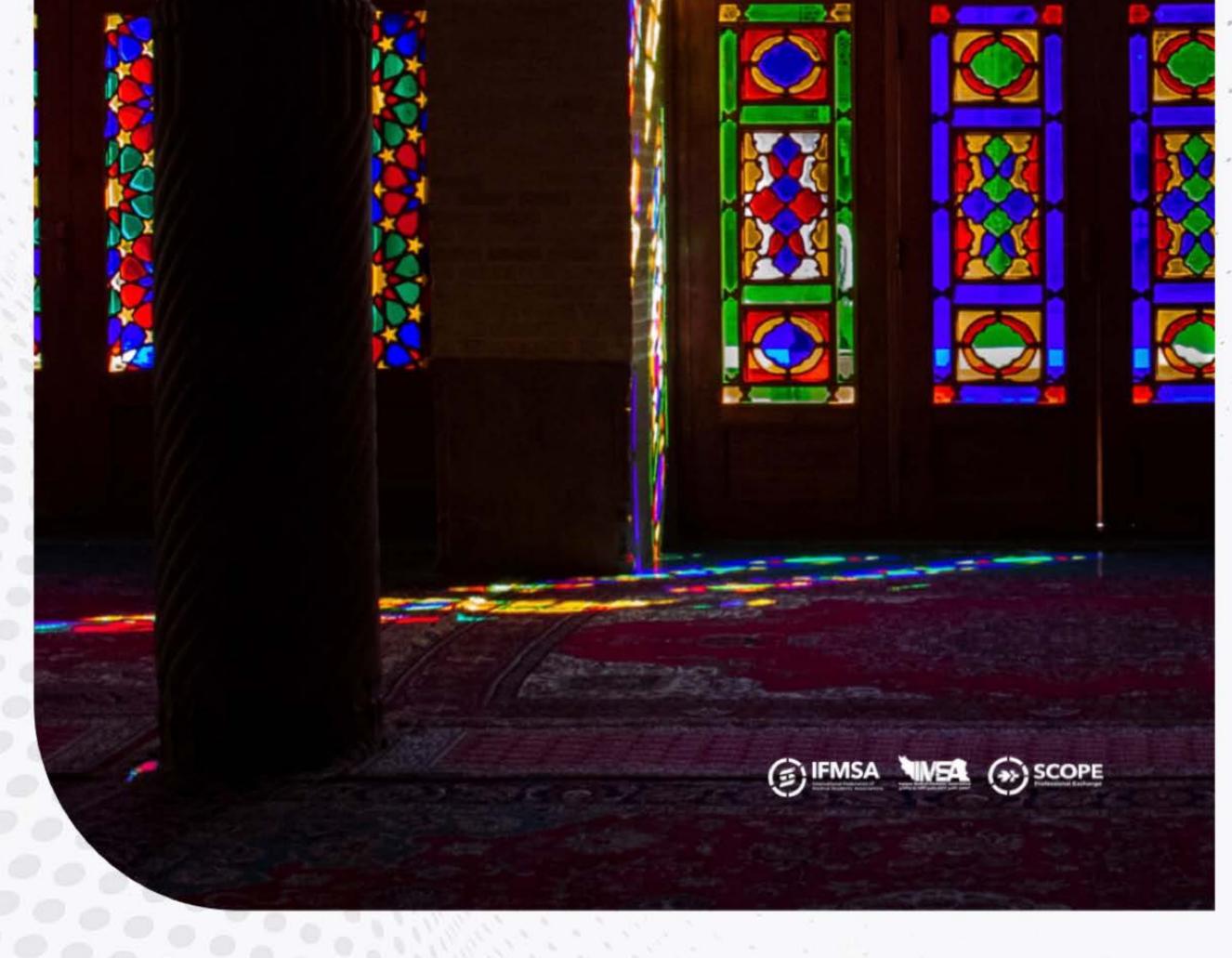
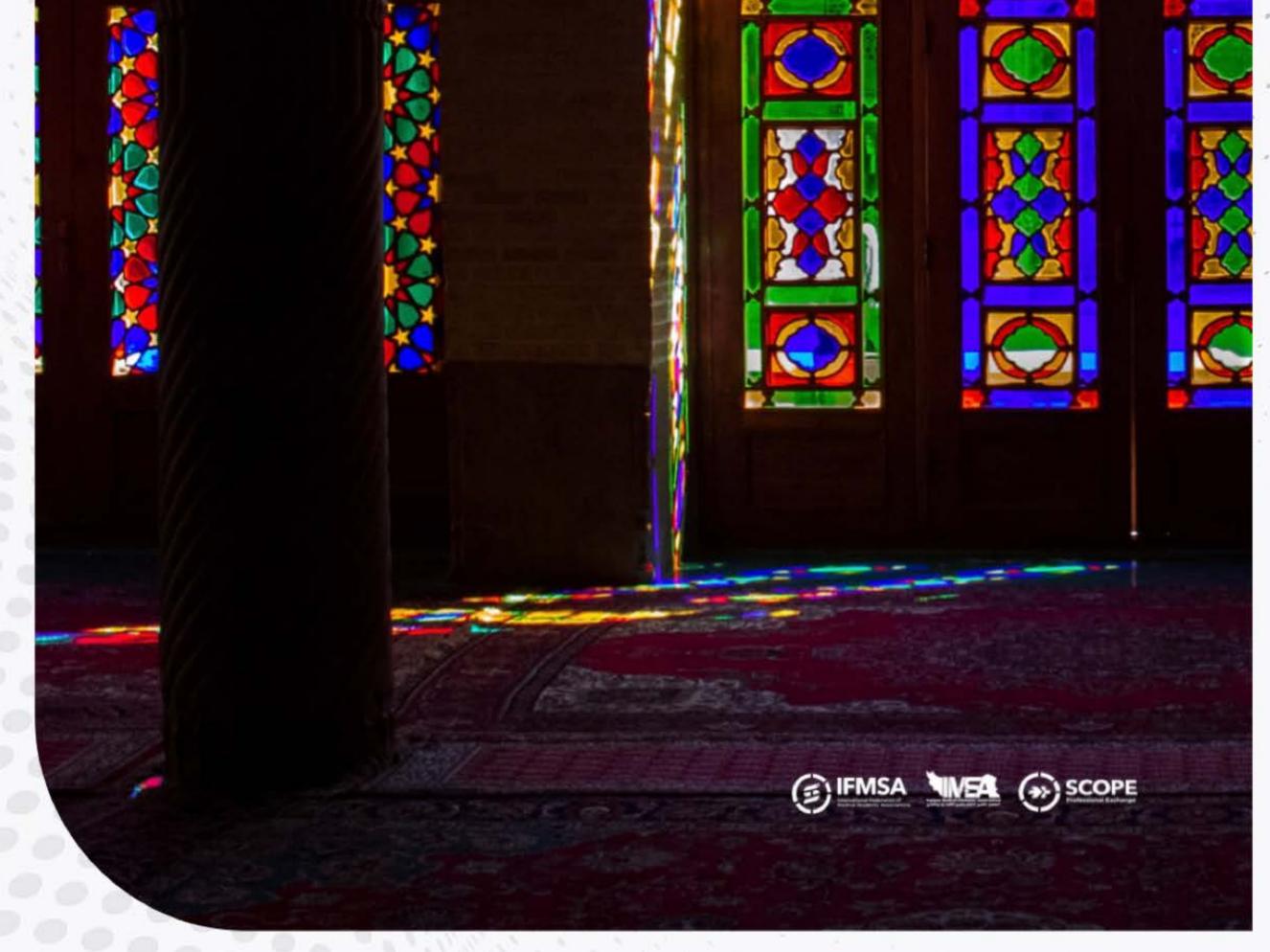
### SCOPE EXCHANGE 30 IMSA-IRAN

BE BLUE















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### IFMSA

The International Federation of Medical Students Associations (IFMSA), founded in 1951, is one of the world's oldest and largest student-run organisations. It represents, connects and engages every day with an inspiring and engaging network of 1.3 million medical students from 138 national members organizations (NMO) in 130 countries around the globe.

### SCOPE

The Standing Committee on Professional Exchange (SCOPE) was the first standing committee within IFMSA. Since its establishment in 1951, SCOPE has offered a full educational program offering clerkships to medical students abroad which is an evidence that exchange of medical students has been one of the main fields of action in IFMSA. Each year, more than 15.000 medical students embark on a journey to explore health care delivery and health systems in different cultural and social settings.

#### Publisher

Iranian Medical Students' Association (IMSA-Iran)



0

: imsa.iran.scope@gmail.com : @iran\_imsa\_exchange & @iran\_imsa www.imsa-iran.org







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# Introduction Of IMSA-Iran

Iranian Medical Students' Association (IMSA) is a collection of more than 40 academic associations that work to empower medical students and improve the health of society at the national and international levels.

This association is an official member of the International Federation of Medical Students Association (IFMSA) of the world and was registered in the country in 2017.



The Iranian Medical Students' Association was formed to facilitate relations between medical students in the Islamic Republic of Iran and as a representative of medical students of Iran, it conveys the scientific and social points of view of medical students of the country to inform the society and other students and scientific institutions of the world. The mission of the Iranian Medical Students' Association is to guide students in improving their knowledge and performance, using the opportunities of the association so that they become confident, ethical and influential people at the national and global levels.





## WELCOMING MESSAGE

### NEO

### Dear future blue friend

### Welcome to IRAN!

We are ready to show you, that we are much more than you heard before! For all types of travelers, Iran has something to offer. If you are interested in culture, Iran will be your heaven. If you are into art, the architecture and the museums will satisfy you and for nature lovers, Iran has some of the most natural attractions and if you are into eating, you have to try our unique delicious cuisines. It doesn't matter what you are looking for, because we have it all here, rich culture, 2500 years of history and civilization and four-season nature are waiting for you to be discovered. As hosts, we will do our superb efforts to offer a spectacular time in the country of wonders where diversity, history, modernity and nature meet! We will make sure you have the best experience of your life. In this Booklet, you will find interesting facts and important information, we have carefully written especially for you, our future incomings! It will be our greatest pleasure to welcome you to our country anytime. Big blue hugs

2

Ramin Mansouri

NEO of IMSA-Iran LEO LC Hamedan





## WELCOMING MESSAGE

### Coordinator

### Hi to the Blue family!

I am glad that you are reading this Booklet now because you are observing the efforts of a great team and it makes us proud. The first day when I wanted to start this project, I was happy heartily because I knew that with real love, I was doing a positive and growing movement to promote the culture and history of my country, a project that will remain for many years and every time I look and I am proud. In the SCOPE team, we did our best to make you familiar with all aspects of Iran in all fields, including culture, history, sightseeing and tourist attractions, foods, ethnicities and outfits, handicrafts, and also introducing active locals in the field of SCOPE. We hope to see you in this colorful and ancient country and be a good host for you and create a great experience in your life. We try to be our best to walk at the peak of success on the path of unity. So let's make good memories together at Iran. We wait for you guys! Be Blue!

3

Mahdi Shabani

NEO Assistant for Social Media LEO LC Golestan









# Coordinator and Editor

### Mahdi Shabani

NEO Assistant for Social Media LEO LC Golestan

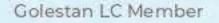
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SCOPE

**Professional Exchange** 



Sabzevar LC Member

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Danial Faghani Golestan LC Member



# Salam.! Welcome To Iran!



7

METERS (MAR

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11-11

# edical Education In Iran

**I**ran has been very successful in training/educating the necessary human resources for its health system. Today the largest healthcare delivery network is owned and run by **the Ministry of Health and Medical Education (MOHME)** which is in charge of both provision of healthcare services and medical education. At this moment, there are more than 60 active medical schools in **Iran**.

Undergraduate medical education in **Iran** is a 7-year program; all high school graduates can participate in a national exam held in five areas: mathematical sciences, experimental sciences, law and humanities, arts and foreign languages. As medicine is the most pursued program for the participants of the experimental sciences section, it is extremely competitive.







### Medical Education In Iran



The medical education curricula is determined by **the ministry of health**, and it generally includes 2.5 years of basic sciences, 2-3

years of clerkship in hospitals mixed with athophysiology and 1.5-2 years of internship. During 7 years program, students have to pass two national exams held by **MOHME**: basic sciences and pre-internship.

After graduation with MD degree (medical doctorate), there are 2 years of service in rural or under-developed areas. There is also a national residency exam and those accepted, will choose a university according to their score and will start their residency in affiliated hospitals of that university between 3-5 years (usually 4 years) depending on the specialties. Most hospitals and primary health centers in Iran are affiliated to and under the supervision of medical science universities, which are in charge of policymaking, production and distribution of pharmaceuticals, research and development, as well as healthcare provision, medical education and treatment. This integrated approach allows for a higher quality of patient care through management of patients by the faculty members and a broader education opportunity, since most of the hospitals are secondary or tertiary centers. Moreover, the private hospitals and medical facilities are another option for patients but have almost no rule in medical educational system.

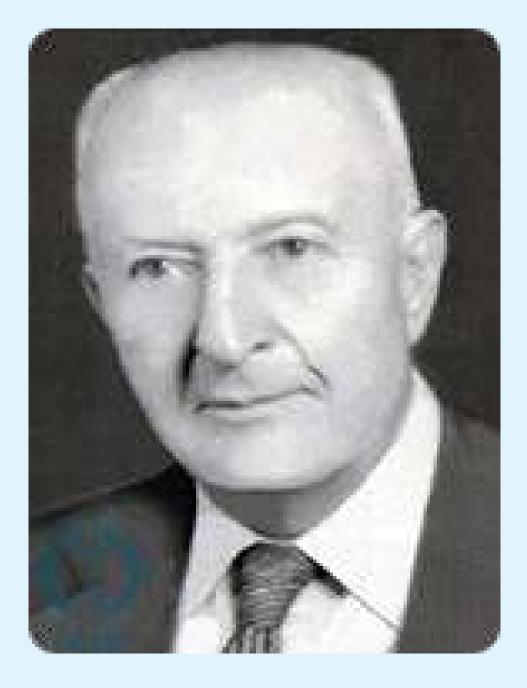
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# amous Iranian Physicians

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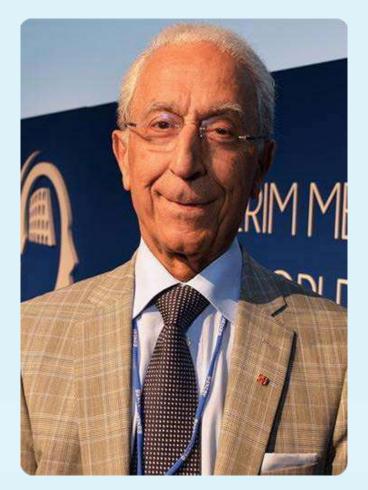




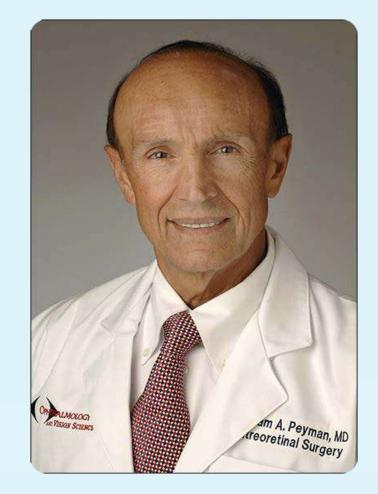
**Professor Mohammad Qoli Shams,** the founder of Iranian ophthalmology Dr. Yahya Adl, the father of modern surgery and anesthesiology in Iran





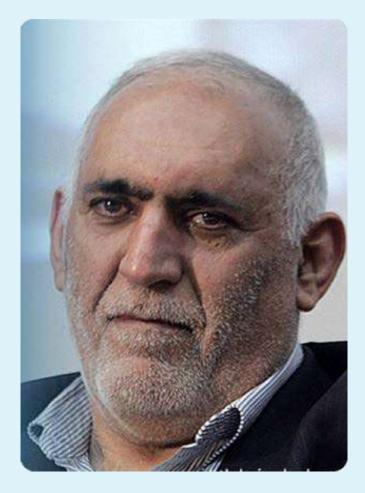


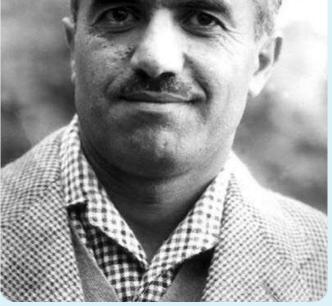
**Professor Majid Samii,** the most famous Iranian neurosurgeon



Dr. Gholam Ali Peyman, the Iranian-American scientist and the inventor of LASIK surgery







**Dr. Mohammad Gharib,** the founder of modern pediatric medicine in Iran

11

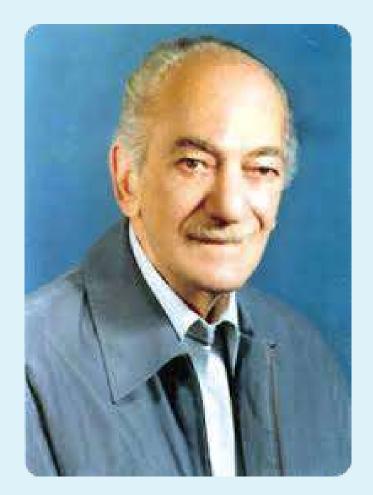
Dr. Seyed Ali Malek Hosseini, the father of liver transplantation in Iran and the head of the Middle East Organ Transplantation Association







Dr. Ali Asghar Khodadoost, the professor of ophthalmology at American universities and one of the best corneal transplant surgeons in the world





**Dr. Masih Daneshvari,** the first lung specialist in Iran

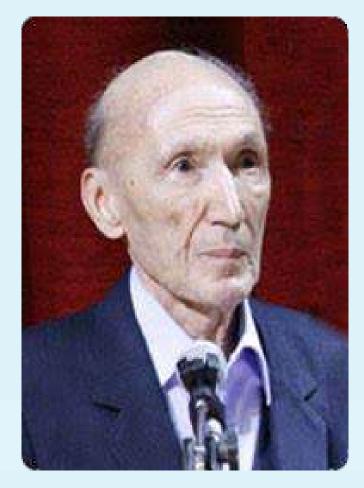


**Dr. Haratun Davidian,** the father of modern Iranian psychiatry **Dr. Jalal Barimani**, the father of modern Iranian neurology

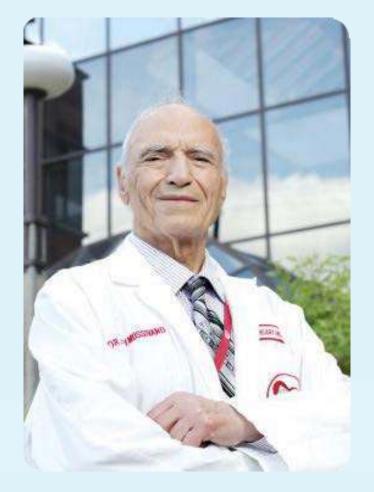
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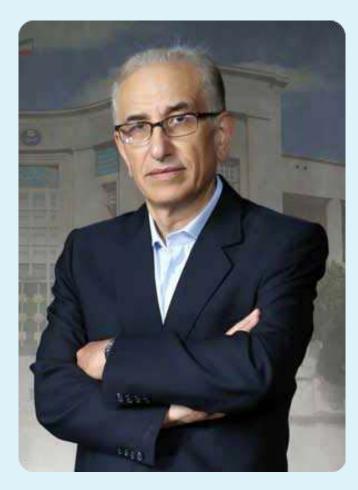




**Dr. Mohammad Ismail Tashayyod,** the father of Iran's modern anesthesia



**Professor Tawfiq Mousavand,** the inventor of the first artificial heart inside the human body





Dr. Mohammad Hossein Mandegar, the first surgeon who performed heart transplant surgery in Iran



Dr. Azar Andami, the famous physician and specialist and the discoverer of the cholera vaccine





eography

and Population

The current population of the Islamic Republic of Iran is about 86 millions people.





The provincial authority is headed by a Governor-general **(Persian**: استاندار **Ostāndār)**, who is appointed by the Minister of the Interior subject to approval of the cabinet.



### Iran

14

Iran is subdivided into thirty-one

provinces (Persian: استان Ostān),

centre, usually the largest local

city, which is called the capital

each governed from a local





Geography and Population

Iran borders Pakistan, Afghanistan, and Turkmenistan on the east, Iraq on

> the west, and Turkey, Armenia, Azerbaijan, and the Azerbaijan-Nakhichevan exclave on the north. To its south **Iran** borders the Gulf of Oman and the Persian Gulf, and to its north the Caspian Sea (the largest lake on earth, with an estimated surface area of 371,000 square kilometres).

