T H E 12th INTERNATIONAL 2023 INNOVATION AND TECHNOLOGY EXHIBITION 2023 دوازدهمین نمایشگاه بین المللی نوآوری و فناوری

TRAVEL GUIDE



Welcome to Tehran, Iran, the city of contrasts and surprises. You are about to experience a unique blend of ancient and modern culture, rich history and art, friendly people, and delicious food. Whether you are here for business or pleasure, you will find something to suit your taste and interest. To help you make the most of your stay, we have prepared an itinerary for you that covers some of the best attractions and activities in Tehran and Iran.



AIRPORT

Arrive at Imam Khomeini International Airport (IKA) and go through the immigration and customs procedures.

DO'S

- Check your visa requirements before traveling to Iran. You can check the latest visa information on the website of the Iranian Ministry of Foreign Affairs.
- Buy a SIM card at the airport if you want to use your phone in Iran. You can find different operators such as Irancell and MCI at the arrival hall. You will need your passport and visa to buy a SIM card.
- Exchange some money at the airport if you need Iranian rials. You can find exchange offices at the arrival hall. You can also exchange currencies at the Exchange Office in Pardis Technology Park.
- Use a reliable transportation service to get to your hotel. You can choose from Snapp or Tapsi (Iranian versions of Uber), and airport taxi service. You can book Snapp or Tapsi online or through their apps, but you will need an Iranian phone number and internet connection. You can find an airport taxi service at the exit of the arrival hall.



DONT'S

• Don't bring any prohibited items to Iran such as alcohol, pork, drugs, etc. These items are illegal in Iran and may result in confiscation or fines.





Espinas International Hotel Rating: $\therefore \therefore \therefore \therefore \therefore$

Address: No. 126, Keshavarz Blvd. Tel: +98 21 83844 Website: international.espinashotels.com Espinas International Hotel is a refined hotel in downtown Tehran that exquisitely captures the spirit of this cosmopolitan city. It blends modern design elements with rich natural materials and offers a serene atmosphere where relaxation awaits at every turn.

Espinas International Hotel features a prime location in the downtown Tehran, a swimming pool, a wellness center with full free weight room and cardio equipment, extra-large meeting space, dedicated concierge services, a restaurant and a coffee shop.

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Espinas Palace HotelRating: chronomedia chronomedia chronomedia

Address: No. 33, Abedi St., Behroud Sq., Saadat Abad Tel: +98 21 75 675 000 Website: espinashotels.com/hotels/palace Espinas Palace Hotel is a hotel with a flair for services. A stay in the Palace is always a special time for the guests. The Palace features all the amenities and services of a luxury five-star hotel coupled with attraction and a unique feel-at-home atmosphere.

Espinas Palace Hotel offers a swimming pool, a spa and fitness center, a business center, a ballroom and conference hall, a restaurant and lounge, a cafe, etc.

Parsian Azadi International Hotel

Rating: ☆☆☆☆☆

Address: Yadegar-e-Emam Crossroad, Chamran Highway Tel: +98 21 29112 Website: azadihotel.com/page/en Parsian Azadi Hotel is one of the largest and most luxurious hotels in Iran with a beautiful view of Alborz mountain range and Tehran metropolis. It has been renovated recently to provide better services to its guests. Parsian Azadi Hotel features a swimming pool, a sauna and jacuzzi, a fitness club, a tennis court, a shopping center, a business center, a banquet hall, meeting rooms, several restaurants, and cafes.

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 Parsian Evin Hotel

 Rating: 값값값값값

Address: Chamran Highway, Yaman St., Evin Crossroad Tel: +98 21 274 0500 Website: enevin.pih.ir Parsian Evin Hotel is a four-star hotel located in the north of Tehran near the Evin park. It has easy access to the main highways and attractions of the city. It offers modern facilities and services to its guests.

Parsian Evin Hotel features a swimming pool, a sauna and jacuzzi, a fitness center, a shopping center, a business center, several banquet halls and meeting rooms, various restaurants and coffee shops.

Olympic Hotel Rating: ☆☆☆☆

Address: West Hemmat Highway, Next to Azadi Sports Complex Tel: +98 21 44 73 9300 Website: en.olympichotel.ir Olympic Hotel is a four-star hotel located next to the Azadi Sports complex in the west of Tehran. It has a sporty atmosphere and design and offers easy access to the airport and the city center. It has been renovated recently and provides first-class service and unique hospitality.

CINQ RESTAURANT

Olympic Hotel offers a swimming pool, a sauna and massage room, a fitness center, a business center, a conference hall and meeting rooms, a restaurant and coffee shop, a traditional tea house, a parking lot, a bank, a travel agency, and high-speed internet.

GETTING TO INOTEX 2023

Here is a possible way to tell them how they can go from their hotels to Pardis Technology Park:

Option A (Recommended): You can use online taxi services such as Snapp or Tapsi, which are more convenient and more reliable than regular taxis, though a bit more expensive. You can download their apps on your smartphone and choose Pardis Technology Park as your destination. It will cost you around 2,000,000 rials (about 4 USD) for a one-way trip. You can share the ride with up to three people.

Option B: You can take the Bus Rapid Transit (BRT) from your hotel to Tehranpars station (Red Line). Then you can take a taxi or a van from the station to Pardis Technology Park. It will cost you around 250,000 rials (about 50 cents) for a one-way trip. Make sure you tell the driver to drop you off at Pardis Technology Park, not Pardis town.

Option C: You can take the metro from your hotel to Nobonyad (Line 3) or Farhangsara (Line 2) stations. Then you can take a taxi or a van from the station to Pardis Technology Park. It will cost you around 250,000 rials (about 50 Cents) for a one-way trip. Make sure you tell the driver to drop you off at Pardis Technology Park, not Pardis town.









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Prices in Tehran

You might be wondering how much money you will need to spend on food, drinks, and accommodations. The good news is that Tehran is generally cheaper than other major cities in the world, especially in Western countries. You can find a variety of restaurants, cafes, and street food stalls that offer delicious and affordable meals. Drinks such as tea, coffee, and soft drinks are also inexpensive and widely available. For accommodations, you can choose from different options such as hotels, hostels, guesthouses, and apartments. Depending on your budget and preferences, you can find a comfortable and convenient place to stay in Tehran. However, one thing to keep in mind is that prices are not fixed in Tehran. In bazaars and markets, where you can buy souvenirs, handicrafts, carpets, spices, and other goods, you will need to bargain with the sellers to get a fair price. Negotiating prices is a common practice in Iran and part of the culture. Don't be shy to haggle and enjoy the experience.

Cultural Norms of Iran

- Iranians may be more conservative in their dress code, particularly for women. Loose-fitting clothes that cover arms and legs are recommended, especially when visiting religious sites.
- Alcohol is illegal in Iran, and public displays of affection or intimacy are not tolerated.
- Iranians are very hospitable and may invite you to their homes for a meal or tea, but also be prepared for a lot of ta'arof, a form of exaggerated politeness that involves offering and refusing things several times before reaching an agreement.

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9 - 1 2 May 2023 ◎ In ♥ inotexevent ≥ secretary@inotex.com Pardis Technology Park ● www.inotex.com € +98 21 88 50 30 30

