



Amirkabir University of Technology

Office of Scientific and International Cooperation

Guide for Incoming Students

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INTRO

Making a decision to visit Iran as a student can open up a whole new world, filled with unforgettable memories and life changing experiences. We assure you it is beyond all the stories you have heard about Iran and what you have seen in the media.

There is no denying that you will be challenged in understanding the educational system as well as interacting and communicating with people around you. For most, it will be a surrounding different from what you are used to in your daily lives back home, adapting to the new culture can be both fun and intriguing.

The International office is made up of multi-lingual staff, and it is our job to make sure your time at AUT is as problem free as possible.

APPLYING FOR STUDENT VISA

Students from all nationalities must apply for a visa before travelling to Iran.

You should start your visa application process 3 months prior of your intended date of arrival. To prevent any problems or delays in your application, you should make sure that you meet all requirements and contact the nearest Iranian embassy, or consulate to find out how much time they would require for issuing your visa once you have received a reference number.

How to apply:

- 1- Visit Iran's Ministry of Science, Research and Technology's site at <http://saorg.ir/8081> to complete the form related to obtaining a student visa
- 2- Send the following documents to m_kari@aut.ac.ir and intedu@aut.ac.ir
 - a. Copy of passport
 - b. Passport photo
 - c. Completed form (see attached file)

Successful visa applications:

Once your visa application is processed and has been successful you will be contacted by the university with a reference number to refer to the Iranian Embassy nearest to your city of residence.

Unsuccessful visa applications:

If you have been refused entry clearance, DO NOT travel to Iran.

TRAVELLING TO IRAN

WHEN TO ARRIVE?

As soon as your visa procedure is in place you should start your travel arrangements. It is advised to arrive a few days prior to the start of your program to settle in and get enough rest before starting.

HOW TO GET TO IRAN?

If you are going to fly to Iran you can use Tehran's international Airport, the Imam Khomeini Airport. Once you arrive at the airport you will go through certain procedures before you can leave and enter the city. You should follow these instructions carefully:

- 1- Have your passport and any necessary visa/health documents ready for inspection by an immigration officer.
- 2- There will be two queues to go through for passport control, use the one for "foreign visitors"
- 3- After passport control, you can collect your luggage. The luggage will be unloaded onto one carousel system, wait at the carousel which displays your flight number and departure airport.
- 4- Once you have collected your luggage you must pass through customs. You will be guided to pass through the green channel (nothing to declare) unless asked otherwise. The customs officer may ask you to check your luggage, in such situations cooperate with the officer and open your luggage.

HOW TO FIND YOUR WAY AROUND

Upon your request you will be provided with pick up services from the airport.

There are also airport cabs available which will get you to your destination at a fair rate once you have landed at Imam Khomeini Airport.

MONEY MATTERS

COSTS OF LIVING IN TEHRAN

Below is an approximate guide to the minimum amount you should expect for living expenses in Tehran. The Iranian Rial has weakened over the past few years and is currently

Student housing	4,000,000 to 5,000,000 Rial ≈ €20 (Per month)
Food	
Public transportation	
Insurance	500,000 Rial ≈ €3 (Per month)

Other things you should budget for:

- Trips/sightseeing/souvenirs
- Visa renewal fees (if applicable)
- Exit permit fees (if applicable)
-

OPENING A BANK ACCOUNT

If you wish to open a bank account you can easily do so by taking a copy of your passport (first page + entrance stamp and visa) to one of the banks, we recommend Mellat or Tejarat, both of which have branches operating within the campus. The bank will need 24 hours to receive a confirmation code.

This way you will have a debit card which can be used everywhere without the hassle and worry of carrying large sums of cash. Of course, like anywhere else in the world you can use an ATM to withdraw money whenever you need to.

Please note that the office of international affairs has a safe in place in case you don't want to convert all of your money at once and don't have a safe place to keep it in.

Please remember that you can not receive cash from ATMs in Iran with your foreign card, therefore bring enough money to cover your expenses.

HEALTH MEASURES AND INSURANCE

There are no common diseases or viruses in Tehran. Make sure your routine vaccines are up to date. Proof of yellow fever vaccination is required for residents of countries with risk of yellow fever transmission. Always carry your personal medicine with you.

Though students are advised to have international insurance upon arrival, they will be required to register with a local insurance as well.

You are able to put in the request through the international office as soon as you arrive in Tehran.