The Aras (also known as Araks) River lies along the border with Iran and Azerbaijan. In the Treaty of Turkmenchay (1828) the river was chosen as the border between the Russian and Persian empires. In 1963 Iran and the Soviet Union began construction of the Aras Dam, which was inaugurated in 1971. The waterway Arvand-Rud has 200-kilometrelong, of which the last 80 kilometres form the frontier between Iran and Iraq, is strategically important for both countries, because Basra, the only Iraqi port with access to the Persian Gulf, lies upstream, and some of the major oil installations of both countries are situated near the waterway.



### Geography and Population

The territory of Iran comprises 1.648 million square kilometres – double the size of neighbouring Turkey and three times the size of France – of which 1.636 million square kilometres is land and 12,000 square kilometres water. Iran is a mountainous country.

The Zagros Mountains bisect the country from north-west to south-east. Many peaks in the Zagros exceed 3,000 metres above sea level. Rimming the Caspian Sea are the Alborz Mountains, which are narrow but high. The volcanic Mount Damavand (5,671 metres), located in the centre of the Alborz, is Iran's highest peak; on clear days, it can be seen from Tehran.

The central
 portion of Iran is
 referred to as the
 Central Plateau.

The eastern part of the plateau is covered by two salt deserts, the Dasht-e Kavir (Great Desert) and the Dasht-e Lut (Barren Desert).

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- Delvar Beach/Bushehr
- Chehel Sotoon Palace/Isfahan



Historical Hydraulic System/Shushtar



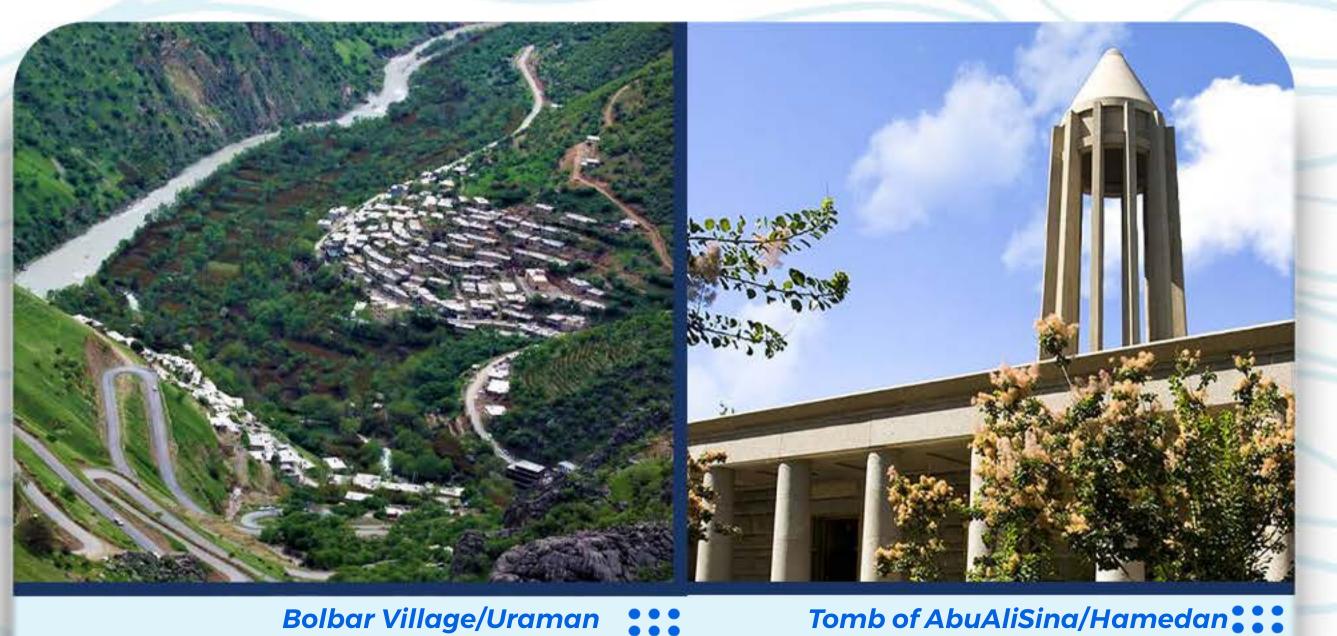
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### Tomb of Hafez/Shiraz

Badab Soort/Mazandaran







**Bolbar Village/Uraman** 





### Tomb of Shahghalandar/Arak ::: Cheshmeh Belghais Garden/Dehdasht:::



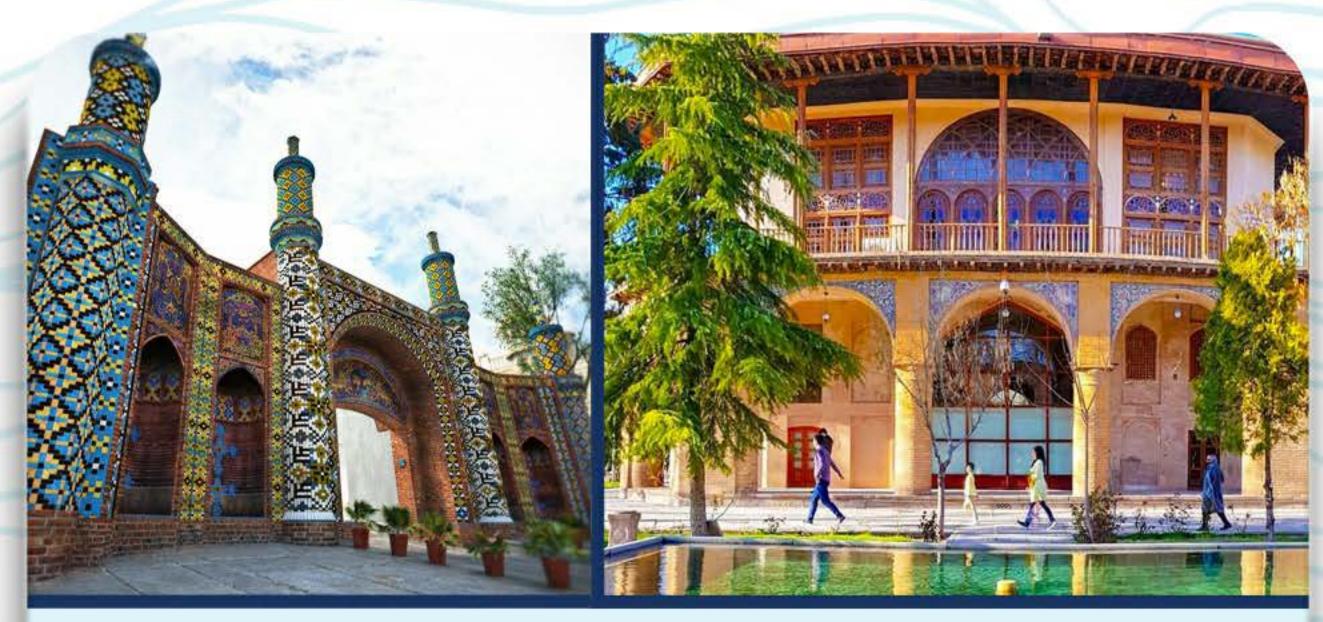
### Kolahfarangi Historical Citadel/Birjand

Kal Jeni Valley/Tabas









Tehran Ghadim Gate/Qazvin

Chehel Sotun Palace/Qazvin



### Behestan Castle/Zanjan

### Great and Barren Desert/Iran's Centre



### Darkesh Village/North Khorasan

### Falakol Aflak Castle/Khorramabad





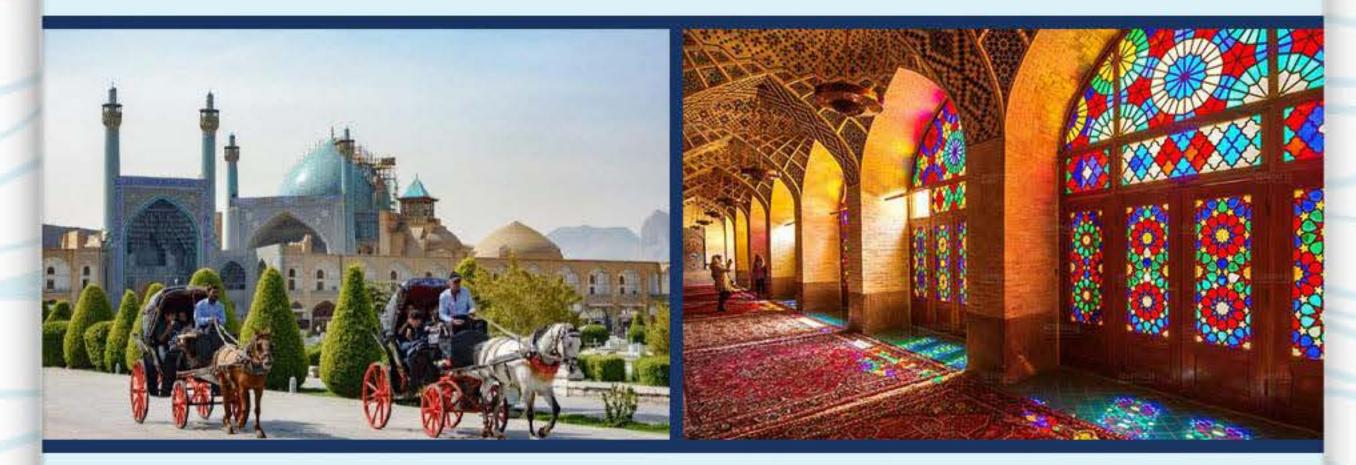




### Taq-e Bostan/Kermanshah

Persepolis/Marvdasht





### Sheikh Lotfollah Mosque/Isfahan

### Nasir Al-Mulk Mosque/Shiraz



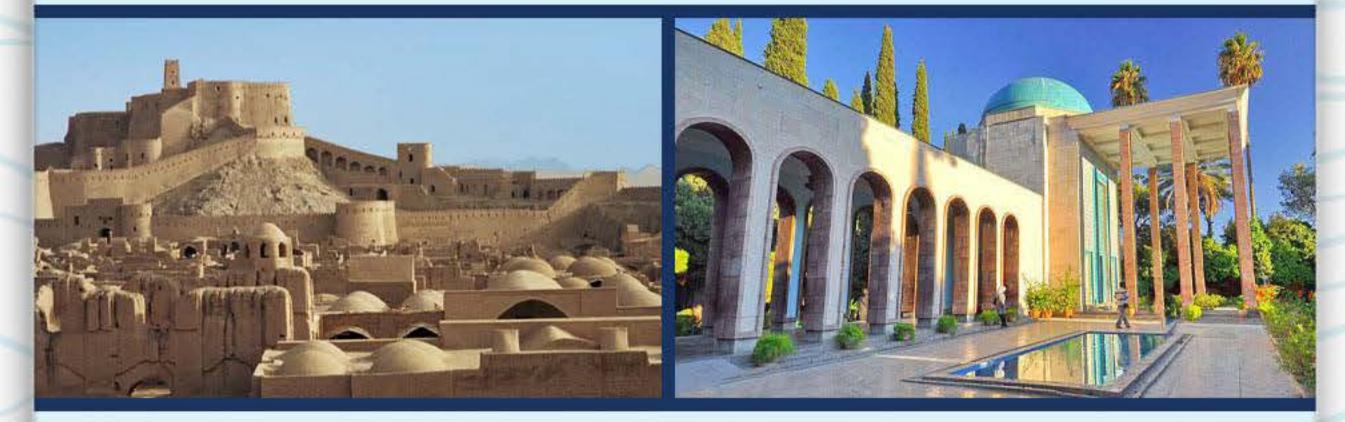






### Kish Island/Persian Gulf

Aali Qapu Palace/Isfahan



Bam Citadel/Kerman

Tomb of Saadi/Shiraz



### Shahzadeh Mahan Garden/Kerman

Municipality Square/Rasht



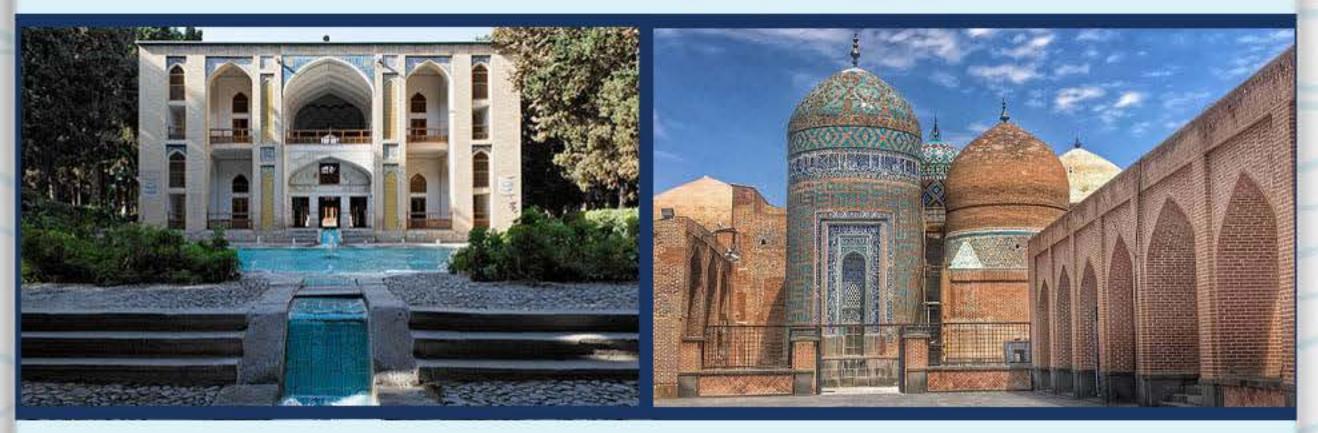






Si O Se Pol Bridge/Isfahan

Olesbelangah/Masal



Fin Garden/Kashan

Tomb of Sheikh Safi Al-Din/Ardabil



White Bridge/Ahvaz

Suspended Bridge/Meshgin Shahr







Sareyn/Ardabil

Masuleh Village/Gilan



Eram Garden/Shiraz

Masumah Holy Shrine/Qom



### Maharlu (Pink) Lake/Shiraz

Bisheh Waterfall/Lorestan







eather

**L**ran has a variable climate. In the northwest, winters are cold with heavy snowfall and subfreezing temperatures. Spring and fall are relatively mild, while summers are dry and hot. In the south, winters are mild and the summers are very hot, having average daily temperatures in July exceeding 38 °C (100.4 °F). On the Khuzestan Plain, summer heat is accompanied by high humidity.

In general, **Iran** has a continental climate in which most of the relatively scant annual precipitation falls from October through April. In most of the country, yearly precipitation averages 400 millimetres (15.7 in) or less. The major exceptions are the higher mountain valleys of the Zagros and the Caspian coastal plain, where precipitation averages at least 600 millimetres (24 in) and is in the form of snow at high altitudes. In the western

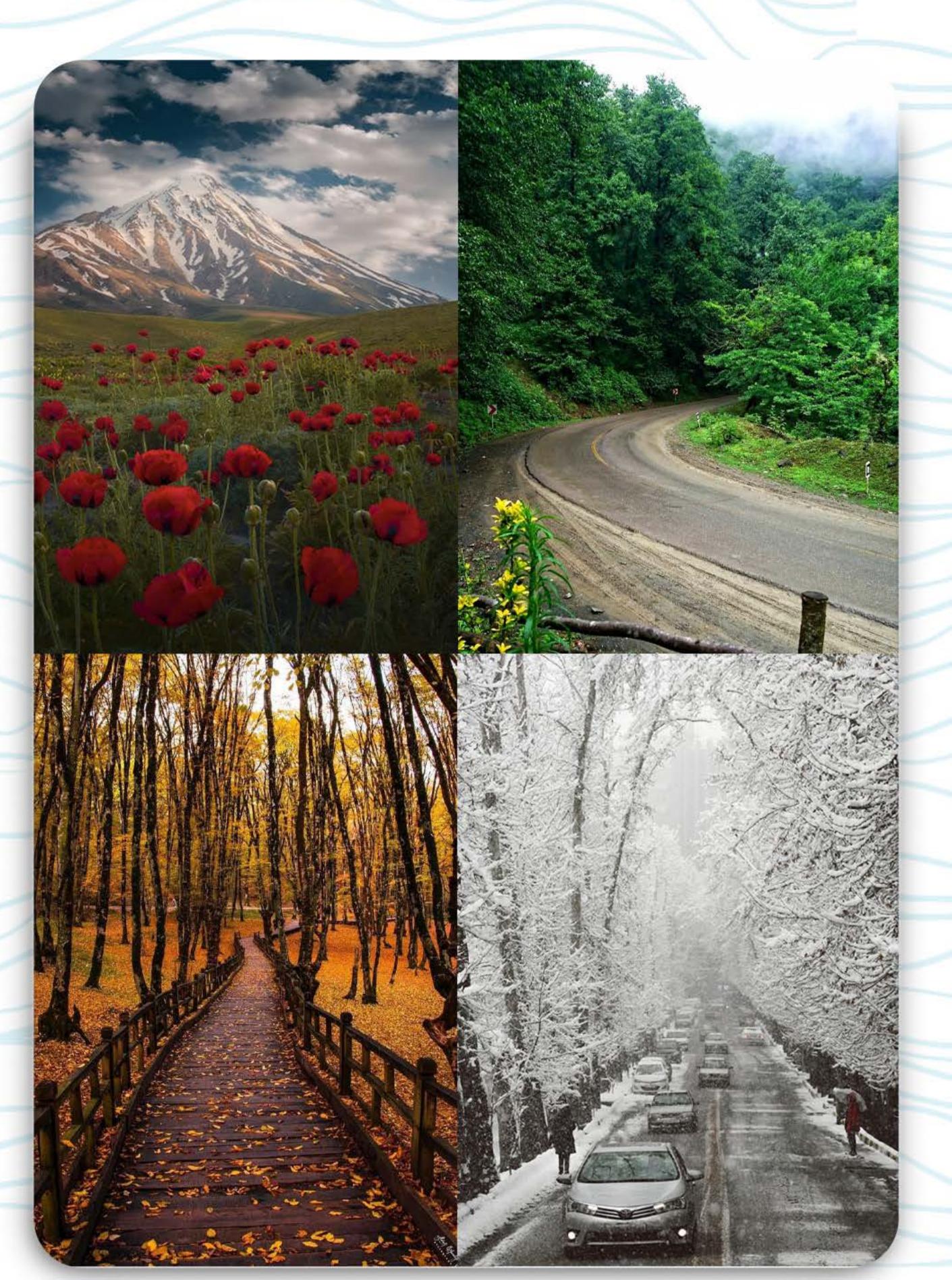
part of the Caspian, rainfall exceeds 1,500 millimetres (59 in) annually and is distributed relatively evenly throughout the year. This contrasts with some basins of

> the Central Plateau that receive 100 millimetres (4 in) or less of precipitation. Iran is considered colder than neighboring countries such as Iraq and Turkmenistan, due to its higher elevation.













Fresent Iran was historically referred to as Persia until 1935 when Reza Shah Pahlavi formally asked the international community to call the country by its native name, Iran. But in 1959 due to controversial debates over the name, it was announced that both could be used.



