



Pre & Post-Educational Journey Private Istanbul | November 6-9 & 14-17, 2019

COST:

Pre or Post-Educational Journey	
Occupancy	Price (per person)
Double Occupancy	\$768
Single Occupancy	\$979

WHERE: Istanbul

A country of almost unparalleled diversity, Turkey is the epitome of that overused phrase 'eastmeets-west'. Literally spanning the two continents of Europe and Asia, its turbulent and fascinating history unfolded as a succession of powerful empires sought control. And as each empire gained the upper hand. There are far too many attractions in Turkey to detail them all here, but we have selected the two most popular choices requested by our clients for a little extra attention.



Istanbul: Straddling the Bosphorus, and with a breathtaking skyline of ancient domes and minarets, Istanbul is one of the most must-see cities on earth. Four great cultures made their capital here and today this sprawling city offers everything from exquisite Ottoman palaces and spectacular churches and mosques, to the ultimate bargain-seeker's paradise – the Grand Bazaar. The city's top sights include Topkapi Palace, Hagia Sophia, the Blue Mosque and the Hippodrome – but there's so much more.

Venture deep beneath the city to the astonishing Basilica Cistern – a vast water system dating back to 452AD or enjoy a genuine Turkish bath to ease away the tensions of the day. Or how about a luxury boat trip along the Bosphorus...

WHEN: November 6-9 & 14-17, 2019

ITINERARY:

- Wednesday, November 6/ Thursday, November 14
 - Istanbul

- Thursday, November 7/ Friday, November 15
 - East Roman & Ottoman Imperial City of Istanbul

- Friday, November 8/ Saturday, November 16
 - Like the natives & Antique Quarters

- Saturday, November 9/ Sunday, November 17
 - Istanbul
 - Departure

WHAT'S INCLUDED:

- Transportation by private air-conditioned comfortable vehicle
- English Speaking Professional Lecturer Guide
- Accommodation: Istanbul (3)
- Entrance fees to the museums and sites mentioned in the itinerary
- Lunches, Dinners those are mentioned on the itinerary – menu
- Private Boat (Yacht) for Bosphorus Cruise
- Service charges and VAT

EXCLUSIONS:

- Flights
- Tips & Gratuities
- Personal expenses e.g. tel., laundry, etc.
- Meals not stated in the program.
- Any items, services or beverages not specifically mentioned in the program

ESSENTIAL INFORMATION:

- This FAM tour will operate with a minimum of 10 participants.
- Your registration is non-refundable unless the FAM is cancelled by ASTA or the Supplier.
- Travel insurance is not required but is highly recommended.
- Have questions? Contact meetings@asta.org
- All excursions are subject to change without notice. Descriptions, departure times, itineraries, pricing and locations may be altered and may vary due to unforeseen circumstances.

- Descriptions and excursion lengths are all based on approximate times and Predetermined points of interest.
- Dress: Shoulders and knees should be covered when visiting a religious sight. Comfortable, sensible slip on shoes is recommended. Sunscreen and sun glasses are suggested.
- Restrictions: Walking is over cobblestone, tiled and paved surfaces. There are a few steps at the entrance to Hagia Sophia.

FULL ITINERARY:

DAY 1: WEDNESDAY, NOVEMBER 6, 2019 / THURSDAY, NOVEMBER 14, 2019

Arrive in Istanbul, meet your driver at the Istanbul Airport & transfer to the hotel. The arrivals process is fairly straightforward: de-plane, walk to customs area where you'll clear immigration, collect your luggage, and meet I.T.E.M Representative at the I.T.E.M Istanbul Airport Office / Arrival Floor. Your driver will meet you just after you exit the Airport. A vehicle will be waiting to transfer all of you to the Hotel (about a 60 minute drive) in Istanbul.

Welcome drink shall be served during the check-in to the Hotel.

Important note: At the moment Istanbul Airport (new) Management does not allow greeting with signage. We will therefore greet our guests at our I.T.E.M TRAVEL Airport Office at the arrival floor of the airport after the customs zone and assist them to their vehicles.

Early arrivals: We will offer Cruise on the Bosphorus with a Private Yacht for the agents who come with a morning or noon flights.

