly spoken of the Turkic languages.

The roots of the language can be traced to the Altay region in Central Asia. Altaic languages are part of a larger language group known as the Ural-Altaic language group. Languages in this group include Azerbaijani, Uzbek, Mongolian, Finnish, and Hungarian to name a few, and some linguists even argue that Japanese and Korean should be included in this group.

Ottoman Turkish—the variety of the Turkish language that was used as the administrative and literary language of the Ottoman Empire—spread as the Ottoman Empire expanded in the Middle Ages. Atatürk, the founding father of the Republic of Türkiye, replaced the Ottoman script with the Latin alphabet in the late 1920s and replaced many of the loan Persian and Arabic loan words that had characterized Ottoman Turkish with Turkish equivalents as an act of nation building and as an attempt (a successful one to be sure) to increase literacy.

Survival language

“A little Turkish goes a long way” is an adage nouveau that you might want to consider adopting, as a basic knowledge of Turkish will gain you much influence and respect in your daily life. While educated professionals commonly speak some English and many local shopkeepers and vendors along with children sometimes speak very basic levels of English, a little Turkish on your part will impress the host population and make your life much easier.



“**Evsiz**” can be translated to mean “**Without home**” with “**Ev**” meaning “**home**” and “**-siz**” meaning “**Without**”.

Sources consulted:

http://en.wikipedia.org/wiki/Turkish_language

Like Romance languages, the basic word order of Turkish is subject–object–verb. Unlike most Western languages, Turkish utilizes postpositions as opposed to prepositions.

Consequently, you may want to get started. What better place to start than the alphabet....

A B C Ç D E F

G Ğ H İ I J K L

M N O Ö P R

S Ş T U Ü V Y

7 abcçdefğğhijklmnoöprsstuüvyz

merhaba
pardon günaydın
hoşgeldin
evet
hoşçakal
nasılsın
lütfeñ
özürdilerim
ederim iyiyim

Alphabet

A a /a/ 'a' as in father

B b /b/ 'b' as in book

C c /dʒ/ 'j' as in Joke

Ç ç /tʃ/ 'ch' as in chimpanzee

D d /d/ 'd' as in day

E e /e/, /ɛ/ 'e' as in red or 'a' as in cat

F f /f/ 'f' as in far

G g /g/, /j/ 'g' as in game

Ğ ğ /ɣ/ lengthen the vowel that precedes.

H h /h/ 'h' as in hot

I i /w/ 'e' as in open

İ i /i/ 'i' as in machine

J j /ʒ/ 's' as in pleasure

K k /k/, /c/ 'k' as in kilo

L l /l/, /t/ 'l' as in life

M m /m/ 'm' as in master

N n /n/ 'n' as in nice

O o /o/ 'o' as in more

Ö ö /ø/ 'u' as in turn

P p /p/ 'p' as in spin

R r /r/ the 'r' as in car

S s /s/ 's' as in smile

Ş ş /ʃ/ 'sh' as in shine

T t /t/ 't' as in stop

U u /u/ 'u' as in ultimate

Ü ü /y/ 'u' as in cube

English / Turkish language

Turkish Language lessons are offered to teachers at MEFIS. These are free of charge and usually take place once a week after school. For those motivated linguists who want extra tuition there are language schools (Tömer, English First) in Alsancak which offer courses at different levels.

Turkish is a very regular language - you learn the rule and very seldom have to worry about exceptions. Nouns do not have different genders, so there's no trying to fathom out whether an object is masculine or feminine. It does however use vowel harmony and suffixes are added to words. For example, masa means table, masada-on the table, masadaki bardak- the glass which is on the table.

The Turkish alphabet consists of 29 letters: Aa, Bb, Cc,Çç, Dd, Ee, Ff, Gg, Ğğ, Hh, Iı, İi, Jj, Kk, Ll, Mm, Nn, Oo, Öö, Pp, Rr, Ss, Şş, Tt,Uu, Üü, Vv, Yy, Zz.

Most of the consonants sound the same as in English, except for;

Cc – pronounced as the j in jam

Vv – a sound half-way between the English v and w.

Çç – as the ch in chat

Şş – as the sh in shop

Ğğ – this letter has no sound. It comes after a vowel and lengthens the sound of that vowel.

Useful Phrases and Words.