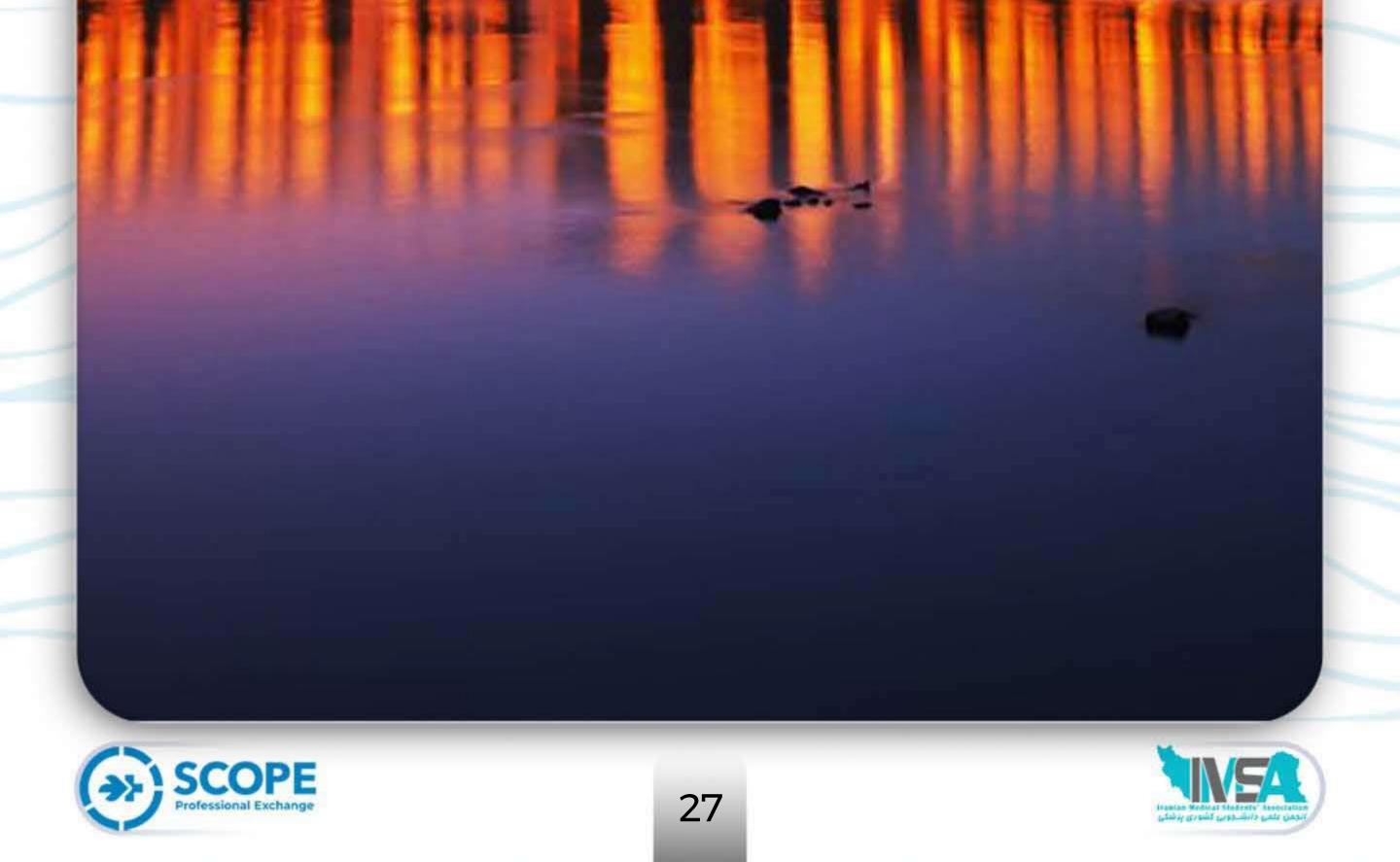






The First inhabitants of Iran were a race of people living in western Asia. When the Aryans arrived, they gradually started mingling with the older native Asians. History

Aryans were a branch of the people today known as the Indo-Europeans and are believed to be the ancestors of the people of present India, **Iran** and most of Western Europe.





**R**ecent discoveries indicate that centuries before the rise of earliest civilizations in Mesopotamia, **Iran** was inhabited by early human ancestors. But the written history of **Iran** dates back to 3200 BC and begins with the early Achaemenids, the dynasty under which the first **Iranian** world empire blossomed.

Cyrus the Great was the founder of the empire and he is the first to establish the charter of human rights. In this period **Iran** stretched from the Aegean coast of Asia Minor to Afghanistan, as well as south to Egypt. The Achaeamenid Empire was overthrown by Alexander the Great in 330 BC and was followed by The Seleucid Greek Dynasty.











After the Seleucids, there are about a dozen successive dynasties reigning over the country. Dynasties such as Parthian, Sassanid, Samanid, Ghaznavid, Safavid, Zand, Afsharid, Qajar and Pahlavi. In 641 Arabs conquered **Iran** and launched a new era for Persians who were the followers of Zoroaster gradually turned to **Islam** and it was in the Safavid period when **Shiite Islam** became the official religion of Iran.

Since the Qajar dynasty on due to the inefficiency of the rulers **Iran** begins to decline and gets smaller and smaller. The growing corruption of the Qajar monarchy led to a constitutional revolution in 1905-1906. The Constitutional Revolution marked the end of the medieval period in **Iran** but the constitution remained a dead letter. During World Wars I and II the occupation of Iran by Russian, British, and Ottoman troops was a blow from which the government never effectively recovered.

In 1979, the nation, under the leadership of Ayatollah Khomeini, erupted into revolution and the current **Islamic republic of Iran** was founded.

Throughout **Iran's** long history, in spite of different devastating invasions and occupations by Arabs, Turks, Mongols, British, Russians, and others, the country has always maintained its national identity and has developed as a distinct political and cultural entity.



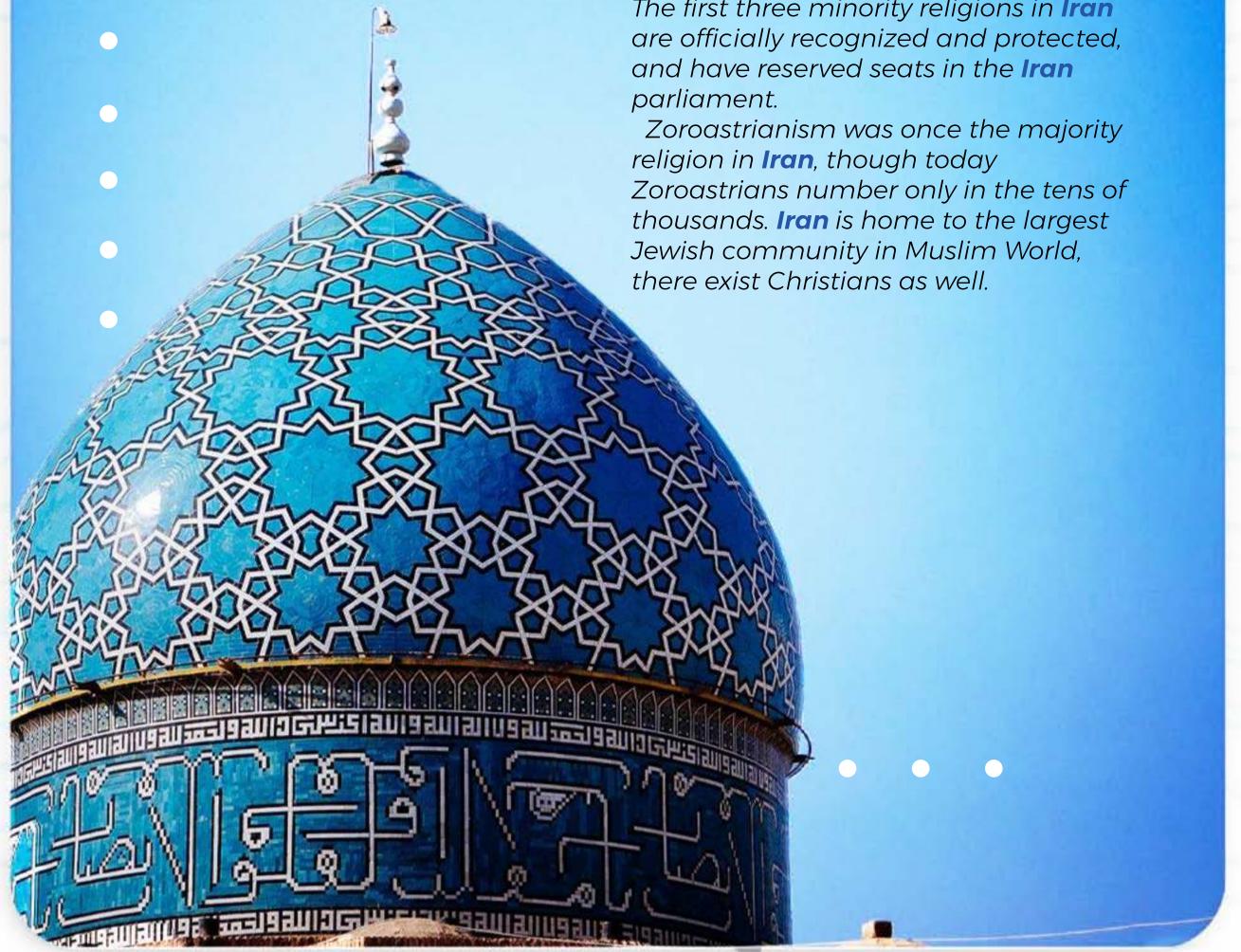






# eligion

Most Iranians are Muslims. Around 89% belong to Shi'a branch of Islam, the official state religion, and about 9% belong to the Sunni branch of Islam. The remaining 2% are non-Muslim religious minorities, including Zoroastrians, Jews, Christians, Mandeans, Hindus, and Yarsanis .



The first three minority religions in Iran









After the Persian Constitutional Revolution, the Constitution of 1906 provided for reserved Parliamentary seats granted to the recognized religious minorities, a provision maintained after the 1979 Iranian Revolution. There are 2 seats for Armenians and one for each other minority: Assyrians, Jews and Zoroastrians. Sunni members of parliament are mostly from areas with strong Sunni ethnic minorities like Baluchistan.

> Iran is an Islamic republic and its constitution mandates that the official religion of Iran is Islam and the Twelver Ja'fari school. The constitution also mandates that other Islamic schools be accorded full respect, and that their followers are free to act in accordance with their own jurisprudence in performing their religious rites and recognizes Zoroastrian, Jewish, and Christian Iranians as religious











### Islam religion in Iran

Islam has been the official religion and part of the governments of **Iran** since the Islamic conquest of Iran circa 640 AD. It took another few hundred years for Shi'a



Islam to gather and become a religious and political power in **Iran**. Although Shi'as have lived in **Iran** since the earliest days of Islam, and there had been Shi'a dynasties in parts of Iran during the 10th and 11th centuries.









The culture of **Iran** or culture of Persia is among the most influential in the world.

ulture









Farsi, the official language of Iran, is historically one of the most prominent languages of the Middle East and extended regions. Iranian culture is one of the oldest in the region, and it has influenced cultures like Italy, Macedonia, Greece, Russia, the Arabian Peninsula, and parts of Asia. Islam is practiced by the majority of *Iranians* and governs our personal, political, economic and legal lives. The Persian calendar is a **solar** calendar, however, some of the official religious Islamic holidays are based on a lunar calendar. Government official working days are from Saturday to Wednesday.







Culture

# Culture



Some of the major public holidays in **Iran** include Oil nationalization Day (20 March). Yalda (which is the longest night of the year) (21 December), Nowrooz (which is the Iranian equivalent of New Year) (20 March), the Prophet's Birthday and Imam Sadeq (24 October), and the Demise of Imam khomeini (4 June). Additional holidays include Tassoua and Ashoura (7 and 8 August), Victory of the 1979 Islamic Revolution (11February), Sizdah-Bedar (Public Outing Day to end Nowrooz) (2 April), and Islamic Republic of Iran Day (1 April).

In Iran, family matters are very important, as we take our responsibilities to their family very seriously. Women are to be protected and taken care of and it is inappropriate to ask questions about an Iranian's wife or other female relatives. Our loyalty to the family comes before everything.



Iran has a great art heritage visible in architecture, paintings, calligraphy and poetry. This heritage was translated to several languages and influenced many cultures. Contemporary literature was influenced by classical Persian poetry although it reflects the particularities of modern day **Iran**.





# Culture

#### If you are planning to traveling Iran,

below are some important rules for etiquette and customs that should be observed.

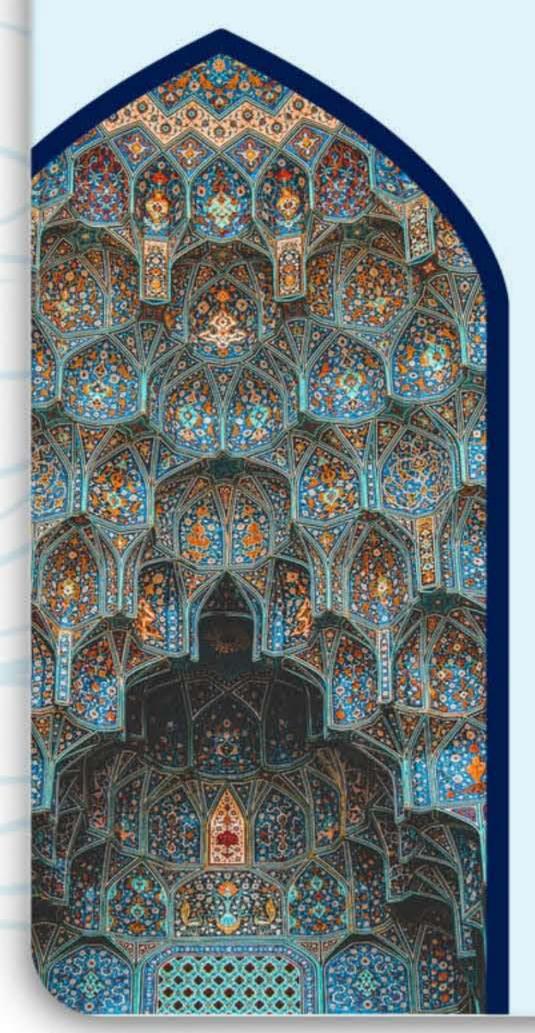
• The most common greeting is "salaam alaykum" or more simply **"salaam"** which means "peace".

• Introductions are generally restricted to members of the same sex since men and women socialize separately.

- When Iranians greet each other they take their time and converse about general things.
- $\cdot$  Try to never be late, punctuality is appreciated.
- Show respect for elders by greeting them first.

• Do not confuse Persians with Arabs. This is a quick way to annoy Iranians and indicates that you are poorly informed about the Middle East.

• Respect an **Iranian's** privacy. Avoid asking questions that could compromise their discretion.



Iranian culture and traditions are complex and have a deep history. **Iranian** history has had a significant impact on the world through art, architecture, poetry, Science and Technology , medicine, Philosophy, and engineering.

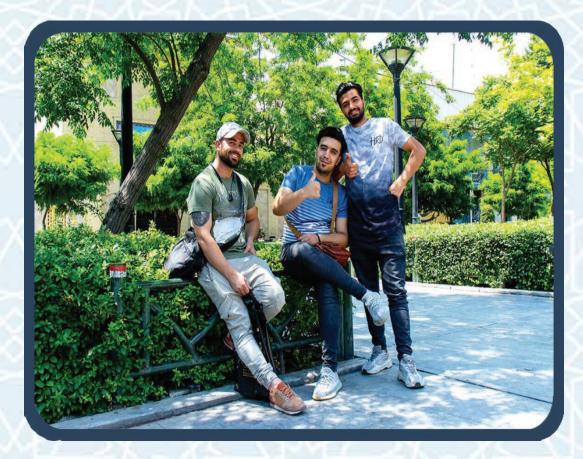








**Persians** and their culture dominate the population of Iran and according to estimates, they make up 61% of the country's population. They mostly live in bigger cities like Tehran, Isfahan, Mashhad, Yazd and Shiraz. The official language in Iran is Farsi, which is also known as **Persian**. It is the first language for the **Persians** and the ethnic groups also use it as a second language. **Persians** have a rich cultural heritage. Most Persians are Shiite Muslims.











# Azeris





Azerbaijanis, also known as Azeri, are the second largest ethnic group in Iran, constituting approximately 16% of the total population. They are a Turkic-speaking community living in northwestern Iran near the border of Azerbaijan. The Azeri language is almost similar to the Turkish language spoken in Turkey. Azerbaijani people have a lot of cooperation with Persians. Their lifestyle is

almost similar. In different cities, many **Azerbaijanis** and Iranians have married each other. Compared to other ethnic minorities, these people have more ties with Iranian society. **Azerbaijanis**, like most Persians, are mainly Shiite Muslims.

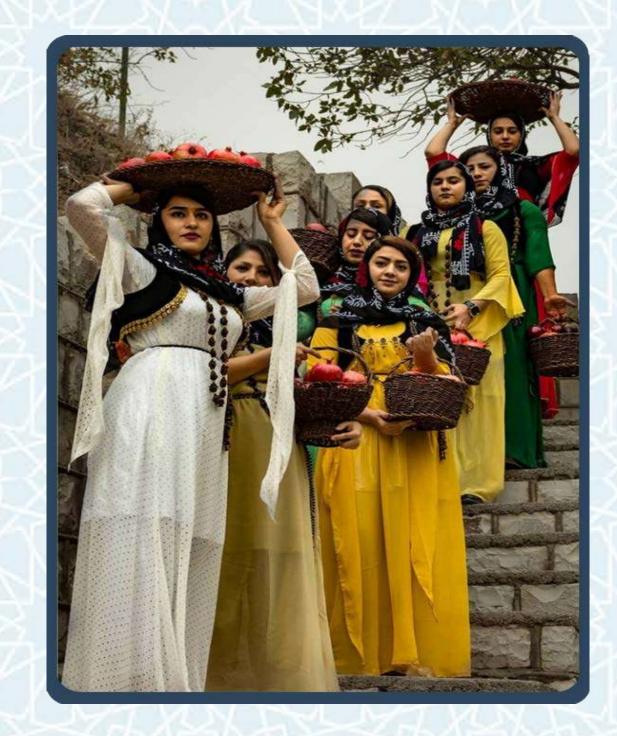


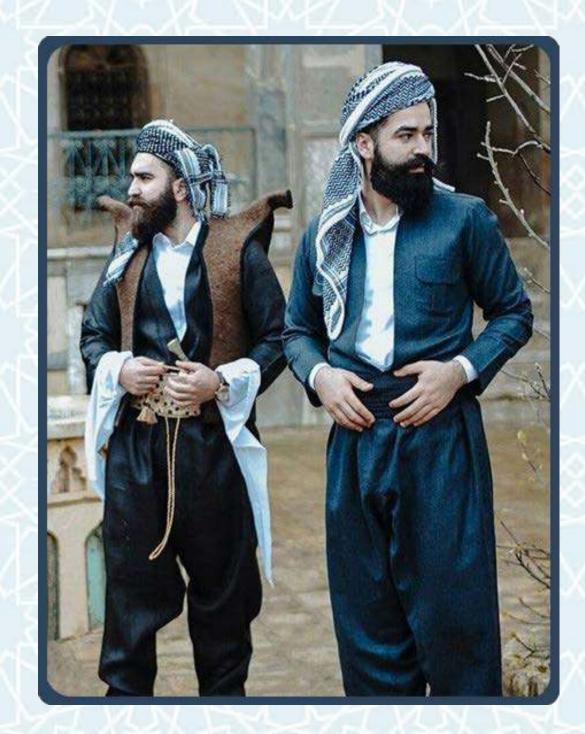


# Kurds



Kurds are ranked as the third ethnic group in Iran. They make up about 10% of the population. This ethnic group lives in both rural and urban areas. Rural Kurds live a nomadic life. The majority of Kurds are Sunni Muslims. They are famous in the world for being persistent and zealous.

















Lors are the fourth ethnic group in Iran. This ethnicity actually constitutes 6% of the total population of Iran. The majority of Lors are nomadic nomads. The areas that live in rural areas are governed by the elders of the tribe, and the Lor population has settled in urban and larger areas. They are also among the most famous Iranian tribes.







Arabs





41

Arabs are a much smaller minority in Iran, making up about 2% of Iran's population. They live in the oil-rich areas of Iran and have experienced very difficult conditions during the war in Iran. The Arab people in Khuzestan speak Arabic with several special dialects. Arab men's clothes are very long, up to their ankles and white in color. This dress is called Dashdasheh (Thawb) and of course Arab women also use Shila and Abba for covering. Also, the Arab people of Khuzestan often follow the Shiite religion.









The **Turkmens** of Iran mainly live on the eastern shores of the Caspian Sea, including the northern and eastern parts of Golestan province and in parts of Khorasan. They speak the **Turkmen** language, most of them are Muslim and follow the Hanafi religion.



The population of **Turkmens** in Iran reaches about two million people. Among the important **Turkmen** cities in Iran, we can mention Bandar Turkmen, Agh Qala and Gonbad-e Qabus.