Meet with your guide at the lobby of the hotel at 3.30pm and drive to the closest pier to embark the **private boat** for a relaxing cruise up Istanbul's winding straits. During the cruise open buffet dinner shall be offered. Relax and admire the shoreline of beautiful mosques, lavish palaces and decadent villas - you'll see Dolmabahce and Beylerbeyi Palaces, Ottoman summer mansions and Ortakoy mosque, the defensive Rumeli Fortress and Bosphorus Bridge - one of the world's largest suspension bridges, all alongside passing fishing boats and yachts. The Bosphorus also known as the Istanbul straight is not only beautiful, but also one of the most strategically placed necks of the water on earth. It forms the boundary between the European part (Rumeli) of Turkey and its Asian part Anatolia. The world's narrowest strait used for international navigation, it connects the Black Sea with the Sea of Marmara (which is connected by the Dardanelles to the Aegean Sea, and thereby to the Mediterranean Sea).

Dinner shall be served at the **Sevic Restaurant in the Flower Arcade**, one of the city's most iconic arcades, the Çiçek Pasajı (Flower Arcade) was commissioned by Greek Orthodox banker Hristaki Zografos in 1876 from the Greek Orthodox architect Cleanthy Zanno, who was influenced by Parisian design. Inside you'll find a beautiful glass dome presiding over a grand space that continues to overlook the 50-year-old Seviç Restaurant, a favorite among patrons of the art world. Return to the Hotel.

Meals: Dinner
Hotel: N/A

DAY 2: THURSDAY, NOVEMBER 7, 2019 / FRIDAY, NOVEMBER 15, 2019

Breakfast at the Hotel.

Today you will focus on Old City as it was in the days of Justinian and the other Roman Emperors. You depart the hotel with your personal guide who is also a lecturer on the history of the City. The morning will primarily be spent at Seraglio Point where you are first taken to the site of the famous **Hippodrome**. Here you will see the obelisk of Theodosius with its 4th Century reliefs. Walk to Sultan Ahmet Camii, better known to us as **The Blue Mosque**.

With your expert guide you will learn that the Mosque was built in the 17th Century and is famous for its great dome, six minarets and an interior covered in blue Iznik tiles. You then visit **Aya Sophia**, the great church built by the Emperor Justinian.



After an instructive tour you are then taken to the impressive **Yerebatan Sarayı** which is an "**Underground Cistern**" created by the Romans as a water source for both the Byzantine Emperors and later the Ottomans' Topkapi Palace. (Fans of the James Bond movie "From Russia with Love" will recall that Bond paddled across the cistern to spy on the Russian Embassy.) The underground chamber is supported by rows and rows of columns and has been totally restored to its original splendor. Lunch shall be offered at the local restaurant in the Sultanahmet Square.

Visit the legendary **Topkapi Sarayı**. Begun by Mehmet the Conqueror in 1453, it was the palace of the Ottoman Sultans for over 300 years and is a supreme example of Ottoman architecture. Here we will wander through its many pavilions, courtyards and gardens, see unrivalled treasures from the collections of the Ottoman Sultans including dazzling jewelry and unique porcelain. In the Palace visit the **Harem Apartments** where the sultans lived together with their families. Reflecting architectural styles ranging from the 16th century to the early 19th century, the entire complex is of the greatest importance in terms of architectural history.

Walk to the **Hagia Eirene**, second largest church of the Eastern Roman Empire, following Hagia Sophia, Hagia Eirene was built on top of an older temple, out of wood. The Nica riot occurred during the rule of Emperor Justinianus on 532 caused both Hagia Sophia and Hagia Eirene to burn down, and both these churches has been rebuilt following these incidents. Hagia Eirene means "Holy Peace". Return to the Hotel for the evening.

Suggested Optional Program: Ayasophia Hammam "The is a Turkish Hammam that was commissioned by Sultan Suleiman 's consort Haseki Sultan and constructed by Mimar Sinan during the 16th century in Istanbul. You will have "Pir-i Pak" service includes steam bath, peeling and soap massage. Duration: approx. 30 min.

Return to the Hotel on your own.