Merhaba	Hello
Günaydın (gewneyeduhn)	Good morning
İyi akşamlar (eeyee akshamlar)	Good evening
Lütfen (lewt-fen)	Please
Teşekkürler (teshekkewrler)	Thanks
Evet	Yes
Hayır (hi-uhr)	No
Tamam	Okay
Pardon	Excuse Me
İngilizce biliyor musunuz?	Do you speak English?
Türkçe bilmiyorum.	I don't speak Turkish.
Ne kadar?	How much?
Hesap lütfen.	The bill please
İstiyorum	I would like...
Kahve istiyorum	I would like coffee.
Nerede?	Where?
Tuvalet nerede?	Where is the bathroom?

Bir 1, iki 2, üç (ewch) 3, dört (durt) 4, beş (besh) 5, altı (altuh) 6, yedi 7, sekiz 8, dokuz 9, on 10.



Food

Turkish cuisine offers a wide variety of meat and vegetarian fare. Seafood, although expensive, is one of Izmir's specialties, and fruit and vegetables are plentiful and vary with the seasons. Truly international cuisine is limited in Izmir although there are chains such as McDonald's, Pizza Hut, KFC, Subway, Burger King, Schlotzsky's, Domino's Pizza, Little Caesars Pizza, Gloria Jean's, Starbucks, and more. 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.

Most places called "Kebabçı" 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 fish along the seafront in Guzelbahce. The large hotels in the city, as well as a number of suburban restaurants, offer European fare in a luxurious atmosphere.

Restaurants

There are so many nice restaurants in Izmir. Most of them are located in Alsancak. The restaurants offer any type of cuisine to any type of foodies.

The House Cafe is one of the most popular restaurants. The House Café prides itself as being one of the most trustworthy cafes in the sector, providing fresh, quality and healthy products in a family friendly atmosphere. In addition to the international tastes, our menu consists of local

Turkish cuisine, with our menu changing twice a year, closely following the world's food & beverage trends, combining them with our own vision to create something special.

Yüzde Yüz Food Drink Grill: It's a brand also including such as Mandolin, Adabeyi Restaurant, Adabeyi Fish Cooker, Breeze Brasserie with its new concepts and modern venues, Yüzde Yüz Food Drink Grill makes everyday life meaningful with its pioneering presentations. With its prestigious locations and different ambiances in Konak Pier, Alsancak, Hilltown Karşıyaka and Mavibahçe, it is an ideal meeting point for those who want to spend quality time.

Topçu Restaurant (Topçu'nun Yeri / Topçu's Place) is one of the best and historical Turkish restaurants famous for its "çöp şiş"s (thin skewer kebab) which is specific to Izmir. We suggest you try this restaurant to experience a wonderful Turkish cuisine. It has branches in Pasaport, Bostanlı and Urla.

Reyhan Patisserie is one of the most famous patisseries which is specific to Izmir only. It has been a family run business since 1965. It has many branches across Izmir. It also provides online delivery. Please check out its website for the details: <https://reyhan.com.tr/>

İmren Aloçatı Bakery is one of the best bakeries in Çeşme, Izmir. It is a traditional family run business and very unique with its original Turkish and some international desserts. Everything you taste in this bakery is its most delicious version of its own version. We strongly recommend you to try its products there in Imren Çeşme if you happen to go there which is two hours away from Izmir by car. Official website: <https://imrenalocati.com/>

Kumrucu Şevki, Çeşme İlica Branch is also recommended if you happen to go to Çeşme. Kumru is a kind of hot sandwich with cheese, suçuk (Turkish sausage), pickle and some other supportive ingredients. The name "Kumru" means Dove in Turkish. The shape of the sandwich is like a dove shape that is why it is called "Kumru".

Turkish Breakfast is everyone's favourite. Each province of the country has its own unique breakfast varieties. There are lots of alternative venues where you can flourish your weekends with a long breakfast by socializing with your family and friends. "Serpme Kahvaltı"s (Scattered Breakfast in Turkish) are generally huge due to their variety. Be mindful when you are ordering; generally one breakfast will perfectly be enough for two people.



Getting to and from the airport

Airport

[Adnan Menderes Airport \(ADB\)](#) is the only airport in İzmir province, in Gaziemir district, which is just beside the school campus. At the same time the airport is one of the stops of İzban which is a public transport.

Travelling within Türkiye and Abroad

There is no shortage of places to visit in Türkiye, from weekend getaways to longer trips. Time in the mountains or time on a wooden yacht cruising the Mediterranean – there are plenty of options. Travel agencies can help you but it is also very simple to travel around Türkiye independently. The intercity bus transport is very efficient and the local people (no matter where you go) are extremely helpful to foreigners.