# Baluches





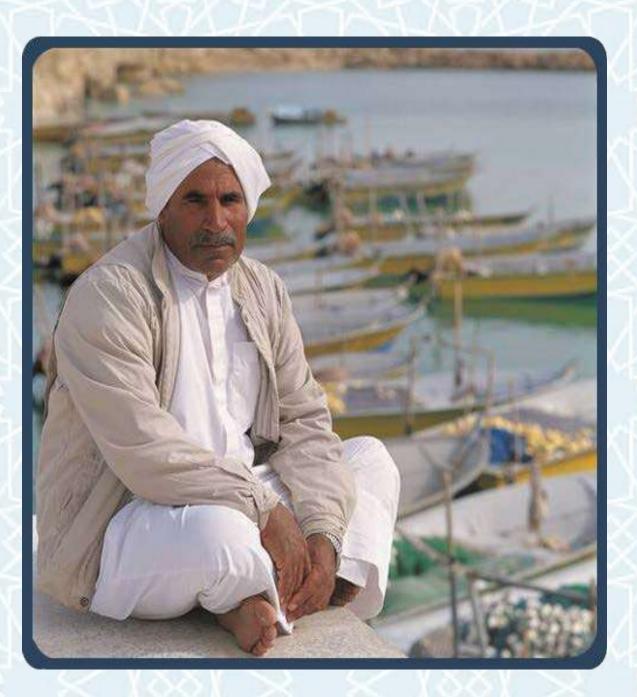
The **Baluch** people are Iranian tribes and live in a land called Baluchistan. The Baluch people speak the Baluchi language and their language is rooted in the ancient languages of Iran and branches of the Northwestern Iranian languages. The religion of the **Baluch** people is Islam and they follow the Hanafi Sunni religion. The settlement of this tribe is located in **Baluchistan**. The land of **Baluchistan** is among the lands of Pakistan, Iran and Afghanistan; But people from this tribe have migrated to the surrounding areas of Fars and some others.

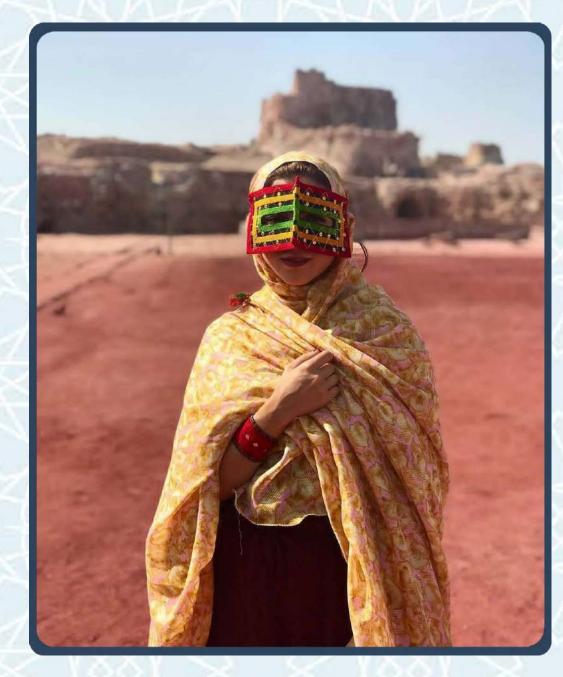














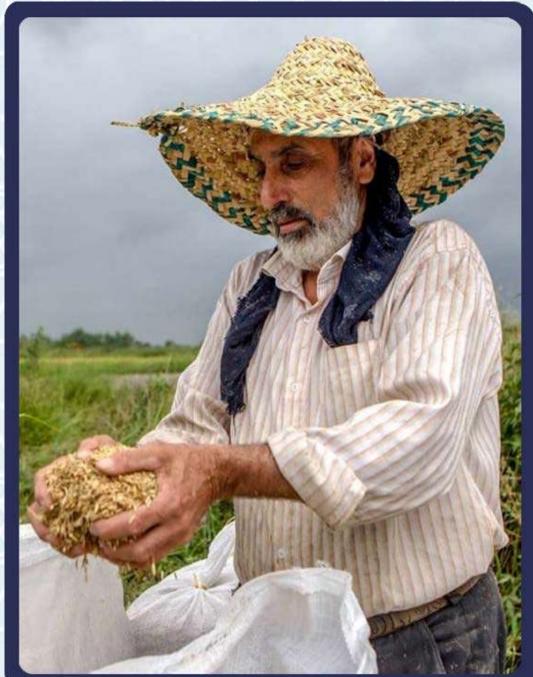
















## Men's style :::









## Women's style :::

















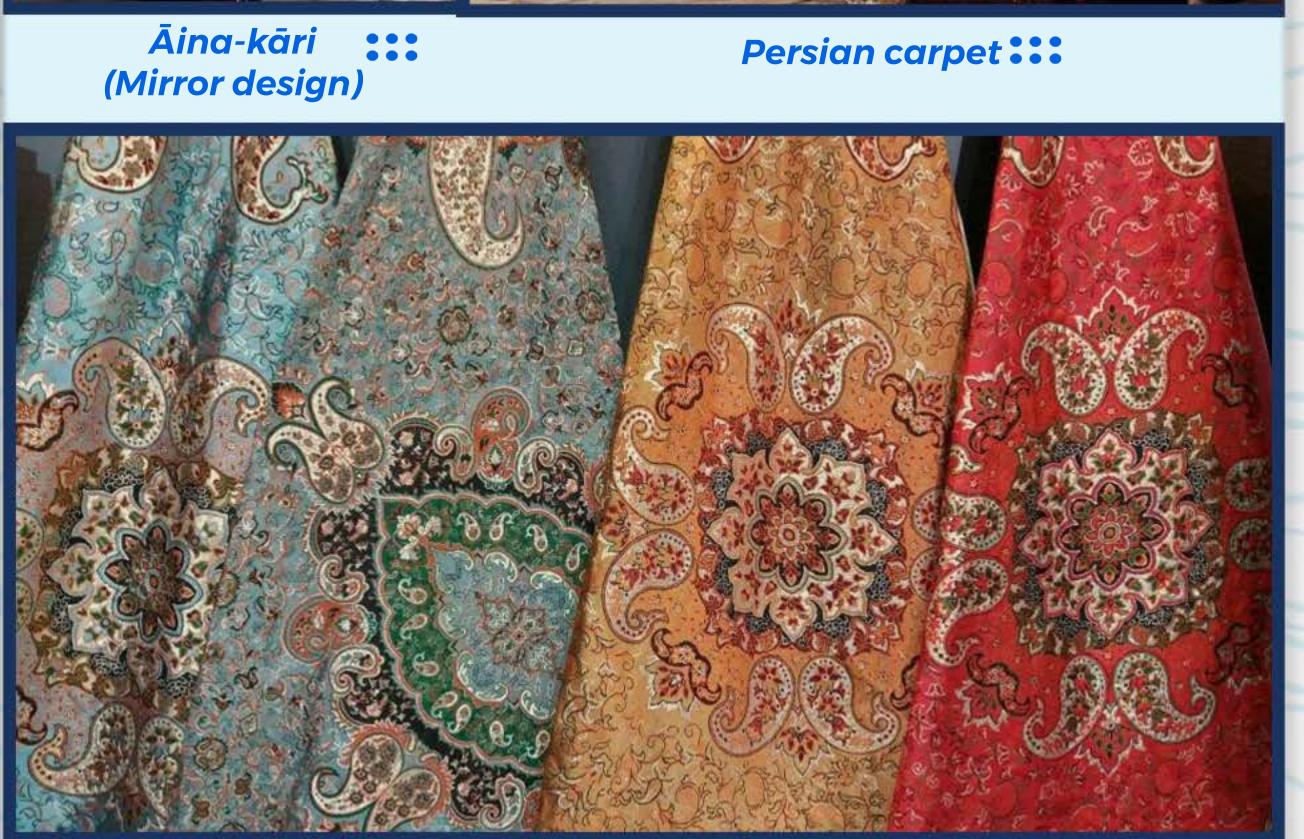




#### Tessellation/Tiling ::: (Kashikari)







#### Termeh :::









Painting on copper... (Mespardas)

Firoozeh (turquoise) Koobi :::





#### Vitreous enamel (Minakari) :::

#### Khatam kari ∷









#### Pottery (Sofalgari)



### Toreutics (Ghalamzani)

51







Giveh weaving :::

#### Wicker weaving (Hasirbafi):::



#### Kalamkari (Ghalamkari) :::

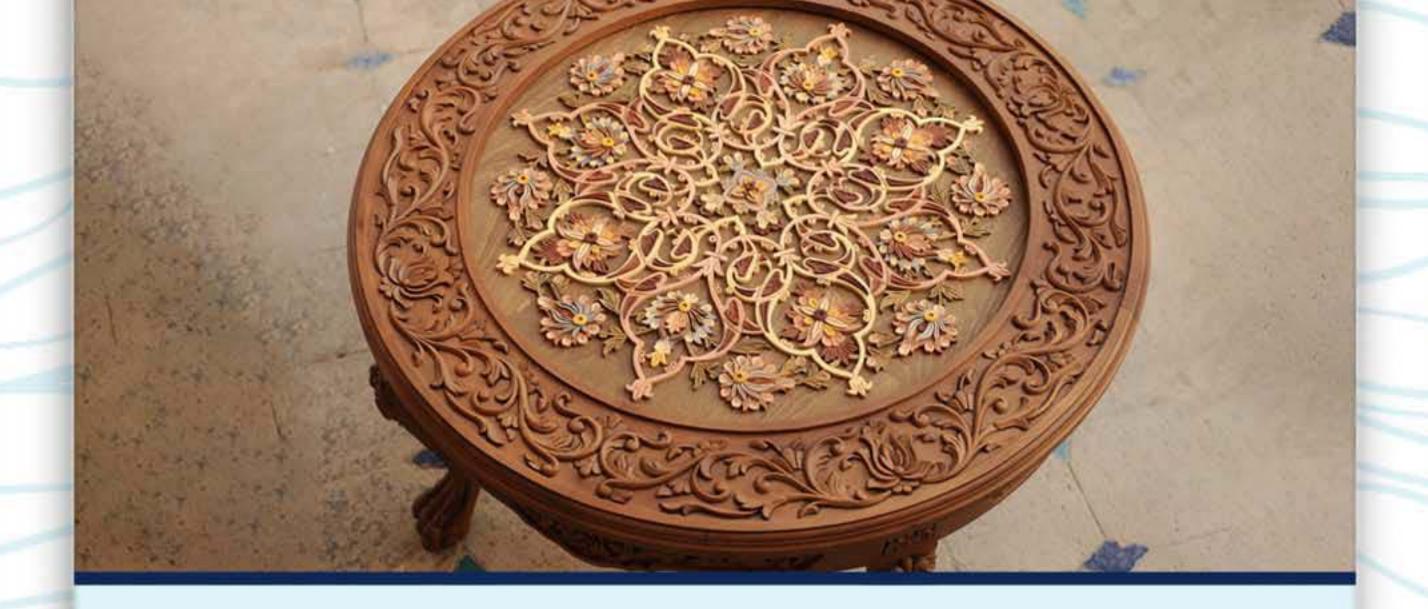
52







Marquetry (Monabbatkari)



### Mosaic (Moarraghkari)







Ghormehsabzi stew :::

Gheymeh stew :::

Fesenjan stew :::



Aush reshteh :::



#### Jujeh kebab/Shashlik



#### Kashk bademjan :::

#### Zereshk polo :::

#### Mirzaghasemi :::









#### Kotlet/Shami :::

Tabriz meatballs ::: (Kufteh)

Sabzi polo:::



Haleem :::

Isfahan Beryani :::

Kukusabzi ∷



#### Samosa (Sambuseh)

#### Dolma (Dolmeh) :::

55

#### Falafel :::







#### Masghati :::

Sholehzard :::

Leblebi ::: (Nokhodchi)



#### Halva :::

#### Faloodeh :::

#### Shirazi salad:::







Cookie :: (Kolucheh)

Gaz (Candy):::

Jalebi (Zulbia) **:::** and Bamiyeh



Baslogh/Sojogh :::

Kaak (Youkheh):::

Baklava :::

#### (Baghlava)



#### Kanafeh :::

Sohan :: (Confectionery) Date palm ::: (Khorma)









Tea (Chai) :::

Saffron juice ::: (Sharbat zaafaran)

Lemonade **:::** (Sharbat ablimoo)



Khakshir chartokhmeh:::

Sekanjabin

Prunus cerasus juice

#### juice (Sharbat)

#### juice (Sharbat)

#### (Sharbat Albaloo)



Ayran (Doogh)

Slushy ::: (Yakh dar behesht) Herbal distillate ::: (Araghiyat)







# ransportation

#### **Iran's** major airports:

Mehrabad international airport (**Tehran**) Imam Khomeini international airport (**Tehran**) Shahid Hashemi Nezhad international airport (**Mashhad**) Shahid Dastgheib international airport (**Shiraz**) Sari's international airport (**Sari**) Shahid Beheshti international airport (**Isfahan**) Shahid Madani international airport (**Tabriz**)









# Transportation ::



Inside the country, students tend to either travel by bus or taxis . Here are some options:

**Apps:** snap and tapsi are the main ones, being available in almost every Iranian city. The offer really good prices especially when compared with the traditional taxis.

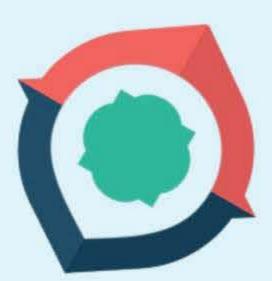


# 





## Google Maps









# Transportation .....

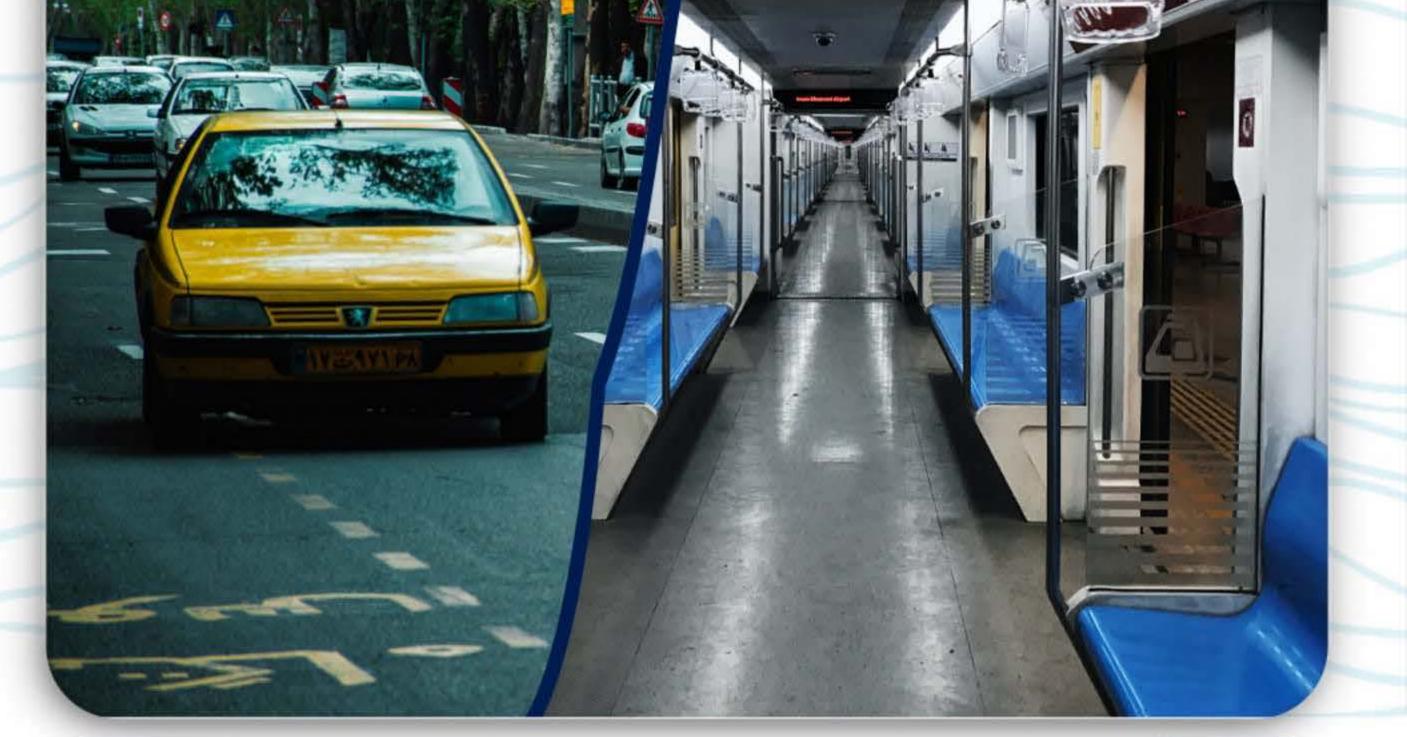
**Buses:** the cheapest option of transport. You can easily find its roots on Google maps or balad or neshan ( apps like Google maps but more accurate in Iran ). If you're going to take a bus to another city or state you can easily use **www.alibaba.ir** to buy tickets for train, bus or even flights.

*Metro/Subway:*Not all cities have this kind of transport, as it is common in larger ones. However, is a great option due to its punctuality and is very affordable.

Cities that have metro: Tehran - Mashhad - Shiraz - Isfahan - Tabriz - Karaj

#### Conclusion :

Many cities in Iran have a wonderful streets and tourist attractions but its streets seem a bit complicated so we suggest to trust your guide for the best experience.







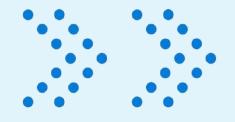


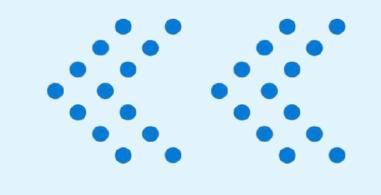


We use **Rial** as currency. Almost every shop in Iran accepts Credit cards from national banks, international money transfer services (Western union, PayPal, ...) and debit cards (visa and master cards) are not accepted in **Iran**.



As there is no support for international bank transfers, it's impossible for tourists to use ATM because for using ATM you have to have an Iranian bank account. But it's always possible to exchange currencies at currency exchange. Most of currency exchanges accept USD and EUR but other currencies like TL and AED are also accepted for exchange to **Rial**.









# SCOPE's Active Locals

- I. Tehran University of Medical Sciences (TUMS-MSA)
- 2. Tabriz University of Medical Sciences (IMSA-TBZ)
- 3. Mashhad University of Medical Science (IMSA-MSHD)
- 4. Hamedan University of Medical Sciences (IMSA-HUMS)
- 5. Iran University of Medical Sciences (IUMS)
- 6. Golestan University of Medical Sciences (GOUMSA)
- 7. Hormozgan University of Medical Sciences (IMSA-BND)
- 8. Sabzevar University of Medical Sciences (IMSA-MEDSAB)











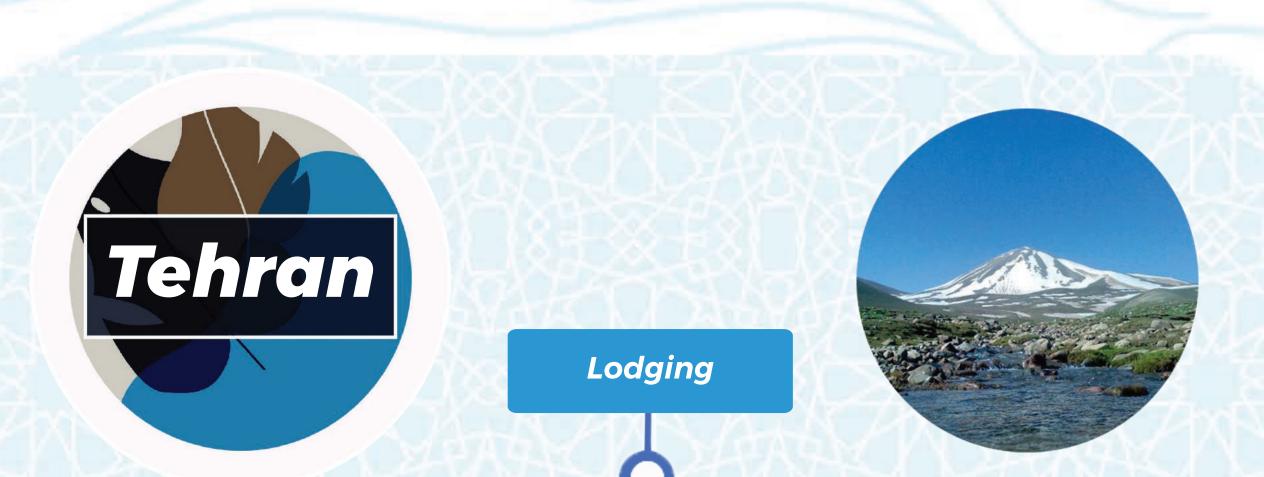


PopulationNumber of<br/>Incoming Students<br/>Per YearNumber of<br/>Students10,000,0003012000

Available Departments

Addiction Medicine, Allergy & Clinical Immunology, Anaesthesia, Dermatology, Emergency Medicine, Family Medicine, Gynaecology/Obstetrics, Infectious Diseases, Intensive and Critical Care, Internal Medicine-Cardiology, Internal Medicine-Endocrinology, Internal Medicine-Gastroenterology, Internal Medicine-Hematology, Internal Medicine-Nephrology, Internal Medicine-Pulmonary, Internal Medicine-Rheumatology, Neurology, Nuclear Medicine, Oncology, Ophthalmology, Otorhinolaryngology, Paediatrics, Paediatrics-Cardiology, Paediatrics-Endocrinology, Paediatrics-Nephrology, Paediatrics-Oncology, Paediatrics-Pneumology, Paediatrics-Surgery, Pathology, Physical Medicine and Rehabilitation, Psychiatry, Radiology, Sleep Disorders, Sports Medicine, Surgery-Cardiovascular Surgery, Surgery-Gastrointestinal Surgery, Surgery-General, Surgery-Hand Surgery, Surgery-Head and Neck Surgery, Surgery-Orthopaedics, Surgery-Plastic Surgery, Surgery-Vascular Surgery, Surgery-Transplantation Surgery, Urology





Exchange students will be accommodated in the international students' dormitory, where they can share experience with other international students.