Evening: Dinner at the Seafood Restaurant, fish restaurants along the Bosphorus are incredibly popular, which is unsurprising considering the magnificent waterfront location. Return to the Hotel.

DAY 3: FRIDAY, NOVEMBER 8, 2019 / SATURDAY, NOVEMBER 16, 2019

Breakfast at the hotel. Departure from the hotel for a tour of the **Pera neighborhood** of Istanbul. In the 1900's Pera most of the city's foreign traders and diplomats lived here. Today, this chic part of Istanbul is home to many boutiques, cozy cafes and glittering nightclubs. After a short walk, we will visit the **Istanbul Modern**, Turkey's first museum of modern and contemporary art, has moved to its temporary space in Beyoglu, where it hosts all exhibitions and events until its new building in Kayakoy is completed. Museum's temporary space, a historical building in Beyoglu, houses the museum's collection and temporary exhibition halls, photography gallery, educational and social programs, library, cinema, café, and store. Get a different perspective on the city and the Bosphorus from the nearly 200-foot-tall **Galata Tower**, built in the 14th century. Visit the **Arab Mosque (Arap Camii)**, located in Galata, it is the only mosque in Istanbul that was converted from a Roman Catholic Church. Originally it was built in the fourteenth century and its name was the Church of San Domenico (Saint Dominic),

since it was commissioned by Dominican monks. Stop at the **SALT Galata**, a very unique place, set inside the old Ottoman Bank on Bankalar Caddesi. Here, the research center and library SALT Research offers public access to thousands of print and digital resources and spaces dedicated to research. It is a popular place amongst students, artists and curious minds. SALT Galata also hosts The Ottoman Bank Museum and The Ottoman Bank Archives and Research Center.



Lunch at the **Pandelli Restaurant**, to eat at Pandeli is like taking a step back in time. Pandeli first opened his restaurant in Eminonu in 1901. The full scale restaurant of the same name is now located in the Spice Bazaar. Ottoman stone and turquoise tiles adorn the walls and floor as they did hundreds of years ago; the views of the Golden Horn from the windows and the calls to prayer from the mosques nearby; and the sights and smells of the Spice Bazaar outside make the atmosphere here almost magical.

Then proceed to the **Spice Bazaar**, situated in the city's Eminönü quarter, a former Jewish neighborhood on the south bank of the Golden Horn, is a bazaar with a distinctive aroma of incense and henna and pepper and saffron.

Nearby stop at the special coffee shop "**Mehmet Efendi Kuru Kahvecisi**" Some say that there is a special relationship between smell and memory, and for me the smell of Istanbul is walking out of the Egyptian or Spice Bazaar and being hit by the smell of Coffee. It is the Istanbul's most middle eastern streets, is Istanbul's legendary coffee shop, Mehmet Efendi Kurukahvecisi. Before Mehmet Efendi opened this shop in 1871, only raw coffee beans were available to Istanbulites who had to take them home and roast and grind them themselves.

Walk (10 min.) to the **Orient Express Train Station** (Sirkeci Gari), The line, which ran non-stop from Paris (sometimes London), followed two major routes. The northern route (red line) from Paris, through Strasbourg, Munich, Vienna, Budapest, and Bucharest, and the southern route (green line) from Paris, through Milan, Venice, Belgrade, and Sofia; both terminating at Serkeci Terminal, Istanbul. The original Orient Express ended its service to Istanbul in the 1970s. These days, the commemorative **Venice Simplon-Orient Express**, featuring several restored vintage train cars, provides a number of luxury travel itineraries, including the original Orient Express route from Paris, though with fewer stops (Paris, Budapest, Bucharest, and Istanbul).

Proceed to the **Grand Bazaar** was the commercial heart of the old city and its 4,000 shops are full of treasures – including carpets and kilims, silks, jewelry, ceramics, icons, and leather goods. Wandering through the Grand Bazaar, indulge in some shopping, Ottoman style. Return to the Hotel. **(B-L)**

Başköşe Nişantaşı offers rich delicatessen alternatives and bakery products from the stone oven in addition to the best meat and kebab varieties from Turkish Anatolian cuisine. It presents a perfect experience thanks to the special flavours prepared with sheep and suckling veal meat raised in the farms in Kırklareli, lahmacun and pide varieties baked in wood ovens and meat and kebab varieties grilled with oak coal. Awarded with “The Certificate of Excellence” by Tripadvisor in 2014, Nişantaşı Başköşe has a selection of more than 100 different awarded wine.