There are very affordable domestic carriers such as Pegasus and Onur Air that fly to nearly all major cities. Turkish Airlines and Pegasus also fly to many international destinations and are easily accessed from the airport in Izmir.

Izmir provides an easy access point for travelling within Türkiye, Europe and the Middle East. Our teachers usually travel during their holidays so there is a wealth of knowledge available, plus the opportunity to join “like minded” individuals when exploring the various destinations.

You wish to visit the website of the [Ministry of Tourism & Culture](#) for more information about discovering more places to visit in Türkiye.

Travel apps to support you in Türkiye and while travelling to other destinations:

- ★ **City Guides by TripAdvisor and Wikitravel:** provides a list of recommended accommodations, restaurants, sights, etc. and even customized itineraries for travelling.
- ★ **City Map:** easy to download maps for any destination
- ★ **Ever Places App**

Booking accommodations when travelling within Türkiye and abroad:

Booking.com is not available in Türkiye. Instead you can try:

- ★ **ETStur:** for booking accommodations, package tours, voyage <https://www.etstur.com/>
- ★ **Setur:** for booking accommodations, package tours, voyage <https://www.setur.com.tr/>
- ★ **Jollytur:** for booking accommodations, package tours, voyage <https://www.jollytur.com/>
- ★ **Prontotour:** for booking accommodations, package tours, voyage <https://www.prontotour.com/>
- ★ **Hotels.com:** for booking accommodations and flights. https://uk.hotels.com/?pos=HCOM_UK&locale=en_GB

Booking Airfare

If you book well in advance you can get some amazing deals on airfare. Our faculty tends to favour Turkish airlines, but there are several other local airlines.

- ★ Turkish Airlines: <http://www.turkishairlines.com/>
- ★ Pegasus: www.flypgs.com/en
- ★ Onur Air: www.onurair.com

Intercity Buses

Since the prices have come down recently in airfares, intercity buses are not favoured as much as they used to be. However, the following bus companies also offer tours connected to their travel services.

- ★ Kamil Koc: www.kamilkoc.com.tr
- ★ Varan Turizm: <https://www.varan.com.tr/>
- ★ Ulusoy: www.ulusoy.com.tr

Most Attractive Tourist Places

Cappadocia is in the central region of Türkiye. If you like to hike, explore underground cities, and slip back into the 5th century, this is a place for you.

Ephesus & the House of the Virgin Mary is in the Izmir province just outside of Selcuk. It was built in the 10th century BC and is well known for its biblical history and roman ruins.

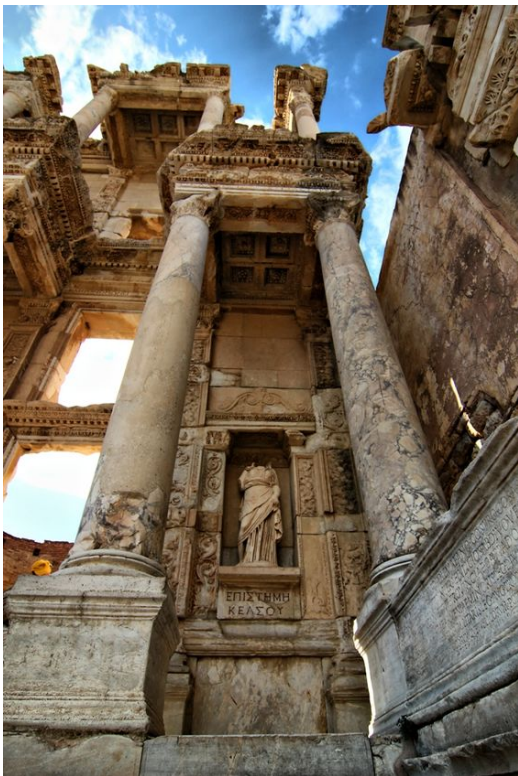
Şirince is a village in the Izmir province of Selcuk. Known for wine tasting and production. It's mountainside location is perfect for seeing natural Türkiye and all through the village are shops where you can put your wine tasting skills to the test.

Trabzon is a city on the Black Sea coast of northeastern Türkiye.

Gallipoli The peninsula runs in a southwesterly direction into the Aegean Sea. It's known for the failed offensive during World War I.