#### **Official Website**

#### https://en.tums.ac.ir/en

#### Local Exchange Officer (LEO)





#### Ahmadi



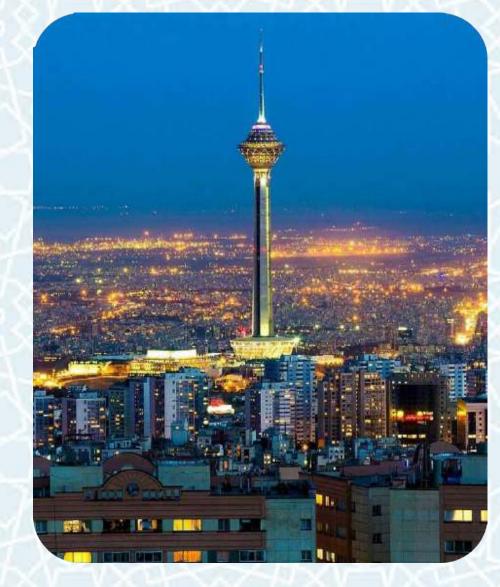




#### Overview

#### Tehran (also spelled Teheran)

(Persian: تهران) is the Capital and the largest city of Iran. Tehran is diverse, beautiful and hectic! There are three major medical universities in Tehran and the Tehran University of Medical Sciences is the largest, most prestigious and the highest ranking, not only in Tehran, but in Iran and among the best in the region.

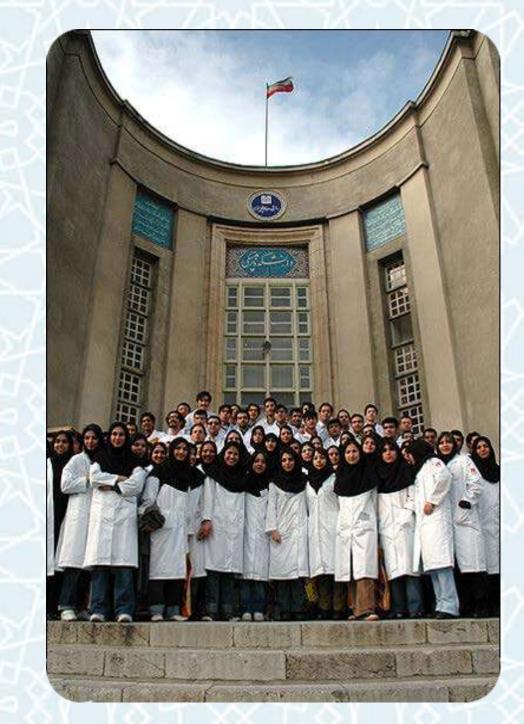


#### University And Hospitals

#### **History**:

The first modern center of medical training in Iran was founded in 1851. It was a part of the Institute of Higher Education (Dar-ol-Fonoon). The School of Medicine was established as a part of University of Tehran in 1934. This school included pharmacy and dentistry courses as well. In 1937, the School of Medicine moved to its present location in the northern wing of Tehran University campus. At present, this school includes 36 educational departments (basic and clinical) with 1327 faculty members.

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#### **History**:

The school trains over 4828 Students (55% of whom are women) in over 100 postgraduate programs. The school operates 14 teaching hospitals and offers a number of graduate (MD, MSc., & MPH) and postgraduate (specialty, fellowship and subspecialty in clinical medicine and PhD, in basic medical sciences) degrees. Over the last 10 years, the School has always been ranked first among other schools of medicine at the national level. School of Medicine of Tehran University of Medical Scinces continues to enhance its curriculum to meet the needs of 21st century medicine by integrating clinical and basic science across the curriculum, developing new models for clinical education and engaging students in an in-depth scholarly experience.



Educational

#### Departments

Basic Sciences: Anatomy, Physiology, Biochemistry, Medical Education, Immunology, Medical Ethics, Medical Genetics, Medical Physics & Biomedical Engineering, Microbiology and Pharmacology.

Clinical Sciences: Anesthesiology, Cardiology, Dermatology, Emergency Medicine, ENT, Forensic Medicine, Geriatrics Medicine, Infectious Disease, Internal Medicine, Neurology, Neurosurgery, Nuclear Medicine, Obstetrics and Gynecology, Occupational Health, Ophthalmology, Orthopedics, Pathology, Pediatrics, general Surgery, Psychiatry, Radiation Oncology, Radiology, Sports Medicine, Urology







#### **Affliated Hospitals:**

Imam Khomeini Hospital Complex, AmirAlam Hospital, Sina Hospital, Farabi Eye Hospital, Razi Hospital, Baharloo Hospital, Children's Medical Center, Roozbeh Psychiatric Hospital, Shariati Hospital, Yas Women's Hospital, Ziaeian Hospital, Tehran Heart Center, Arash Women's Hospital, Bahrami Children Center.



#### Social Program

Our social program includes the most-visited tourists' sights of Tehran. If you have a special place in mind that you want to visit, please inform your contact person or our LEO so if possible, we can arrange it for you or give you some info on how to get there.











#### **Transportation**

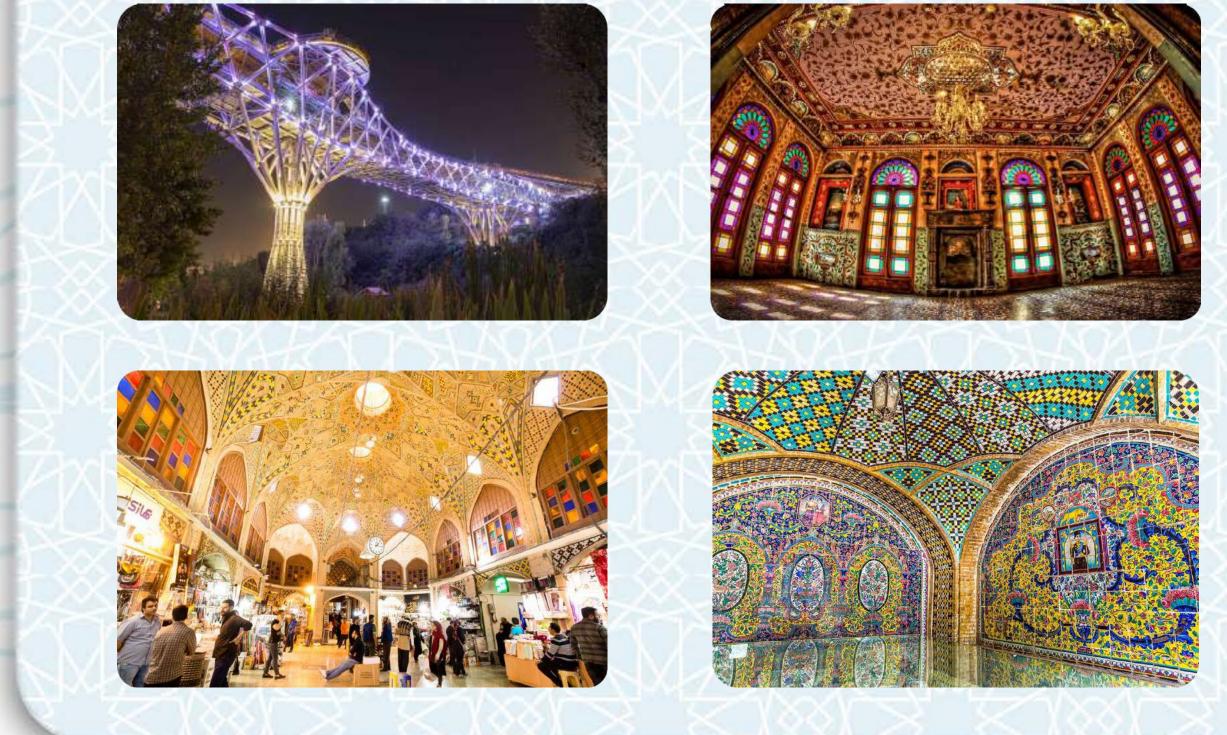
Most of the university's affiliated hospitals are located near the dormitory and the main university campus. Some of them are in walking distance! Also they are accessible by buses and subway.





#### **Must See**

Golestan Palace, Sa'dabad Complex, Milad Tower, Tabiat Bridge, Treasury of National Jewels, The Grand Bazaar, Tochal Telecabin, Museum of Ancient Iran and so many other wonderful places.



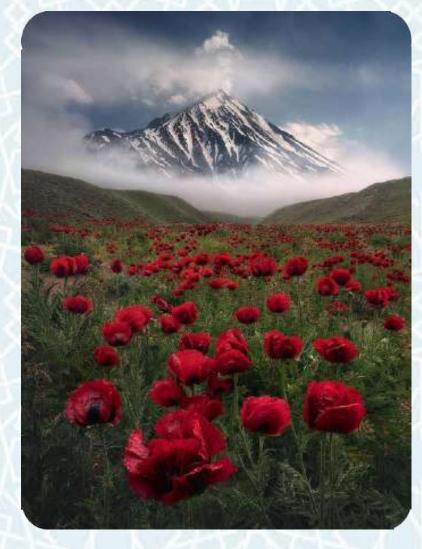






#### Culture

Tehran culture Tehran is the most populous city and the capital of Iran, the capital of Tehran province and Tehran city. The majority of people in Tehran are Persians; After them, respectively, Iranian Azeris and Mazandaranis are the largest ethnic minorities in Tehran. Also, the Kurdish and Gilak ethnic groups are also among the most populated ethnic groups in the city. Tehran hosts a small foreign population, and the most foreigners living there are Afghans, followed by Pakistanis and Iraqis. Tehran is the largest Persian-speaking city in the world. 98% of Tehranis understand Farsi .Old Tehrani dialect was the special dialect of Tehran people in the past, which faded and changed over time. The culture of Tehran, the capital of Iran, despite the existence of various ethnic groups in the city, is mostly influenced by Iranian culture and Islamic Arab culture. The influence of Arab culture on the face of the city and the clothes of the people is very prominent. Many cultural festivals of Iran appeared in Tehran for the first time and are held in this city every year. This city is an important center for theater, film, cinema, music, sports and media in Iran. There are also many famous museums in this city.Kamal al-Molk, Vared Tehrani (Mohammed Shafi), Sharifa Tehrani, Qasim Beyk Afshar, Haghi Razi are among Tehran's famous people.











# Ash Shole Qalamkar

Ash Shole Qalamkar is one of the delicious and popular dishes of Tehranis, which are cooked with red meat, lentils, wheat, green vegetables, pinto beans, onions, mint and rice.



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# Dami Balghur

Another delicious dish of Tehran province is Dami Balghur jo, which is one of the oldest and most original dishes of Tehran and was one of the most popular dishes in ancient times and is still served in most traditional restaurants in Tehran.Dami Balghur is one of Lavasan's local dishes, which is cooked using tableh local vegetables. Dami Balghur is made from balghur, lentils, rice, onion, pinto beans, mint and water.







Population

1200000

Available Departments

Neurology, Urology, Cardiology, Community Medicine Number of Students

~8000

Available Dates

Jan, Apr, May, June, July, Aug, Oct, Nov, Dec

Boarding

Hospital

Number of Incoming Students Per Year

14





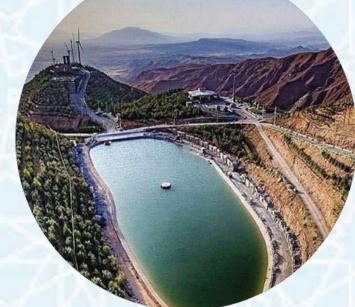




Lodging



Specific Exchange Conditions

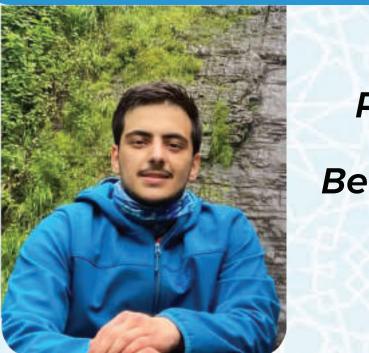


Please keep in mind that the dormitory for females and males are located in different places. It is not recommended to choose an exchange period during Ramadan. The winters are exceptionally cold.

**Official Website** 

https://medfac-en.tbzmed.ac.ir/

#### Local Exchange Officer (LEO)



Rasa Beheshti







#### **Overview**

Tabriz (Persian: تريز) is the largest city in the Northwestern Iran. Tabriz is diverse, beautiful and ancient. It is the capitol of East Azerbaijan province and an important icon of trade, industry and culture. Most people talk in native language of Azerbaijani and are famously welcoming.





University And Hospitals

**History**:

Tabriz faculty of medicine was founded in 1947 as the second medical faculty in Iran and the first faculty of Tabriz university. After 1985, similar to other universities, Tabriz university of medical sciences was separated from Tabriz university. Currently, this faculty includes 28 educational departments (basic and clinical) with over 400 faculty members. The faculty trains nearly 1000 Students in a wide array of postgraduate programs. The school operates 11 teaching hospitals and offers a number of graduate (MD, MSc., & MPH) and postgraduate (specialty, fellowship and subspecialty in clinical medicine and PhD, in basic medical sciences) degrees.

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University And Hospitals

#### **Educational Departments:**

 Basic Sciences: Anatomy, Physiology, Biochemistry, Immunology, Medical Ethics, Medical Genetics, Medical Physics & Biomedical Engineering, Microbiology
 Clinical Sciences: Anesthesiology, Cardiology, Dermatology, Emergency Medicine, ENT, Infectious Disease, Internal Medicine, Neurology, Neurosurgery, Nuclear Medicine, Obstetrics and Gynecology, Occupational Health, Ophthalmology, Orthopedics, Pathology, Pediatrics, General Surgery, Psychiatry, Radiology, Urology

75





# **Affiliated Hospitals:**

•Emam Reza, Razi, Madani, Ghazi, Nikukari, Sina, Al-Zahra, Shohada, Talegani







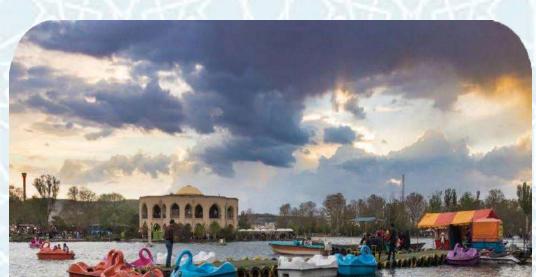
Research Projects and Labs

There are more than 20 research centers in Tabriz University of Medical Sciences. The most prominent ones are:

- Immunology and Stem Cell Research Center
- Tuberculosis and Pulmonary Disease Research Center
- Social Determinants of Health Research Center
- Road Traffic Injury Research Center
- Students' Scientific Research Center
- Cardiology Research Center
- Women's Health Research Center
- Neuroscience Research Center
- Drug Applied Research Center

# Boarding

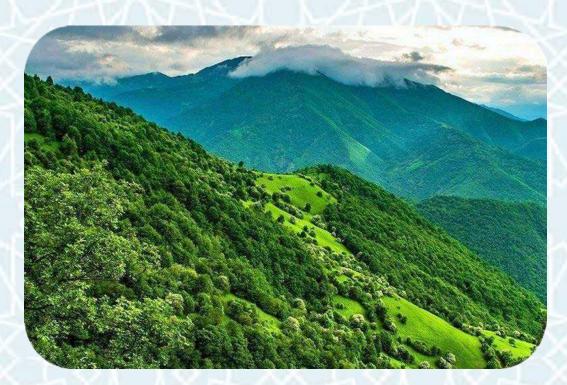
Boarding is provided in the hospitals' canteen.





# Lodging

Exchange students will be accommodated in the international students' dormitory, where they can share experience with other international students.







#### **Transportation**

Most of the university's affiliated hospitals are located near the dormitory and the main university campus. Some of them are in walking distance! Also they are accessible by buses and subway.



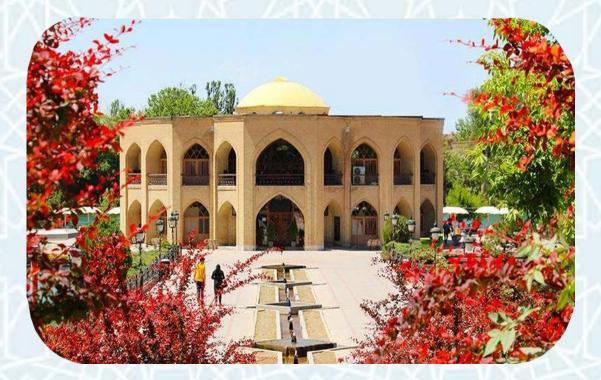
#### Social Program

Our social program includes the most-visited tourists' sights of Tabriz. If you have a special place in mind that you want to visit, please inform your contact person or our LEO so if possible, we can arrange it for you or give you some info on how to get there.



## **Must See**

El-Goli, Saat Square, The Historical Area of Bazar, Arasbaran Jungles, Eynali, Magbarat-olshoara, Azerbaijan Museum



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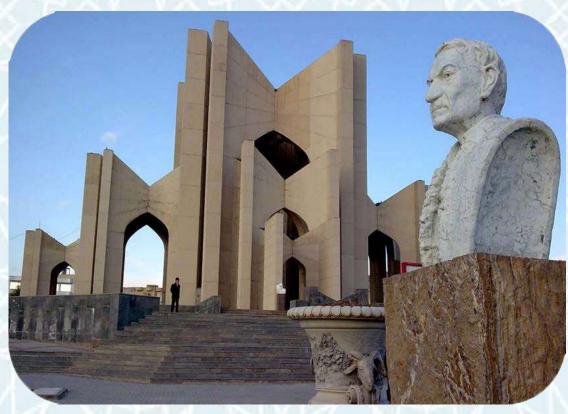
### Culture

Tabriz is the historical capital and the largest city in northwestern Iran. Since long ago, Tabriz has been at the top of the Iranian trade route to the west and being on the Silk Road, in addition to the prosperity of trade, has caused the prosperity of culture and art in this city. The establishment of schools such as Rab'-e Rashidi has also added to this boom. During the contemporary period, the establishment of the American Memorial School in the late nineteenth century and later the establishment of the University of Tabriz, as well as the existence of intellectual currents in Tabriz, added to the prosperity of cultural exchanges in this city. Many celebrities in the fields of poetry, literature, art, calligraphy, history, politics, jurisprudence, interpretation and philosophy are from Tabriz.

#### Tabriz Kuftesi

Tabriz is a city of delicious food, foods that are so diverse that satisfy all food tastes. Undoubtedly, the most famous food in this city is 'Tabriz Kuftesi'. It is an Iranian meatball recipe from the city of Tabriz. The dish normally includes a big meatball with meat, rice, yellow split peas, herbs and other ingredients and its juice which is served in a separate dish with shredded Sangak or Lavash bread before the main course.















Population

3'001'184

Available Departments

Pediatrics, Cardiology, Infectious Diseases, Orthopedics Number of Students

7000

Available Dates

July, Aug, Sept, Oct, Nov, Dec

Number of Incoming Students Per Year

10

Boarding

Lunch at the hospital cafeteria







Please keep in mind that the dormitory for females and males are located in different places. It is not recommended to choose an exchange period during Ramadan.