Return to the Hotel.

DAY 4: SATURDAY, NOVEMBER 9, 2019 / SUNDAY, NOVEMBER 17, 2019

Breakfast at the hotel, free day at leisure till flight time. Transfer to Istanbul Airport to take the International flight.

This Educational Journey is hosted by



ISTANBUL GUIDE

Below is some useful information to help prepare for your trip to Istanbul.

**The information in this guide is subject to change without prior notice; please reconfirm necessary details prior to your trip*

Electricity

230 V, 50 Hz. Plugs are two-pin in the round European style and some include a third, female contact to accept the grounding pin in the socket.

Entry & Exit Requirements

American, Canadian and British passport holders require a visa to visit Turkey. Visas can be obtained upon arrival in Turkey. A tourist visa allows for multiple entry and is valid for 3 months from the date of entry. Please also ensure that your passport is valid for 6 months from the date of entry. For Americans, visas cost 20 USD or 15 EUR for multiple entry (at point of entry). For Canadians, visas cost 60 USD or 45 EUR for multiple entry (at point of entry) For British citizens, visas cost 10 GBP for single or multiple entry (at point of entry).

Food

Rice, wheat, and vegetables are the foundation for Turkish cuisine. Dolma, rice and meat-stuffed vegetables, is frequently prepared throughout the country, most often with peppers, grape leaves, or tomatoes. The eggplant is the country's most beloved vegetable, with zucchini a popular second and then beans, artichokes, and cabbage, particularly when prepared in olive oil. Pilav (pilaf), Turkish rice, is a common filling for dolma, as well as a popular side dish. Various grains are used to make pide (flat bread), simit (sesame rings), and börek, a flaky, layered pastry filled with meat or cheese that is often eaten for breakfast. Seasonings and sauces are frequently used, and the most popular seasonings include dill, mint, parsley, cinnamon, garlic, cumin, and the lemon-flavored red berries of the sumac tree. Yogurt is often used to complement both meat and vegetables dishes. Turkish meat usually means lamb, the main ingredient to the country's most popular national dish, kebab (skewered grilled meat), close cousin to the North American shish-kebab. Patties of seasoned minced meat called köfte are also popular. Most cattle are raised for their milk rather than for beef, and pork is prohibited in the Islamic religion. Poultry and seafood, however, are second in popularity for meat-based meals. Turkish sweets are most frequently eaten with coffee or as a snack, rather than an after-dinner dessert. The most common dessert is a bowl of seasonal fresh fruit, such as strawberries or apricots. Baklava, widely known throughout the Western world, Halva (a sesame paste), dondurma (ice cream), and muhallebi (milk-based desserts, such as pudding) are all popular. Tea and strong Turkish coffee are popular punctuations on a day, as is raki, the clear liquorice-flavored national beverage.

Getting Around

Turkey has been pouring investment into road infrastructure, including the establishment of the multilane toll roads around Istanbul, Ankara, and Izmir and the widening of major provincial thoroughfares. As a result, driving through Turkey is a great way to travel independently with the utmost of freedom. If it wasn't for the road signs (which on the toll collection booths are now also in English), you'd almost think you were driving in Europe. In the cities, however, be aware of parking shortages and confusing one-way traffic systems. Many of the major international car rental companies are represented at most airports. Turkish Airlines provides regular domestic service within Turkey, with major hubs in Istanbul, Ankara, and Izmir.

Medical Concerns

We recommend that you visit a travel health clinic 4-8 weeks prior to your departure to determine what shots and inoculations you may need for your trip. Requirements change and depend on your specific itinerary. You will receive the best advice from a physician who specializes in travel health. As a reference, please consult the websites and general guidelines below: Recommended: Hepatitis A, Hepatitis B, Typhoid, Required: Nothing CDC (www.cdc.gov/travel) World Health Organization (www.who.int/ith/en/) If you do come down with a stomach bug or worse while in Turkey, speak directly with your guide or the concierge at your hotel. Both can direct you to a pharmacy or to medical attention appropriate for your condition.