Antalya: There are very natural beauties that you can explore in the Antalya region where the green and the blue comes together. If you enjoy diving into the cold, deep and crystal clear sea,

Kaş is the place where you can enjoy these features. It provides you its crystal clear and cold beaches where you can jump from wreaths.



Pamukkale is famous for its intricate series of calcite shelves and elaborate Roman spa city.



Beaches

Çeşme: A port town along the Aegean Coast. Not too far from here is Alacati, a quaint artsy town worth exploring for a day or two. The waters in Çeşme are definitely worth swimming in as there's a thermal spring feeding into it.

There are many more beaches that you can enjoy in Izmir. Çeşme, Foça, Kuşadası, Urla, Karaburun, Mordoğan, Seferihisar are the most attractive ones.

Bodrum is in the southwestern Aegean Region of Türkiye, along the southern coast. There are plenty of beaches to choose from, historical sights to see, and an active nightlife for those who choose that route.



Ölüdeniz: Official translation is Blue Lagoon. This is a small village and beach resort about 45 minutes outside of Fethiye. It has some of the most beautiful shades of turquoise and aquamarine colors that you will ever see.

Fethiye: [Iztuzu Beach](#) is a great place to see caretta caretas where they lay their eggs and it is a preserved area to protect the caretta caretas' inhabitants.

Activities & Places To Visit

Paragliding: the most popular place to paraglide in Türkiye is Ölüdeniz/Fethiye. With incredible views of mountains and the crystal clear sea, it is a spectacular experience.

Museums: Agora Open Air Museum, Key Museum, Ataturk Museum, Basilica of St.John, Archaeological Museum of Izmir and many more.

****Müze Kart (Museum Card)**

What Is Museum Pass Türkiye?

With Museum Pass Türkiye, you can visit more than three hundred museums and archaeological sites that belong to the Republic of Türkiye Ministry of Culture and Tourism for fifteen days and enjoy your trip through time.

The price of Museum Pass Türkiye is valid for fifteen days starting from your first museum and archaeological site entrance.

You can buy it from the sales points or online. Please check the links below.

<https://muze.gov.tr/MuseumPass>

Arkas Art Center: Exhibiting the personal collection of businessman and art enthusiast Lucien Arkas, Arkas Art Center is beautiful inside and out. Located in the former French Consulate, a neoclassical beauty with a great sea view, the 10 different rooms on two floors have displayed various genres from the Arkas Collection, including the Luminists, Ottoman and French cartography, Ottoman carpets, and Post-Impressionists (to name a few).

K2 Contemporary Art Center: This non-profit organization not only hosts national and international exhibition projects but also organizes lectures, seminars, performances, and screenings as well as having a studio for guest artists. Certainly the most contemporary of Izmir's galleries, K2 is a sustainable contemporary art venue that focuses on both up-and-coming artists as well as the more established names.

Ahmed Adnan Saygun Arts Center: A truly striking architectural addition to Izmir's urban landscape, the Ahmed Adnan Saygun Arts Center is known for the excellent acoustics in their classic music concert hall. However, the center also hosts the Alt Galeri, a large art gallery that focuses on plastic and contemporary art forms. It's recommended you visit the art gallery and then stay for a great concert.

Karagol Nature Park: It's a nice getaway spot for those who are really bored of the rush in the city. A lake circled by pine trees in a nature park, offering hiking and camping. It's located in Yamanlar Mountain which isn't so far from the city yet offers an experience full of oxygen. You can grab your camp stool and take some food with you to have a picnic. The path is a bit bumpy but it will be worth it. Unfortunately there is no public transport.

Vineyards: Izmir has many vineyards with spectacular views, some are; Urlice Vineyards, Usca, Lucien Arkas Vineyards, Urla Winery, MMG Sarapcilik and many more.

Bowling: Bowling alleys are Bu Da Joy Club, Fame City and Play Planet Bowling. You can also find the bowling alleys in the shopping malls such as Optimum Mall, Forum Bornova Mall. Usually pool tables are also available at bowling centres.

Boat Tours: Boat tours are mostly located in resort towns such as Çeşme, Foça, Seferihisar and so on. This is highly recommended if you want to relax and enjoy the Aegean Sea and a day to escape aboard on a wooden boat to discover the blue-turquoise seabed and pristine coves. It

offers a day full of sun, swimming, extreme relaxation and sightseeing the wonderful natural habitats while heading to coves on a boat.