#### **Official Website**

# https://medical.mums.ac.ir/

# Maryam

Local Exchange Officer (LEO)

Salehi







#### Overview

Mashhad, also spelled Mashad or Meshad, is the second most-populous city in Iran. It was a major oasis along the ancient Silk Road connecting with Merv to the east. Mashhad is also known colloquially as the city of Ferdowsi, after the Iranian poet who composed the Shahnameh. The city is the hometown of some of the most significant Iranian literary figures and artists, such as the poet Mehdi Akhavan-Sales, and Mohammad-Reza Shajarian, the traditional Iranian singer and composer.





University And Hospitals

Mashhad University of Medical Sciences: The University is currently ranked as one of the best in the Middle East. In 2001, its department of Medicine was ranked first among the Iranian universities. The latest rankings put Mashhad University in 3rd place nationally. MUMS has 8 faculties, operates 32 hospitals plus 179 rural and 147 urban health care centers. Its faculty include 600 teaching staff, 1700 physicians, 140 dentists, 130 pharmacists, and 25,402 staff employees. In 2001, 7,000 students were enrolled full-time.

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# **Affiliated Hospitals:**

\* Imam Reza Hospital \* Ghaem Hospital \* Shahid Hashemi Nezhad Hospital







### Boarding

Boarding is provided in the hospitals' canteen. We will provide the students with pocket money if they wish not to eat at hospital cafeteria.

## Lodging

Exchange students will be accommodated in the international students' dormitory, where they can share experience with other international students.

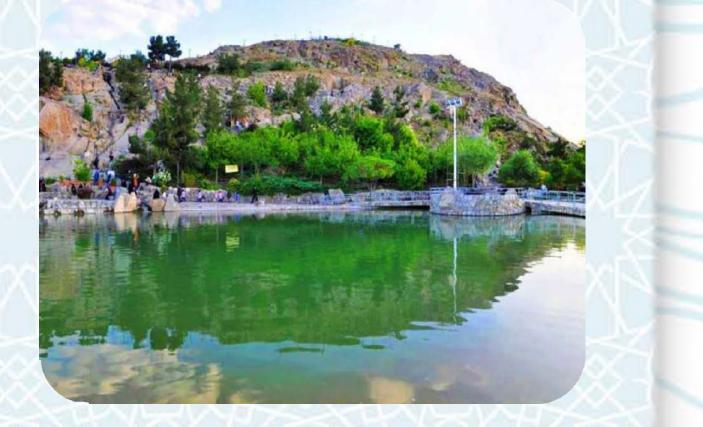
#### **Transportation**

Most of the university's affiliated hospitals are located near the dormitory and the main university campus. Some of them are in walking distance! Also they are accessible by buses and subway. We will provide the students with special cards designed for transportation via subway or busses. Also a guiding map will be given to them.

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# Social Program

There will be a Welcome Dinner and Upon-Arrival-Training on the first day.
Additionally a city tour, a National Food and Drinks Party and a Farewell Dinner will be held.
Our social program includes the most-visited tourists' sights of Mashhad.







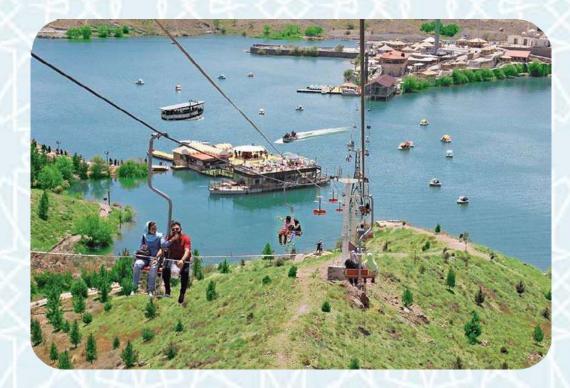
#### **Must See**

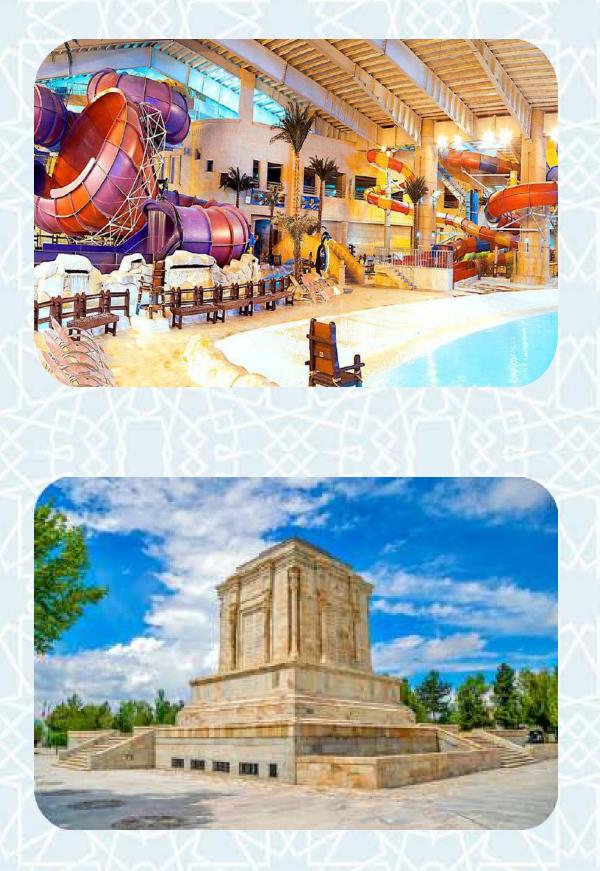
-Imam Reza Holy Shrine -Kang Village -Darougheh Historical House



#### Culture

Mashhad is a multiethnic city that includes Persians, Baluchis, Daris, Hazrajatis, Turkmen, Uzbeks, Tajiks, Kurds, and Lurs among its residents. The dominant ethnic groups are Persians, followed by Turkmen, and Kurds.





Mashhad's cultural scene is rich. Religious life is centred on the shrine at the burial site of Ali al-Rida (Imam Reza).A lot of pilgrims come to pay their respects there from all over Iran and from many countries of the world. The city maintains parks, a zoo, museums, and libraries. Just outside Mashhad is the mausoleum of Abū Qāsim Ferdowsī, the incomparable poet and author of the Shahnameh.





#### Shole Mashhadi

Shole Mashhadi is one of the oldest traditional dishes of Mashhad and even Iran, the cooking of it dates back to the Qajar period, this is one of the traditional dishes of Mashhad as the first Iranian dish which cooking is more than a century old and has been registered as a national Iranian heritage.





**Sweet Coco** 

Sweet Coco is one of Mashhad's traditional desserts that has many fans. The ingredients of this dessert include saffron, corn flour, potatoes and eggs, and to sweeten it at the end, they pour the juice they have prepared on it.













Population

790000

Number of Students

1200

Available Departments

Family Medicine, Available Dates

Apr, May, June, July, Aug, Sept



Number of Incoming Students Per Year

3

Boarding

Hospital











Lodging



Specific Exchange Conditions

Please keep in mind that the dormitory for females and males are located in different places. It is not recommended to choose an exchange period during Ramadan.

#### **Official Website**

# http://enmedschool.umsha.ac.ir/

# Local Exchange Officer (LEO)



Ramin

Mansouri







#### Overview

Hamadan (also spelled Hamedan) is believed to be among the oldest Iranian cities. Hamadan has unique mountainous nature with ancient historical sites. There is one Medical school in Hamadan named after Avicenna. Avicenna university of medical sciences is one of the largest, most prestigious, and highest-ranking universities in Iran.



# University And Hospitals

Hamadan University of Medical Sciences was founded in Hamadan by establishing a health education complex in 1972 at Bu-Ali Sina University of Hamadan and several other fields. After establishing the Ministry of Health and Medical Education in 1987, the Faculty of Medicine continued to integrate several educational and therapeutic units in Hamadan University of Medical Sciences and Health Services. Later, with the

establishment of new Faculties, including the Faculty of Dentistry, Faculty of Public Health, Faculty of Paramedicine, and the Faculty of Nursing and Midwifery at the University, some fields were transferred to those faculties.



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# University And Hospitals

Today, the Faculty of Medicine, as one of the leading faculties in the country, in addition to General Medicine has several postgraduate degree programs, including 9 Master's degree programs (in Clinical Biochemistry, Microbiology, Parasitology, Medical Biotechnology, Anatomy, Physiology, Medical Entomology, Immunology, Health and Food Safety) and 6 PhD degree programs (in Clinical Biochemistry, Molecular Medicine, Bacteriology, Parasitology, Biotechnology, and Neuroscience). Also, since 1992, this faculty has been licensed for two subspecialty programs (Pediatrics and Intensive Care) and 18 specialty programs (Pathology, Anesthesiology, Dermatology, General Surgery, Neurosurgery, Bone and Joint Surgery, Kidney and Urinary Tract Surgery, Internal Medicine, Radiology, Radiotherapy, Psychotherapy, Gynecology, Infectious Diseases, Emergency Medicine, Cardiology, Pediatrics, ENT, Neurology).







# Educational Departments

# **Affiliated Hospitals:**

Besat Hospital, Farshchian Hospital, Fatemiyeh Hospital, ShahidBeheshti Hospital, Sina Hospital







Research Projects And Labs

**Research Dissemination and Utilization Office Research Institute of Sina** The Neurophysiology Research Center Urology and Nephrology Research Center Behavioral Disorders and Substance Abuse Research Center Molecular Medicine Research Center Dental Research Center The Research Center for Health Sciences (RCHS) **Traditional Medicine Center** Nutrition Health Research Center Modeling of Noncommunicable Disease Research Center (MNDRC) **Research Center for Medicinal Herbs and Natural Products Psorias Research Center Endometrium and Endometriosis Research Center Research Center for Hamadan Prospective Studies Research Institute for Mental Health and Addiction Research Institute of Health Sciences and Technology Research Center for Social Factors Affecting Health Research Center for Chronic Disease** Student Research Center Health Technology Growth Center Mother and Child Research Center **Brucellosis Research Center** 









# Boarding

Boarding is provided in the hospitals' canteen.

# Lodging

Exchange students will be accommodated in the international students' dormitory to share the experience with other international students.

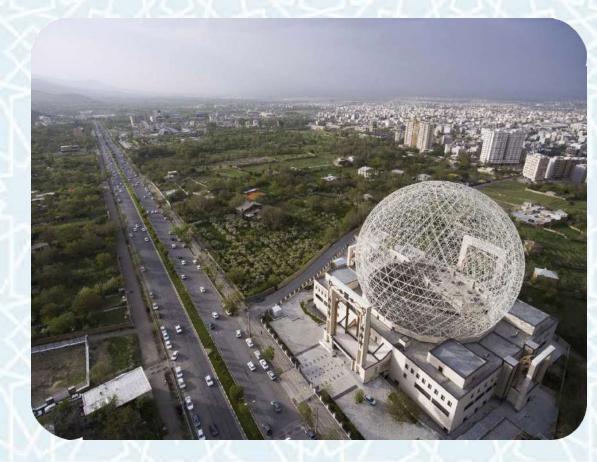
#### Transportation

• Transportation to Hamadan: The best way to get to Hamadan for those who land in Tehran is by airplane; however, one might consider taking a bus from Tehran too. It takes 45 minutes from Tehran by plane, and the bus takes around 4 hours from Tehran. However, this bus departs every day, so a taxi seems to be a more practical option, costing approximately 100000 tomans (around €4).

 Transportation within the City: Although there is a well-established bus system within the city that runs until midnight, the only option to get around after 10 PM is, again, taxis.

90

Most of the University's affiliated hospitals are located near the dormitory and the main university campus. Some of them are within walking distance! Also, they are accessible by buses and taxies.







# Social Program

We have prepared an ideal social program for our incomings. Our social program includes the most-visited tourists' sights of Hamadan and Kurdistan with a taste of local cuisine. If you have a special place in mind that you want to visit, please inform your contact person or our LEO so if possible, we can arrange it for you or give you some info on how to get there.



91

# **Must See**

The Tomb of Avicenna, Tomb of Esther and Mordechai, Ali-Sadr Cave, The Tomb of Baba Taher, Ganjnameh, Ecbatana, Alvand Mountain, Mishan (A plain of Alvand Mountain), Hamadan Stone Lion, Sanandaj, Palangan, Uraman Takht, Dulab, Kurdistan.







#### Culture

Hamedan, with its ancient history and civilization, has the diverse ethnicity and various cultures that have lived together during centuries. The culture and heritage of Hamadan is full of the richest literature and folklore, native games, traditional arts, food, medicine, native ritual, traditional trades, and so on. Of Traditional Arts District as well as pottery, woodwork and saddle equipment, Pearls weaving, crafts and art Mootabi and many other fields are mentioned. Of traditional arts, pottery, woodwork, saddlery, Morvar bafi, Mootabi and many other art and handcraft fields can be noted. Among other cultural capacities of Hamedan province are religious and traditional customs such as: Muharram ceremonies, needle divination, cooking techniques of traditional pastries, work songs, traditional games, Nowruz ritual ceremony, marriage, garment, music, Iullabies, literature etc.

92

# Ash Amaj

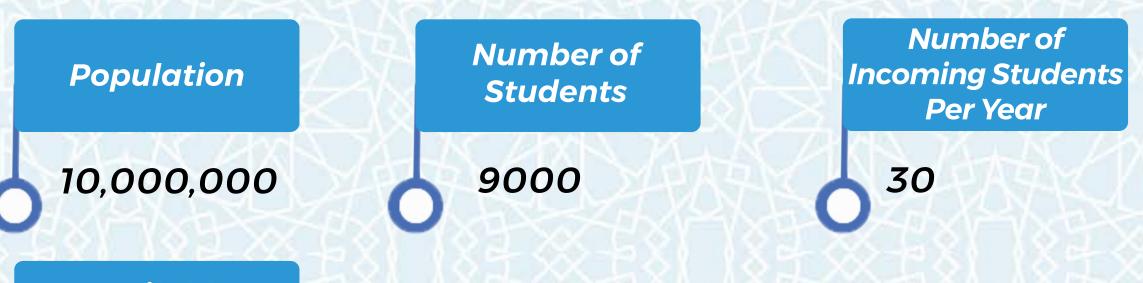
Ash Amaj is one of the local dishes of Hamedan, which is also prepared in other cities, but with a slightly different recipe! The necessary ingredients to prepare this soup are green vegetables (leek and chives), legumes (lentils, chickpeas), hot onions, garlic, eggs, and, of course, amaj. Amaj is an irregularly shaped paste that is used in traditional dishes after drying in heat.











Available Departments

Addiction Medicine, Allergy & Clinical Immunology, Anaesthesia, Dermatology, Emergency Medicine, Family Medicine, Gynaecology/Obstetrics, Infectious Diseases, Intensive and Critical Care, Internal Medicine-Cardiology, Internal Medicine-Endocrinology, Internal Medicine-Gastroenterology, Internal Medicine-Hematology, Internal Medicine-Nephrology, Internal Medicine-Pulmonary, Internal Medicine-Rheumatology, Neurology, Nuclear Medicine, Oncology,Ophthalmology,Otorhinolaryngology,Paediatrics, Paediatrics-Cardiology, Paediatrics-Endocrinology, Paediatr ics-Nephrology, Paediatrics-Oncology, Paediatrics-Pneumol ogy,Paediatrics-Surgery,Pathology,Physical Medicine and Rehabilitation, Psychiatry, Radiology, Sleep Disorders, Sports Medicine, Surgery-Cardiovascular Surgery, Surgery-Gastrointestinal Surgery, Surgery-General, Surgery-Hand Surgery, Surgery-Head and Neck Surgery, Surgery-Orthopaedics, Surgery-Plastic Surgery, Surgery-Vascular Surgery, Surgery-Transplantation Surgery, Urology

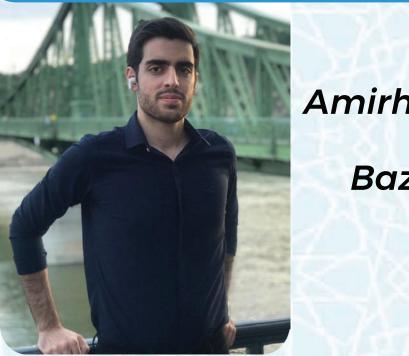
93





	Boarding Hospital	
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# Local Exchange Officer (LEO)



Amirhossein Bazdar







#### Overview

Iran university of medical sciences is a high ranked medical university in Iran. According to "Times Impact Ranking 2019", IUMS has been chosen as 1st university in the nation & 41st in the world, Also 1st in the nation & 55th in 2020. Its students rank among the very top 1% of Iran's students in the national ranking entrance exams for universities.



# University And Hospital

Located in Tehran, it was founded in 1974 under the name The Imperial Medical Center, and designed by William Pereira and Associates.

The University operates 11 schools (Medicine, Nursing & Midwifery, Public Health, Health Management and Information Sciences, Mental Health & Behavioral Sciences, Rehabilitation Sciences, Advanced technologies in Medicine, Allied Medical Sciences and Medicine, dentistry and Pharmacy in its International Campus), two centers, two institutes, twenty-nine research centers, seventeen teaching and fifteen non-teaching hospitals in Tehran.

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# University And Hospital

IUMS is the activist & well-known medical college in the nation for participation in development of cognitive sciences & related technologies. "Brain & Cognition Clinic (BCC)" is first and only center established for expansion of cognitive sciences by their clinical application. Also, Iran psychiatric hospital has been mobilized by cognitive lab.

"DBS Project" is a national plan which was recommended by cognitive center depended to Iran president office; This project develops manufacturing of battery & electrode in deep brain stimulation. Hazrate-rasoul medical center as the national center for DBS surgeries in participation with Sharif university of technology, university of tehran & Amirkabir university of technology, altogether try to make country independent in DBS.



















# Boarding Remarks

Boarding is provided in the hospitals' canteen.

# Lodging Remarks

Exchange students will be accommodated in the international students' dormitory, where they can share experience with other international students.

#### **Transportation**

Most of the university hospitals are accessible with public transport easily and there is possibility to use transportation provided by the university.





# Social Program

There are a wide variety of activities that you can do in Tehran. To get to know history of Iran and Tehran in Golestan Palace or Museum of Ancient Iran or see the magnificent Jewelry and National Treasures Museum to a modern view of the whole city from the top of Milad Tower. You can go skiing in Tochal ski resort or go hiking in Darband. Good thing is, traveling is very cheap in Iran and there is thousands of years of history worth seeing. Don't worry, you'll have a great time.

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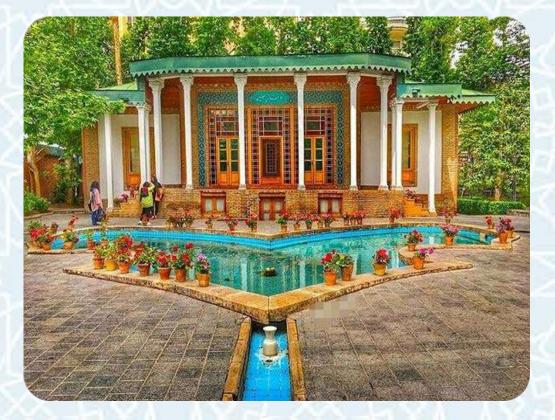


#### Available Departments for SCOPE Project

Neurology, Hematology, ENT, Ophthalmology, Asthma and Allergy, Endocrinology, Sports Medicine

#### Culture

Tehran is the most populous city and the capital of Iran, the capital of Tehran province and Tehran city. The majority of people in Tehran are Persians; After them, respectively, Iranian Azeris and Mazandaranis are the largest ethnic minorities in Tehran. Also, the Kurdish and Gilak ethnic groups are also among the most populated ethnic groups in the city. Tehran hosts a small foreign population, and the most foreigners living there are Afghans, followed by Pakistanis and Iraqis. Tehran is the largest Persian-speaking city in the world. 98% of Tehranis understand Farsi .Old Tehrani dialect was the special dialect of Tehran people in the past, which faded and changed over time. The culture of Tehran, the capital of Iran, despite the existence of various ethnic groups in the city, is mostly influenced by Iranian culture and Islamic Arab culture.











# Ash Shole Qalamkar

Ash Shole Qalamkar is one of the delicious and popular dishes of Tehranis, which are cooked with red meat, lentils, wheat, green vegetables, pinto beans, onions, mint and rice.



## Dami Balghur

Another delicious dish of Tehran province is Dami Balghur jo, which is one of the oldest and most original dishes of Tehran and was one of the most popular dishes in ancient times and is still served in most traditional restaurants in Tehran.Dami Balghur is one of Lavasan's local dishes, which is cooked using tableh local vegetables. Dami Balghur is made from balghur, lentils, rice, onion, pinto beans, mint and water.