Money & Banking

The local currency is the Turkish Lira (TL). ATM machines are available in banks in all large cities and towns to take out local cash. You can either choose to change money at home or to travel with your credit card and withdraw local currency as you go along; we suggest the latter option. Changing USD or EUR is possible in currency exchange businesses and in some (but not all) hotels, but better rates will be found at banks or via the ATM. We recommend always keeping a couple of hundred USD or EUR in cash with you for emergencies, but you'll need small local currency for taxis, meals and petty purchases.

Packing

Turkey is a reasonably casual place, so the emphasis is on warm-weather comfort. You don't need formal wear at any point on the trip, but you may want some 'smart chic' outfits for Istanbul nights out. Sunscreen, swimwear, sunglasses, sandals and good walking shoes are a must. Shorts, jeans, light pants or skirts, and shirts and light sweater are about all you'll need. Nights can get cool, so best to bring a fleece or light jacket. And a rain jacket is also a good idea.

Phone & Internet

The country code for Turkey is 90. From North America, dial 011 90 followed by the number. To call North America from Turkey, dial 001 followed by the number. Direct international calls made from hotels tend to be fiendishly expensive—be warned. Likewise, local calls made from hotels can be unreasonably expensive (especially when calling mobile phones). Always ask what the rates are before calling. You may purchase phone cards locally and use either public telephones or your hotel phone for a nominal hotel charge. Alternatively, you can purchase a local SIM card for your personal cell phone in most convenience stores or kiosks. Your cell phone must be unlocked at home for this to work. Most hotels have high speed wireless Internet connection. There is usually a charge for this.

Safety

Turkey is a safe country. The country is politically and economically stable, with no recent civil disturbances. While incidents of violent crime are rare, travellers should exercise requisite common sense to avoid petty crime. For up to date information about Turkey, refer to your government's travel advisory information: US:
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1046.html

Shopping

Istanbul's Kapali Carsi Bazaar has jewelry, carpets and antiques for sale. There are also a large number of shops selling carpets and Turkish handicrafts in the Sultanahmet district. The Egyptian Bazaar near Galata Bridge is a good place to buy food products. Turkish handicrafts include a rich variety of textiles and embroideries, articles of copper, onyx and tile, mother-of-pearl, inlaid articles, leather and suede products, jewelry and, above all, carpets and kilims. Nargiles (water pipes) and musical instruments also make

good, reasonably priced souvenirs, as do spices like saffron and sumac. Outside Istanbul, most other cities and larger resorts have a market area where visitors can buy souvenirs and handicrafts. Often this is a covered bazaar area where the goods on sale are manufactured in workshops adjacent to the shops that sell the produce. If buying an old carpet or kilim, it is important that the seller issues an invoice (fatura) that states the carpet's estimated age and purchase price in order to satisfy customs that it is not an antique.

Tipping

Tipping in Turkey, as with most of Europe, is a generally modest practice. Although it's preferable to tip in Turkish Liras, any currency is acceptable. As always, tip only where you believe it's warranted. It's always difficult to know exactly how much to give. A basic guideline is suggested below: Local Guides: 20/40 USD for a half/full day tour. Private Drivers: 10/20 USD for a half/full day tour, 5/10 USD for a transfer Housekeeping: 1-2 USD per day Porters: 1 USD per bag Taxis: simply round the fare upwards to the most convenient amount Restaurants: Smaller restaurants expect less, while the luxury restaurants are used to North American style tipping practices.

Turkish Bath: At the end of your services attendants may gather to say "goodbye" and collect their tips. General practice is to spread out 10-15% of the service between employees.

Weather

Turkey has Mediterranean temperate climate with hot, dry summers and mild, wet winters. As you go away from the coast towards the interiors, the climatic conditions are harsher. Mountains close to the coast prevent Mediterranean influences from extending inland, giving the interior of Turkey a continental climate with distinct seasons. The central Anatolian Plateau is much more subject to extremes than coastal areas. Winters on the plateau are especially severe. For specific short-term weather forecasts, consult <http://www.accuweather.com/world-index.asp?partner=netweather>