Izmir Cable Car: It's located in Balçova. You can get on it with your İzmir Kart or you can buy a ticket at the information desk. The city view is amazing from top to bottom. Izmir Cable Car (Izmir Teleferik) offers you the pleasure of heights. Even though winter tourism always comes to mind when we say cable car, you will see that it is possible to enjoy the view of the four seasons in İzmir Teleferik.

Kemeraltı Market: It is the historical bazaar that includes the area extending from Mezarlıkbaşı district to Konak Square. The main street of the bazaar is Anafartalar Street . And it draws great curves. This curve; It is due to the fact that the street has surrounded the inner harbor that existed in the past centuries. As the port started to fill towards its mouth in time, new residential and commercial areas were opened and these areas were evaluated with new buildings. When it was first built, the bazaar looked like a covered bazaar, partly vaulted, covered with tiles, and with its side streets and bazaars.

Today, Kemeraltı Bazaar is the most important shopping centre of İzmir as it was in the past. Even though the number of mysterious vaulted and domed shops of the past has decreased considerably, its streets with modern business centers, shops, cinemas and cafeterias are alive at all hours of the day and look like a site where all kinds of shopping can be done. It is possible to find all kinds of traditional Turkish handicrafts such as ceramics, tile panels, wooden products, tobaccos, carpets and rugs, and leather products in this bazaar, which consists of indoor and outdoor spaces.

Izmir Wild Life Park: It's located in Sasalı - Çiğli which is 52 km away from the school. Izmir Wildlife Park has over 2600 wild animals representing over 138 species; mammals, birds and reptiles.

There are almost all kinds of animals and all of them are living according to their natural habitat. It's a must visit spot if you want to have a day trip with kids. It's recommended to start your visit as early as possible, since the animals go home at around 4 pm. It would be better to take a stroller for the kids since the territory is huge for walking around. In addition, there are cafes by the lake which is full of beautiful swans and ducks, and a souvenir shop to buy a gift for the beloved ones. Please check the link below for more information.

<https://www.izmirdogalyasamparki.org.tr/en/home>

Clock Tower: The elegant looking historical Clock Tower has the Ottoman architectural features, known as the symbol of Izmir and adorns the Konak Square just like a pearl.

The Clock Tower was constructed by Grand Vizier Said Pasha on the occasion of the 25th anniversary of Sultan Abdulhamid II's ascending the throne in 1901. It has 25 m height with four fountains around its circular base.

The tower's clock was a gift from the German Emperor Kaiser Wilhelm II to Sultan Abdulhamid II of the Ottoman Empire as the symbol of their personal friendship. The most important feature of the tower is that its clock has not stopped since its construction date.

Today, the Clock Tower, which is a favourite meeting point for people in Izmir since its construction, is a historical building that must be seen by those who come to the city of Izmir.

Historical Elevator: The historical Elevator was built by Nessim Levy, a Jewish businessman, in 1907 to bridge the topographic barrier between the districts of Mithatpaşa Street and Halil Rifat Paşa Street.

The Elevator is one of the artworks of the recent period to be seen in the city center. Giving its name to the district in which it is located, thanks to its location, the historical Elevator is the best structure to watch the view of Izmir. The upper promenade of the elevator boasts a cafe

and a restaurant in which visitors can relax and get an unparalleled view of the Gulf of Izmir. Now operated with electricity, originally both elevators in the structure were water driven. The charming old street at the foot of the elevator is named after Dario Moreno, an international singer and a native of Izmir. There is also a statue of the famous artist at the end of the street and a cafe and a stylish restaurant.

The Elevator, whose similar ones can be found in a few countries offers a unique Izmir sight.

Fantastic Aquarium Izmir: In an indoor area of approximately 2,500 square meters, in more than 70 aquariums and terrariums in total, the world's most venomous, interesting and most curious creatures are here with their special stories. A special trip from the Foça Siren rocks in Izmir, to the great barrier on the Australian shores, from the Easter island to the magical Yangtze river, which carries the spirit of Asia, from the poles to the Erythrai in Izmir Ildırı and from there to the Amazon forests, Fantastic Aquarium is in Izmir.

Ski Resorts

All seasons are beautiful in Türkiye, especially the winter season. Ski season has opened, where should I go skiing? The favourite spots of the winter holidays are always ski centers. With the cooling of the weather, those who want to have a winter holiday flock to the ski resorts. Whether you are going on a family ski holiday with gentle blue slopes and ski schools, or are on the lookout for challenging black runs, great facilities, or world class terrain surfaces, Türkiye has it all.