#### **Basic Sciences:**

Microbiology, Biochemistry, Biophysics, Genetics and Nutrition, Immunology, Immunology, Physiology, Anatomy , Parasitology and Mycology, Pharmacology, Health and

# Community Medicine, Traditional Iranian Medicine Clinical Sciences:

Pediatrics, Obstetrics and Gynecology, General Surgery, Psychiatry, Anesthesiology and Critical Care, Radiology, Orthopedics, Infectious Diseases, Cardiology, Neurology, Neurosurgery, Internal Medicine, Pathology, Semiology (Virtual), Medical Ethics (Virtual)











**Official Website** 



# https://goums.ac.ir/index.php?slc\_lang=en&sid=200

Available Departments For Scope Project

Pediatrics, Radiology, Neurology and Internal Medicine

#### Local Exchange Officer (LEO)



Mahdi

V

Shabani

#### Overview

Golestan Province is one of the 31 provinces of Iran, located in the north-east of the country south of the Caspian Sea. Golestan Province`s capital is Gorgan. Gorgan has a mediterranean climate . In general, Golestan has a moderate and humid climate known as "the moderate Caspian climate." As a result of the above factors, three different climates exist in the region: plain moderate, mountainous, and semi-arid. Gorgan valley has a semi-arid climate. More than 20 tribes (Persian. Turkish .kurdish . turkmen .Baluch . sistani ....) live in golestan province.while as varied tribes. Languages and religions . the inhabitants of golestan province live in peace and quiet. The people of Golestan province are very kind and hospitable and warmly welcome the guests of their city and province.



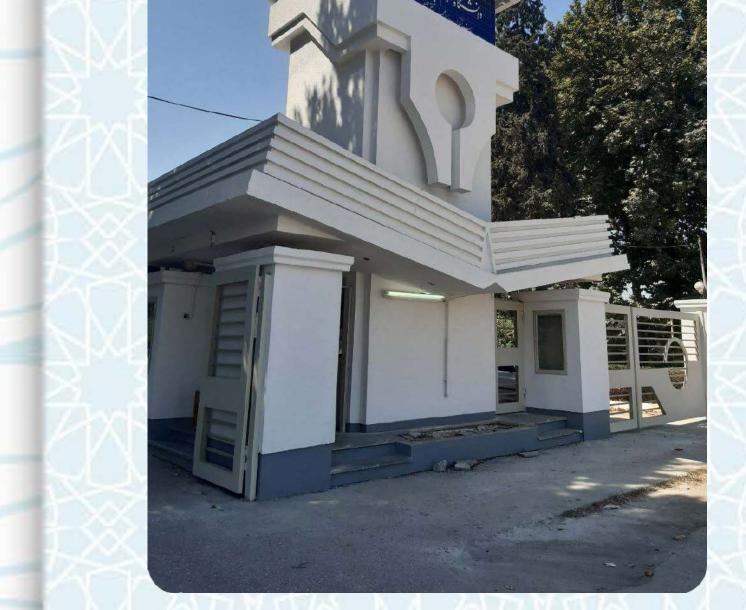




# University And Hospitals

Golestan University of Medical Sciences is located in Gorgan, Iran. GoUMS started its educational activities in 1967 with the name of Buyeh Vocational School in Gorgan and Dasht region. It also has large schools of medicine, dentistry, public health, advanced technologies in medicine, paramedical, and nursing and midwifery. There Are 19 centers affiliated to the university, 2 of which have permanent approved by the ministry of health and medical education (MOHME) including the golestan research center of Gastroenterology and Hepatology and infectious diseases research center and 6 of them have conditional approval from the MOHME including congenital diseases, ischemic disease, cellular and molecular, neuroscience, metabolic disorders, and rheumatology research centers.













# University And Hospitals

There are 25 active hospitals in Golestan province including 16 public and 6 private hospitals. GOUMS consist of 3 teaching hospitals including 5-Azar Hospital, Taleghani Hospital and Sayyad Shirazi Hospital. We decided to Reach the top position in the education of educated and progressive human capital, development of research and new technologies in medical sciences, provision of standard health services and creation of knowledge-based wealth until 2026 in the country.





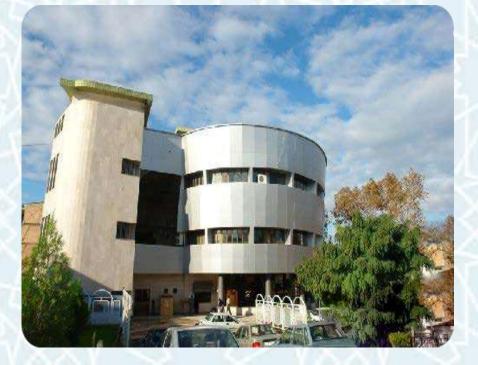






# Mission

Ensuring, maintaining and promoting community health at the national and international levels by establishing standards of excellence in line with institutionalized moral values using "capable human capital" and "advanced technology" through resource management in: - Training the human resources of the health system based on responsible training , Development of basic, applied and developmental research , Providing community based health services with the aim of prevention, diagnosis, treatment and rehabilitation



# Vision

0

Golestan University of Medical Sciences, in providing all its educational, research, health, medical, administrative and financial services, adherence to the following principles and values:

. Preserving religious, moral, doctrinal and cultural values and principles

. Preserving human dignity in the health system

. Central justice

. Strategic leadership with respect to the principles of human investment

. Innovation and entrepreneurship

. Advances and commitment in continuously improving the quality of services in accordance with scientific and up-to-date knowledge, relying on new technologies with an emphasis on knowledge-based and knowledge management.

. Participatory decision making

. Maintaining social responsibility by applying knowledge management and maintaining its trustworthiness for future generations

. Maintaining the principles of environmental protection







# Medical Education

Medical Education in Iran has deep roots in human history. With historical and urban settlements dating back to 4,000 B.C., ancient Persians and contemporary Iranians always felt the need for up-to-date and relatively advanced medical support for the general population. Thus, this country has always been a welcome home for, and host to, medical researchers and scientists. Avicenna (aka Ibn Sina or Pur Sina), whose works on medicine were used as standard medical content at many medieval universities in Europe, and Rhazes (aka Zakariya Razi), who greatly contributed to the universal field of medical sciences through his unique discoveries, are two of the most outstanding figures among a multitude of great physicians and medical scholars of the country during past centuries. Golestan University of Medical Sciences has been training since 1967 This university has been successful, due to the presence of experienced professors who have achieved a great deal of respect in science related fields.

Appropriate training, equipment, and facilities, as well as low costs, grant significant advantage over other universities across the world. In addition, due to the availability of modern facilities, this university is a good host for patients who have been diagnosed with hypertension, including open heart surgery, eye surgery and burns. The entire world chooses Iran for treatment. I look forward to welcoming you to our university and wish you success in all your academic endeavors.









#### Transportation

Transportation to Gorgan: The best way to get to Gorgan for those who land in Tehran is by airplane; However, you may take the train from Tehran to Gorgan too. It takes 1 hour from Tehran by plane, and the train takes around 12 hours from Tehran. There are different ways to transport inside of Gorgan. There is a bus line between the dormitory and hospital and University. In addition, you can use a taxi application (SNAP). Transportation costs in Iran are cheap.





Social Program

Welcome dinner, Visiting the surrounding areas, traditional industries, clothes and food, forest places and beautiful nature of Golestan, Unique paragliding experience, Historical and cultural areas, Horse riding, Tourist tour, Sea and boat riding, Accommodation in traditional houses, Ecotourism go skiing in Tochal ski resort and etc. In general, we promise you a unique experience.











#### Must See

Important cities of Golestan include: Gorgan, Gonbad Kavous, Turkmen Port, Aliabad Katoul, Azadshahr, Kordkoy, Kalaleh Tourist attractions of Golestan province include : Golestan National Park , Alangdareh Jungle and Park , Ziarat Village , Kaboudwal Waterfall , Khalid Nabi Cemetery , Gonbad-e Qabus Tower , Ashoora Deh , Gorgan Museum , Nahar Khoran and etc.











# Culture

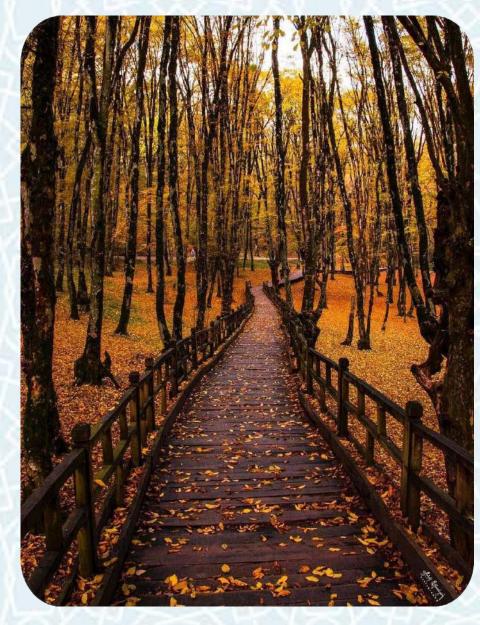
Due to its ethnic diversity, the people of Gorgan are more tolerant of people from other races and cultural backgrounds. A wonderful thing to see is that people from all walks of life come together on many occasions, especially for the city's seasonal exhibitions and cultural events!

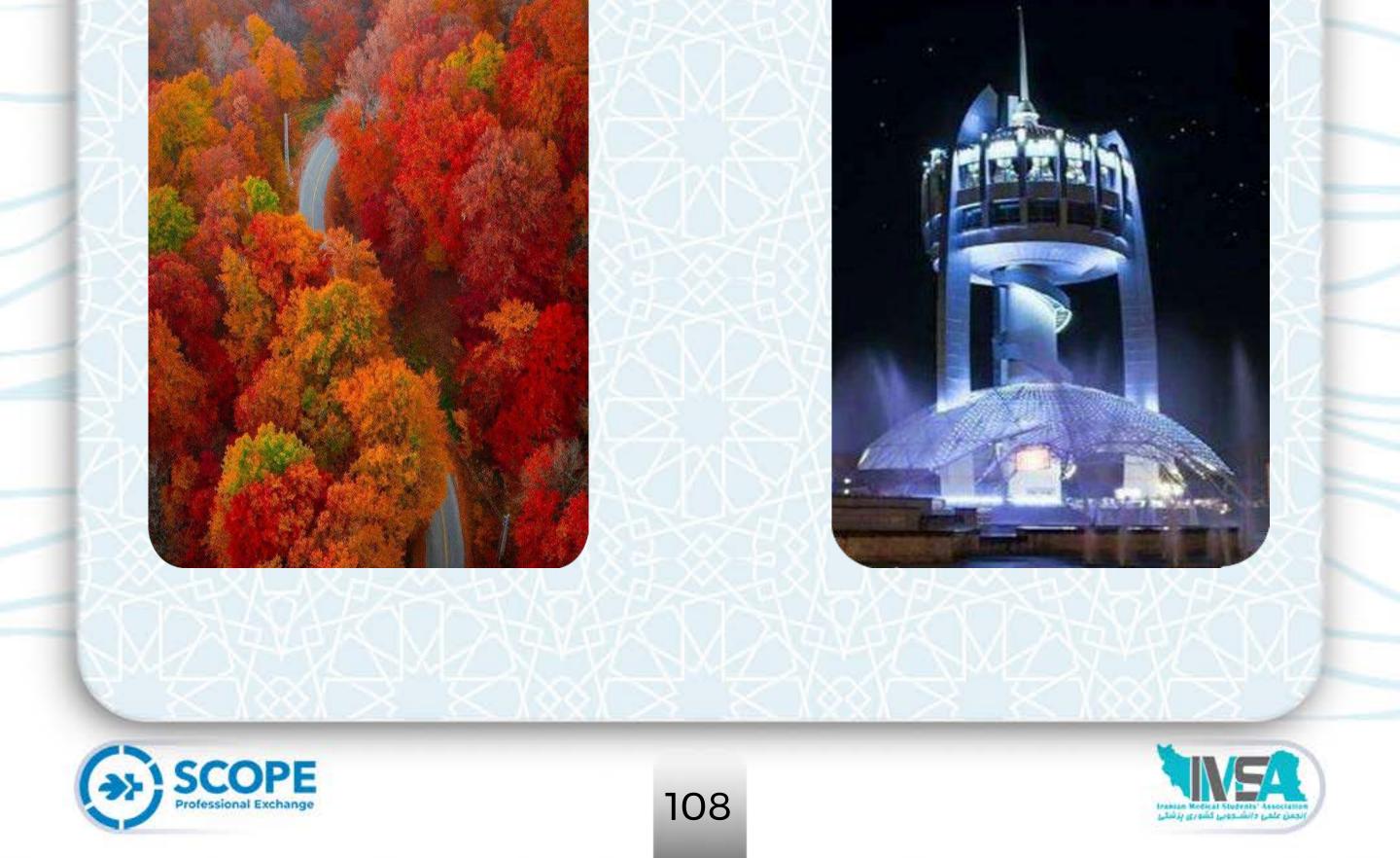




# Culture

The majority of the population of Gorgan are Farsi-speaking people. Persians, Sabzevaris, Kashmiris, Shahroudis, Mazandaranis, Bastamis and Birajmandis, Kazakhs, Sadats, Baluchs, Zablis and Turkmens are among the people living in this city. A number of Turkmens have migrated to Gorgan in recent decades. that the Turkmen population in Gorgan city. A small number of Kazakhs migrated from Russia to Iran from 1309 to 1311 and settled in the cities of Gonbad, Bandar Turkmen and Gorgan. Mir Damad Estrabadi, Hakim Seyyed Abulgasem Mir Fenderski, Fakhruddin Asad Gorgani, Fasihi Estrabadi are some of the famous people of Gorgan.





## Sak Stew

Gorgan has a delicious stew called Sake Stew; This stew is one of those dishes that you should only eat in Golestan province to enjoy its authentic taste. If you are in Gorgan on special occasions. Mutton or lamb meat, oil, garlic, onion, spinach, flour and chickpeas are the main ingredients of Sake Stew, and this stew, which is one of the famous dishes of Golestan, is usually eaten with barresh pilaf or simple pilaf.



# Chekdormeh

Chekdormeh, Chekdirmeh or Chegdirmeh is one of the dishes of Bandar Turkmen and Agh Qola region, which must be included in the gatherings and parties of the Turkmens of Gorgan! The appearance of this dish is very similar to our Stamboli Plov; Meat, onion, rice, tomato paste, oil and spices make up the ingredients of this dish. What distinguishes this dish from Istanbul is its original cooking method, which is cooked in traditional pots called "Cauldrons" and buttermilk and vegetables are usually served with this dish. This special way of cooking gives it a pure flavor and makes you never forget its taste.









Population

526,648

Number of Incoming Students Per Year

10

Number of Students

3500

Available Dates

Jan, Feb, Mar, Apr, May, June, July, Sept, Oct, Nov, Dec

Available Departments

Urology, Hematology , Obstetrics and Gynecology, Pediatric, Internal, Rheumatology , Cardiology , Surgery

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#### Boarding

\* Breakfast in the Hotel \* Lunch at the \* Hospital \* Dinner by yourself





Bandar Abbas	
	Lodging
	<b>O</b> Hotel
	Specific Exchange Conditions
	6
The Hotel which	we prepare for students is one of the bests Hotels in Bandar.
during Ramad	mend you not to choose exchange period an and it is better to choose this period in Intil March (because of the weather)

# **Official Website**



# Local Exchange Officer (LEO)







#### Overview

Bandar Abbas is a port city and capital of Hormozgān Province on the southern coast of Iran, on the Persian Gulf. The city occupies a strategic position on the narrow Strait of Hormuz (just across from Musandam Governorate, Oman), and it is the location of the main base of the Iranian Navy. Bandar Abbas is also the capital and largest city of Hormozgan province. At the 2016 census, its population was 526,648. And about the weather, it's humid and a little bit hot (depends on the season ).Bandar Abbas has been romanized as Bandar 'Abbās and as Bandar 'Abbāsī. It has also been referred to as Jaroon by the Arabs and Cameron by the English. Bandar Abbas was formerly known as Cambarão and Porto Comorão by Portuguese traders, as Gombroon by English traders and as Gamrun or Gumrun by Dutch merchants.Most if the people in bandar Abbas are so nice and full of happy people also with good hospitality with others and tourists. Hormozgān province includes island like Qeshm, kish, Hengam, Hormoz, lavan,.... That is so near to bandar Abbas and it's so easy to travel ( about 45 minutes ) by small ships or boats.







# About its language

Original Bandaris (residents of Bandar Abbas) speak Bandari, a variety of Persian similar to neighboring Achomi and Dialects of Fars, and distinct from New Persian. Many of its residents come from other parts of Iran for work. It is inadvisable to swim in the sea as it is polluted. The original inhabitants of Bander Abbas are known as Banduris and can often be spotted for their colourful clothing and burqas. Most of the city shuts down between 2-6PM, as it is hot to do anything but the mildest activities.





# University And Hospitals

Hormozgan University of Medical Sciences is a public university in Bandar Abbas, Iran. The University has six faculties including medicine, dentistry, pharmacy, health care, nursing, paramedicine and two satellite schools in Minab and Bandar Lengeh.

Hormozgan University of Medical Sciences (HUMS) is among medical universities which was founded after the Clorious Islamic Revolution of Iran in 1987. Under the name of Nursing and Midwifery in 1987, this university started with 98 students of nursing and midwifery.



One month later in the same year, school of medicine was founded and started with 140 students. Now HUMS has seven schools (Medicine, Dentistry, Pharmacy, Nursing & Midwifery, Paramedical and Health), more than 3320 students in 16 fields of medical sciences and 300 academic staff. Currently, HUMS has good location, modern equipment and skilled manpower devoted to the training of students and professionals in the field of medical science and providing a range of health services in the province.





# University And Hospitals

\*At A Glance: \*8 Schools \*15 Hospitals \*9 Research Centers \*12 Health Centers \*About 300 Academic Members \*About 3320 students



Also ; Hormozgan University of Medical Sciences has seven vice chancelleries: Vice Chancellor for Education, Vice Chancellor for Research, Vice Chancellor for Treatment (clinical affairs), Vice Chancellor for Health, Vice Chancellor for Cultural & Student Affairs, Vice Chancellor for Development & Resource Management and Vice Chancellor for Food & Drug. There are 14 hospitals affiliated to HUMS: Payambar Azam Educational, Therapeutic and Research Complex, Educational, Therapeutic and Research Pediatric Centers, Hazrat Abolfazl Hospital in Minab city, Shohada Hospital in Bandar Lengeh city, Payambar Hospital in Qeshm,

Rostamani Hospital in Parsian city, Imam Ali Hospital in Rudan, Farabi Hospital in Bastak city, Fatemeh Al Zahra Hospital in Haji Abad city, Khatam Al-Anbia Hospital in Jask, Niapour Hospital in Bandar Khamir city, Pars Hospital in Abu Musa, Imam Sajjad Hospital in Sirik, Baqiyatallah Hospital in Bashahgard city. In addition, HUMS has the Center for Medical Accident and Emergency Management. And it has biggest Emergency Center in the South of Iran.







### Journals

\*Modern Medical Information Sciences \*International Electronic Journal of Medicine \* Journal of Preventive Medicine \*Journal of Development Strategies in Medical Education \*Hormozgan Medical Journal



# **Transportation**

Flights are the easiest way to get from Tehrān to Bandar Abbas ( for those who land in Tehran) and depart 4 times a day and flight Taxies, car ferries and trains also run and you can find schedules, It takes approximately 2h 6m to get from Tehrān to Bandar Abbas, including transfers (by plane) There are different ways to transport inside of Bandar Abbas . There are some bud lines in the city ;In addition, you can use a taxi application (SNAP) that works same as Uber . Transportation costs in Iran are cheap.