Ski Resorts for Chasing Snow

Uludag: Uludag Ski Resort is the oldest and most popular alpine village in Türkiye, situated 36 km away from Bursa province. The ski area lies between 1800-2500 m and the best season is from December to April.

Erciyes: Located 25 km away from Kayseri province and 80 km away from Cappadocia, Erciyes Ski Resort is one of Türkiye's oldest ski resorts. The ski resort is at Mount Erciyes, approximately 3915 m the highest summit of Anatolia.

Palandoken: Palandoken Ski Resort in Erzurum is one of Türkiye's largest ski areas and considered by many the best, with good hotels, good conditions, good facilities, and Colorado-type powder, covered with snow during winter.



Kartalkaya: Kartalkaya Ski Resort is 40 km away from Bolu in the Black Sea region. The ski area is at an altitude of 1850-2200 m. The best season for skiing is from late December and late March.

Bozdağ: Bozdağ is 110 km away from southeast of Izmir province. The skiing season runs between December to March. The ski areas are at an altitude of between 1700-2157 m and the northern slopes are suitable for alpine discipline.

Life in Izmir

Books

There are a number of foreign language bookstores and also general book stores that sell English language books in the city. In most/major bookstores books are sold at recommended retail price. In some stores however, foreign language book prices reflect the fact that they are imported and you can expect to pay 25-75% more for an English novel.

Purchasing books over the internet, from Amazon.co.uk for example, is a good option. Even taking into account the cost of postage and handling it usually still works out cheaper. It is always handy to have a copy of a Guide book. Remzi and D&R Bookstores are the best location to find a rich variety of books that are sold at recommended retail price. Good websites for books are D&R, İdefix, Kırmızı Kedi.

<https://www.idefix.com/kategori/Kitap/Foreign-Languages/grupno=00812?ShowNotForSale=True>

<https://www.dr.com.tr/kategori/kitap/foreign-languages/grupno=00812>

<https://www.kirmizikedi.com/kitap/kategoriler/001024>

Media and Information Resources

www.hurriyetdailynews.com

www.Turkiyetravelplanner.com

<https://izmir.ktb.gov.tr/?dil=2>

<https://www.izmir.bel.tr/en/Home>

<https://www.operabile.gov.tr/en-us/izmir/Pages/repertoire.aspx?MudurlukKodu=3>

Movies

Modern cinemas exist in Izmir with all the trimmings. Most are located in the shopping areas or inside the larger shopping mall such as Konak Pier, Agora, Mavibahçe and Bornova Forum/Point. It does seem however that many new releases come late to Türkiye. Most movies are in English in these larger venues. You should double check, as sometimes it may be a movie translated into Turkish with English subtitles only – especially if it is intended for the younger audience. Many Turkish and European movies play in the cinemas and are very entertaining if you are willing to read subtitles. The cinemas in Türkiye also have a 10-15 minute break in the middle of the movie. This break is for bathroom needs, popcorn top up or a beverage. .

Cinema Resources

www.beyazperde.com

www.cinemaximum.com.tr/eng

Shopping Centres

Optimum Mall (Gaziemir)

Agora Mall (Balçova)

Forum Bornova Mall (IKEA store)

Mavibahçe Mall (Karşıyaka/Mavişehir)

Hilltown Mall (Karşıyaka/Mavişehir)

Online Shopping

www.amazon.com.tr/ Amazon Türkiye

www.trendyol.com/ Trendyol
www.n11.com/ N11
www.morhipo.com/ MorHipo

Sport and Fitness

Izmir pretty much has everything you would want to stay active. Regardless of your fitness level; there is something for everyone. Here is a list of some of the things that are available in Izmir.

Sport/Fitness Centers

Without weights and weight machines, you can join a fitness class such as: spinning, boxing and Pilate. These are located in Alsancak, Izmir: <http://sportzclub232.com/> and MacFit - Türkiye's largest Fitness Center Chain - all over Türkiye - <http://www.macfit.com.tr/en>

Crossfit

WOD workout programs/ powerlifting. One highly recommended crossfit gym in Alsancak has only been open for 3 years and has English speaking employees.
<http://www.crossfitalsancak.com/>

Pilates and Yoga class Centers

<http://alsancakpilates.com/>
<http://izmiryoga.com/>

Boxing clubs

Izmir Boxing Club

Parks with running and bike trails - there are many of these in Izmir.
Country and sports clubs - gymnastic, tennis, football (soccer) and golf.
More information on all of the above can be obtained from faculty members.

Events and Festivals

Izmir has so many festivals and events which offer you an opportunity to meet the warm Izmir community and culture. Please find the detailed information below.

<https://www.visitizmir.org/en/Category/12/0/w>

Night Life

The redevelopment of Izmir's waterfront truly infuses new life into this city by the sea. The grassy Kordon by the sea, which runs from Cumhuriyet Meydani to the ferry boat docks of Alsancak and beyond, is rimmed with restaurants, pubs, and cafes, all with terrace seating, and facing the open park and promenade. According to the locals, they're "all good, all the same!"

The highly regarded Izmir State Opera and Ballet (tel. 0232/484-6445) and the Izmir State Symphony Orchestra (tel. 0232/425-4115; fax 0232/484-5172) perform from September to May; check with the official website for calendar information (www.izdob.gov.tr) -- but keep your Turkish dictionary handy, as you'll need to know the names of the months.

Nightlife Resources

www.biletix.com

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

Expatriate Group Resources

www.expatriate-blog.com (Expatriate's web site for international expatriate community)

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

www.iwai-izmir.com (International Women's Association of Izmir)

Personal Safety

Izmir is known to be a safe city. However, like any country you can attract some attention around the tourist areas because you are a potential customer! In other areas you won't stand out too much at all.

As in any other city in the world, one has to be aware of general safety. Never leave your bag unattended or open. It is best to carry a driver's license if possible and always keep your work permit and a copy of your passport in a safe place on you if you can. Please remember it is a lengthy process replacing all those documents.

CONSULATES

It is a good idea if you register yourself with your Embassy or Consulate to get the latest information about your country, citizenship, safety and other information. You can find some of the main contacts below. If you cannot find your embassy listed, please let us know, we would be happy to assist you.

AUSTRALIA - EMBASSY

Address: Uğur Mumcu Caddesi, MNG Binası, No:88, Kat:7, 06700 G.O.P. / ANKARA
Phone: (312) 459 95 00
Email: consular.ankara@dfat.gov.au

CANADA - EMBASSY

Address: Cinnah Caddesi, No: 58, 06690, Çankaya / ANKARA
Phone: (312) 409 27 00
Email: ANKRA@international.gc.ca

FRENCH REPUBLIC - EMBASSY

Address: Paris Cad., No:70 , Kavaklıdere / ANKARA
Phone: (312) 455 45 45
Web: <https://tr.ambafrance.org/-Francois->

FRENCH REPUBLIC - HONORARY CONSULATE IZMIR

Address: Cumhuriyet Bulvarı 153 Alsancak 35220 İZMİR
Phone: (232) 421 42 34/35
Email: zeliha.toprak@datresor.gouv.fr

IRELAND - EMBASSY

Address: Uğur Mumcu Cad.,No: 88, MNG Binası, G.O.P. / ANKARA
Phone: (0312) 459 10 00

IRELAND - HONORARY CONSULATE IZMIR

Address: Şehit Fethi Bey cad. No.55k. 18 Heris Tower Pasaport, 35210 Izmir Türkiye
Phone: (+90) 232 402 5353
Email: ireland@izmirconsulate.net

SPANISH - HONORARY CONSULATE IN IZMIR

Address: Çınarlı Mahallesi Şehit Polis Fethi Sekin Cd. Sunucu İş Merkezi B blok 801 805 Bayraklı/ İZMİR
Phone: +90 232 435 91 81
Email: izmirburo@soktas.com.tr
emb.ankara@maec.es (embassy in Ankara)

ITALY - CONSULATE IZMIR

Address: Cumhuriyet Meydanı Cumhuriyet Apartmanı No: 12/3, 35212 Alsancak/Izmir
Phone: +90 232 463 66 76 – 232 463 66 96
Email: consolato.izmir@esteri.it
Web: www.consizmir.esteri.it

REPUBLIC OF INDIA - EMBASSY

Address: Cinnah Cad., No: 77, 06680, Çankaya / ANKARA
Phone: (312) 438 21 95-98
Web: <https://www.indembassyankara.gov.in/>

REPUBLIC OF SOUTH AFRICA - HONORARY CONSULATE IZMIR

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