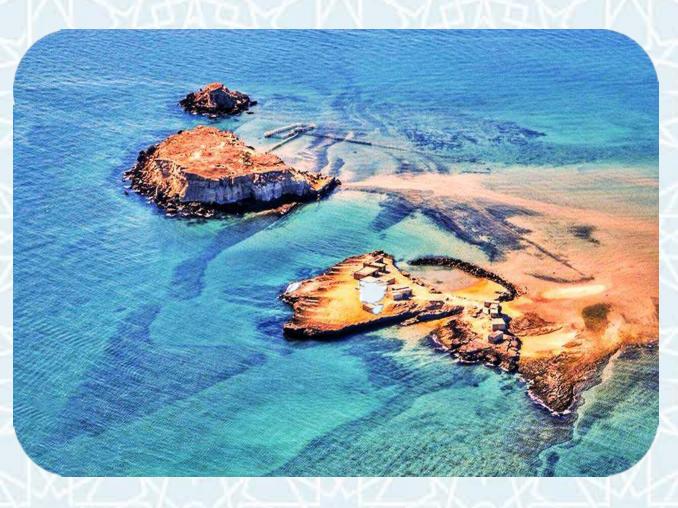
# Social program

Welcome dinner, Visiting surrounding areas, Traditional industries, clothes and food (like see foods), Visiting islands, Dolphin tours, Harra sea forest tour, Fishing tour, Diving



### Must see

Islands (like Kish, Qeshm, Hormoz) and the beautiful nature, Hindo Temple, Galeh Dari Bath, Genow Mountain, Sooza Village, Anthropological Museum, Khorhoo Thermal Spring, Genow Thermal Bath, Hormoz Castle, Khalij e Fars Sea, Phytoplanktons at night





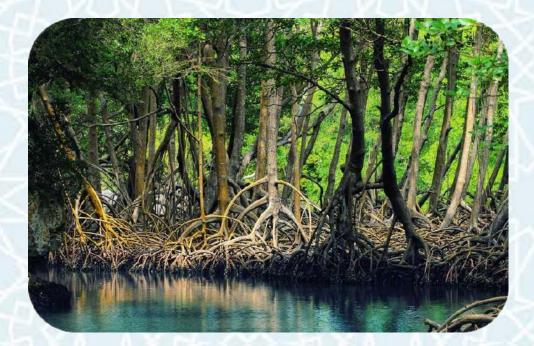


### Culture

Bandar Abbas, the capital of Hormozgan province and the largest port in Iran, is one of the maritime tourist destinations in the south of the country. It is the gateway to other nations. Handicrafts and local art, seafood, local music and song are the main cultural characteristics of the city. However, handicrafts and local arts are the oldest and most prominent creative industries within the city and include three categories: practical and marine crafts, local clothing, and local musical instruments. For Bandar Abbas, the art and crafts industry is an important part of the city's economy. Bandar Abbas is a low-lying but long-lived city, which makes it possible to use numerous beach parks and amusements along the coast alongside pristine nature.

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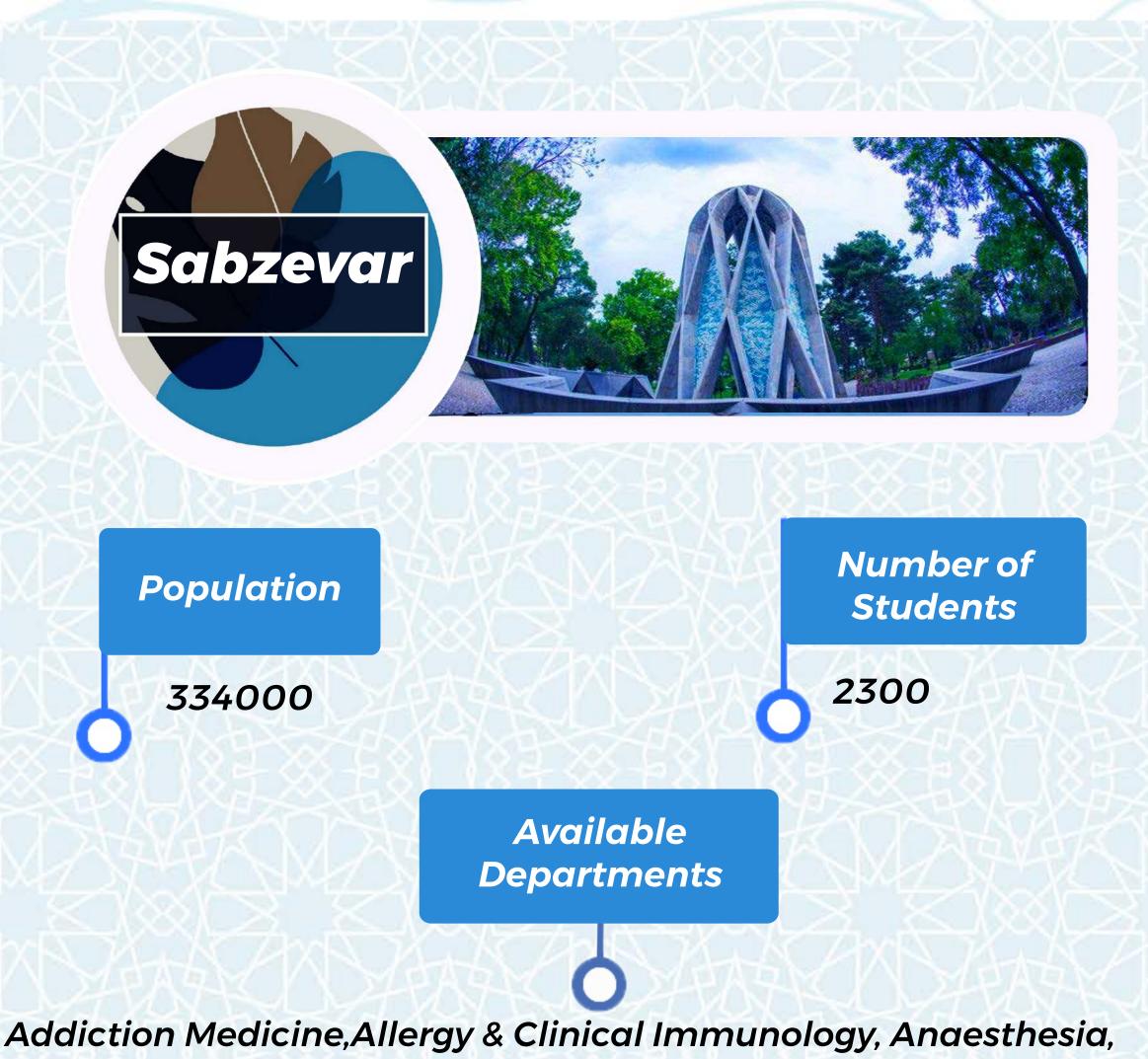
### **Ghalieh Meygoo**

The southern foods are hot and spicy just like hot weather of the area. Bandar Abbas is on the spice trade route between India and Europe. If you like try Ghalieh Meygoo (shrimp with herbs and rice), go to Bandar Abbas. This spicy stew is cooked with a handful of fresh coriander, red pepper, shrimp and tamarind.









Dermatology, Emergency Medicine, Family Medicine,

**Gynaecology/Obstetrics, Infectious Diseases, Intensive and Critical** Care, Internal Medicine-Cardiology, Internal Medicine-Endocrinology, Internal Medicine-Gastroenterology, Internal Medicine-Hematology, Internal Medicine-Nephrology,Internal Medicine-Pulmonary,Internal Medicine-Rheumatology, Neurology, Nuclear Medicine, Oncology, Ophthalmology, Otorhinolaryngology, Paediatrics, Paediatrics-Cardiology, Paediatrics-Endocrinology, Paediatrics-Nephrology, Paediatrics-Oncology, Paediatrics-Pneumology, Paediatrics-Surgery, Pathology, Physical Medicine and Rehabilitation, Psychiatry, Radiology, Sleep Disorders, Sports Medicine, Surgery-Cardiovascular Surgery, Surgery-Gastrointestinal Surgery, Surgery-General, Surgery-Hand Surgery, Surgery-Head and Neck Surgery, Surgery-Orthopaedics, Surgery-Plastic Surgery, Surgery-Vascular Surgery, Surgery-Transplantation Surgery, Urology







Number of Incoming Students Per Year

6

Available Dates



Dec

Lodging

O Suite or Student Dormitory

Breakfast by yourself Lunch at the hospital cafeteria Dinner at the dormitory or suite

Boarding

### **Official Website**

# www.medsab.ac.ir, https://en.medsab.ac.ir/

### Local Exchange Officer (LEO)



Seyed Hojjat

Hashemi







#### Overview

Sabzevar is a city in, and the capital of Sabzevar County, in Razavi Khorasan Province in northeastern Iran. The history of Sabzevar goes back to the first millennium BC. Ancient remains include fire-temple 'Azarbarzin' the remains of which are still visible. This city is a symbol of history and science of Iran. It is the origin city of great scholars in various historical periods. In the past, it was also known as Beyhaq. Fakhrieh School with 1100 years old is the oldest school in Iran and Pamenar Mosque with a shaken minaret is the oldest mosque in Khorasan. Sabzevar is located next to the Silk Road or Royal Road and on the way toward Buddha Temple. As a result, there are many historical buildings near this city.Also, Sabzevar is famous for its nuts, Persian cumin, cotton, and saffron. The people of Sabzevar are very kind and hospitable, and warmly welcome the guests of their city.

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**University And** 

# Hospitals

Sabzevar University of Medical Sciences (MedSab) is one of the most prestigious universities in Khorasan province. MedSab is the oldest institution of higher education in Sabzevar city, established in 1975, which offers over 25 programs to more than 1700 students.









# University And Hospitals

This university has more than 100 faculty members. MedSab is known for rapid promotion in education quality and programs, and the MEDSAB faculty is composed of men and women. Faculty members are passionate and curious individuals who continue their own research while teaching at MedSab. They come from across the country, bringing with them a diverse wealth of knowledge. MedSab is known for combining medical sciences and bioengineering. There are 6 hospitals and 4 schools, and 6 research centers in this university.Medsab continues to enhances its curriculum to meet the needs of 21st century medicine by integrating clinical and basic science across the curriculum, developing new models forclinical education and engaging students in a in-depths scholarly experience.







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# **Affiliated Hospitals:**

- \* Heshmatiyeh Hospital
- \* Mobini Hospital
- \* Emdad Hospital
- \* Vali-Asr Hospital
- \* Qamar Banihashem Hospital







# Mission

Ensuring, maintaining and promoting community health at the national and international levels by establishing standards of excellence in line with institutionalized moral values using "capable human capital" and "advanced technology" through resource management in: - Training the human resources of the health system based on responsible training, Development of basic, applied and developmental research, Providing community based health services with the aim of prevention, diagnosis, treatment and rehabilitation.



# Medical Education

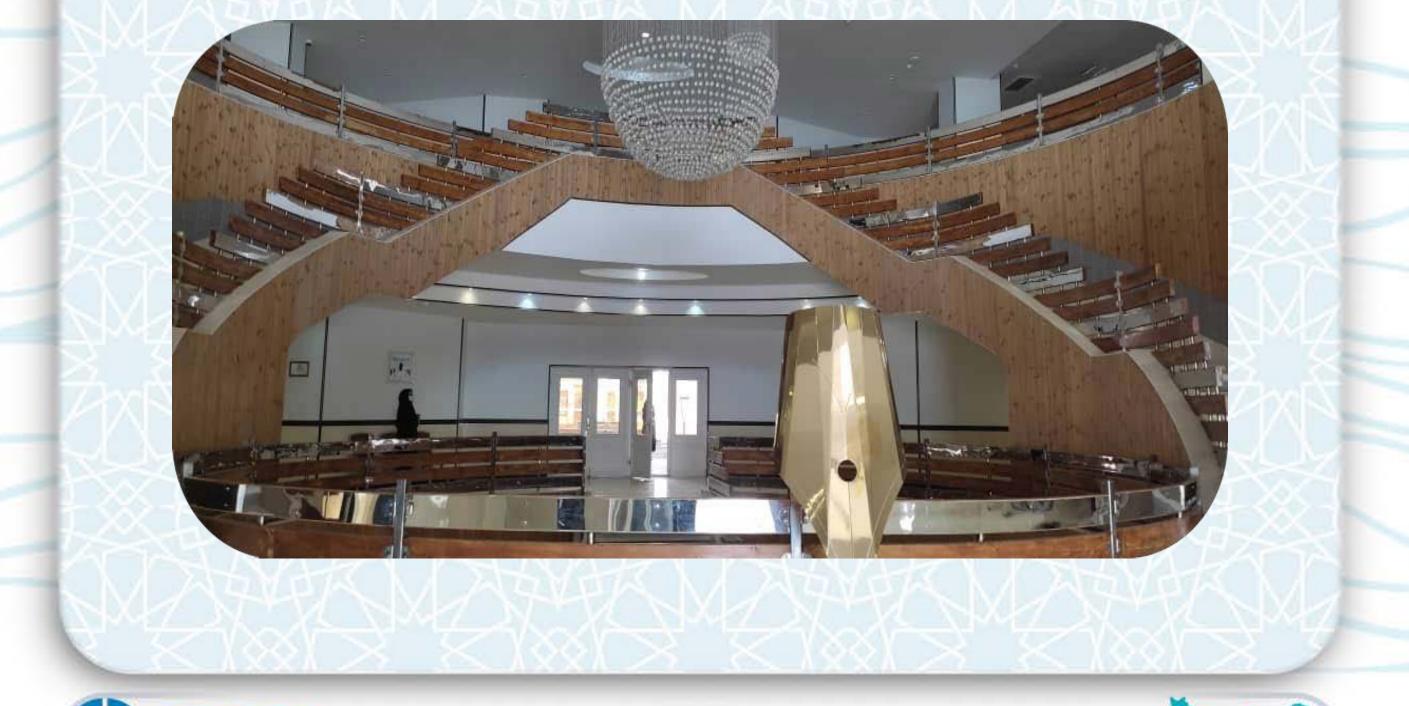
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## Medical Education

Avicenna (aka Ibn Sina or Pur Sina), whose works on medicine were used as standard medical content at many medieval universities in Europe, and Rhazes (aka Zakariya Razi), who greatly contributed to the universal field of medical sciences through his unique discoveries, are two of the most outstanding figures among a multitude of great physicians and medical scholars of the country during past centuries. Sabzevar University of Medical Sciences has been training since 1975 This university has been successful, due to the presence of experienced professors who have achieved a great deal of respect in science related fields. Appropriate training, equipment, and facilities, as well as low costs, grant significant advantage over other universities across the world. In addition, due to the availability of modern facilities, this university is a good host for patients who have been diagnosed with hypertension, including open heart surgery, eye surgery and burns. The entire world chooses Iran for treatment. I look forward to welcoming you to our university and wish you success in all your academic endeavors.









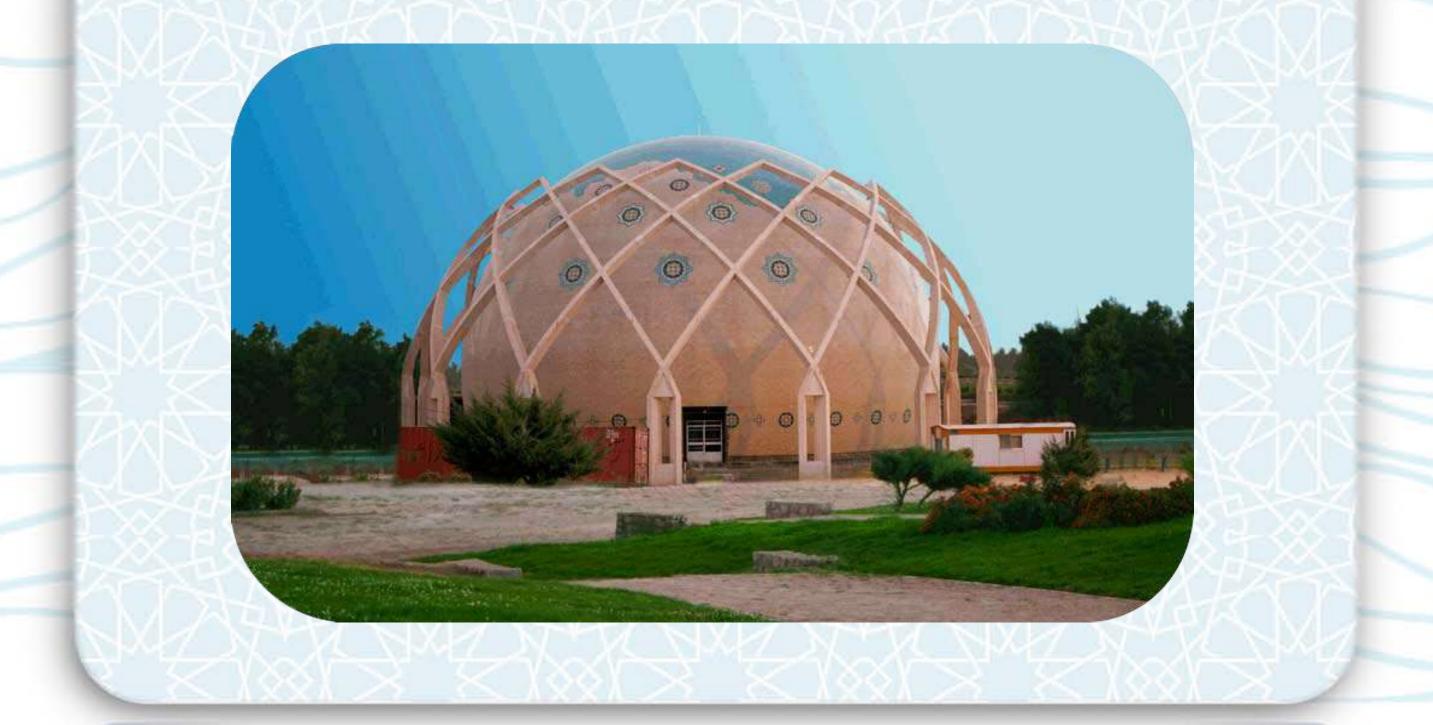
#### **Transportation**

Transportation to Sabzevar: There are many ways for those people who land in Tehran to come to Sabzevar . It takes an hour by plane to arrive in Sabzevar. but it takes 9 hours by train

For those who land in Mashhad international airport the best choice for coming to Sabzevar is bus. There are different ways to transport inside of Sabzevar. There is a bus line between the dormitory and hospital and University. In addition, you can use a taxi application (SNAP). Transportation costs in Iran are cheap.

#### Social Program

Welcome dinner, Visiting the surrounding areas, Traditional industries, clothes and food, places and beautiful nature of Sabzevar, Historical and cultural areas, Tourist tour, Accommodation in traditional houses. In general, we promise you a unique experience.







### **Must See**

The Shrine of Imam Reza. The Historic House of Bidkhowri, Mulla Hadi Sabzevari Tomb, Marmarzadeh House, Kashefi Mausoleum, Kang Village. Imamzadeh Yahya, Pamenar Mosque, Friday Mosque of Sabzevar, Boqrat Tomb, Kian House, Qeysarieh Bath, Fakhrieh School, Faramarz Khan Caravansary, Khosrogerd Minaret (Khosrogerd Meel), Barqmad Falls. Abr Jungle. Halvan Desert











#### Available Departments For Scope Project

Pediatrics, Obstetrics and Gynecology, General Surgery, Psychiatry, Anesthesiology and Critical Care, Radiology, Orthopedics, Infectious Diseases, Cardiology, Neurology, Neurosurgery, Internal Medicine, Pathology, Semiology (Virtual), Medical Ethics (Virtual), Health and Community Medicine





# Culture

Sabzevar is a beautiful and historical city in Razavi Khorasan province.

Sabzevar people speak Persian language and Sabzevar dialect. The dialect of the people of Sabzevar is the original dialect of Khorasani with Dari Persian origins.



The customs and traditions of Iranian religion are still standing in this city, as they have given this city the title of Nastawa rituals, holding traditional rituals such as the wooden horse, Varshrang ritual, Hosseinieh Qanadha tent-wearing ritual and so on is Common. The residents of Sabzevar are engaged in agriculture and animal husbandry and produce products such as cumin, cotton and dried fruit. Green ginger cookie is a popular sweet among the residents and tourists of this city. The taste of the residents of this city can be seen in the creation of common arts; Carpet weaving, pottery, coppersmithing, felting and turning, but their main art is carpet weaving. In addition to these beautiful handicrafts, ginger cookies and famous Sabzevar spices can be delicious and suitable souvenirs.





# Kemeh Joosh

Kemeh Joosh is one of the popular and delicious dishes of Sabzevar.

This dish is cooked with almost the same preparation method with a slight change in other cities of Khorasan with different names.

Kemeh is a kind of condensed or almost dry yogurt, which is very popular among the local people, and according to the way of life of the ancestors, this food is based on animal products.



Eshkeneh

Eshkeneh is known as a local dish in most parts of Khorasan and of course Iran, and each place has its own special recipe. Ashkeneh or Ojij is a local dish in Sabzevar and is very easy to cook.





# So how was Iran?

We really couldn't introduce Iran and show its beautiful landscapes more than this but we hope you enjoyed and we are definitely waiting to see you in Iran, the ancient land of great people of science and literature.





#### **IRANIAN MEDICAL STUDENTS ASSOCIATION**



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