LIVING IN TEHRAN

HOW TO GET AROUND

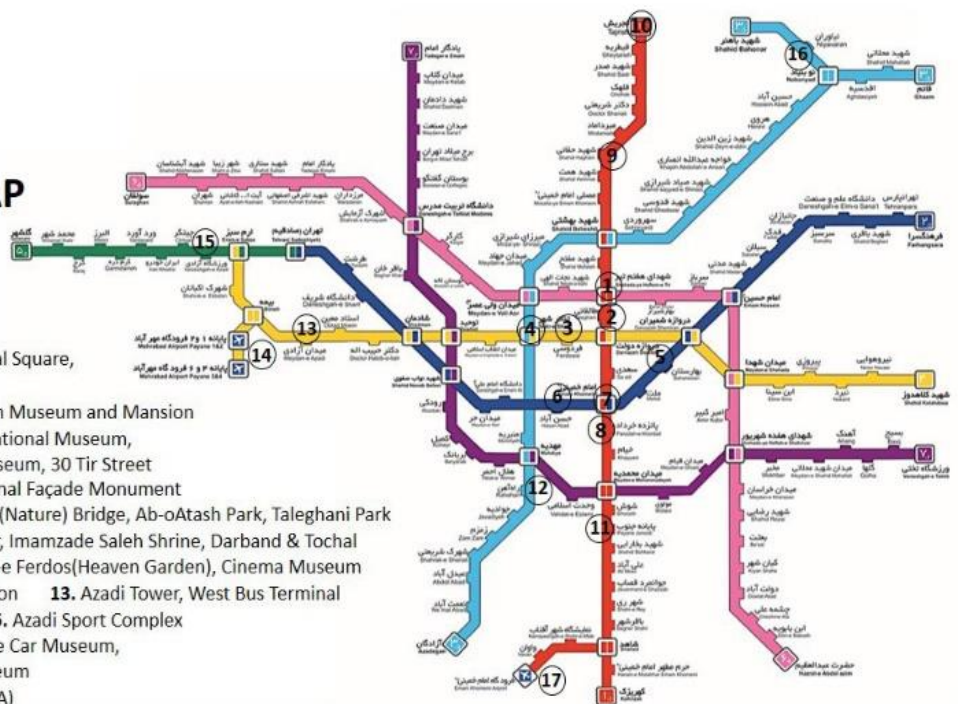
The fastest way to Travel in Tehran’s heavily trafficked roads is by the **subway**. The Subway in Tehran is extremely effective. It runs frequently from 5:00 a.m. to midnight and is very cheap and can get you anywhere in Tehran.

Taxis are also available everywhere, but make sure you haggle your price before getting in the cab. Snapp is the “Iranian Uber” and a cheap way to move around. However, you can only use the application if you are connected to the internet and can spot where you’re headed to on the map, so if you can purchase an Iranian SIM Card, Snapp would be a good option.

Also, there are many **bus** lines for commuting around the city; however, the subway would easily replace that for you.

TEHRAN METRO MAP

1. Hi Tehran Hostel
2. U.S. Former Embassy, Artists Park
3. Exchange Shops
4. The City Theater, Daneshjoo Park
5. Parliament Building, Baharestan Historical Square, Negarestan Garden, Masoudieh Mansion
6. Hasan Abad Historic Square, Moghaddam Museum and Mansion
7. The National Museum of Iran, Jewelry National Museum, Post Museum, Glassware and Ceramics Museum, 30 Tir Street Malek National Library and Museum, National Façade Monument
8. Golestan Palace, Grand Bazaar
9. Tabiat(Nature) Bridge, Ab-oAtash Park, Taleghani Park
10. Tajrish Square, Tajrish Traditional Bazaar, Imamzade Saleh Shrine, Darband & Tochal Mountains, Saadabad Royal Complex, Bagh-e Ferdos(Heaven Garden), Cinema Museum
11. South Bus Terminal
12. Railway Station
13. Azadi Tower, West Bus Terminal
14. Mehrabad Domestic Airport
15. Azadi Sport Complex
16. Niavaran Palace Complex, Shah Exclusive Car Museum, SahebGharaniyeh Palace, Jahan Nama Museum
17. Imam Khomeini International Airport(IKA)



COPING WITH CULTURE SHOCKS

Taking the chance to study in a different country with a different education system can be a big challenge. Each society has a different culture, our culture is based on the social behaviors and norms of the society we live in, these behaviors are expressed in different forms, some of which are; religion, food, clothing and even political backgrounds and stepping outside this world that we are used to can create upsetting emotions and anxiety.

If you find yourself feeling this way make sure you contact the international office and speak to the advisors. Tell them how you are feeling. Experiencing culture shock is completely normal so don't feel shy about expressing your feelings and let us help you enjoy your time at AUT. You can make an appointment with our two international student advisors, Nafiseh and Zohreh via email at npishbin@aut.ac.ir and zdehghani@aut.ac.ir.

ACCOMMODATION (DORMITORY)

AUT provides over ... rooms within walking distance of the campus. All rooms are self-catering with access to shared kitchen and living spaces. All rooms are furnished, have Wi-Fi and have shared bathrooms. Any special or medical needs should be stated within the application along with medical evidence. Request for on campus accommodation must be made via email at intrel@aut.ac.ir with the following subject line: DORMITORY.

(Include deadlines, if any?!)

What to bring along?

Most things can be bought near the campus or at shopping centers. It's entirely up to you whether you would like to bring the items with you or purchase them upon arrival, some of the items we suggest you bring along are:

- Bath towel
- Toothbrush
- Toothpaste

Curfew

Students staying at dormitories are advised to return to their rooms by 22:00. If for any reason you will not be returning before this time you must inform the security guards at your dorm and the international office.

IMPORTANT DOCUMENTS

Make sure that you have a copy or digital copy of all important documents, including your passport. Leave copies of these at home and carry a set with you when you travel. If you do not have a safe place to keep your passport, you can leave it at the international office and carry a copy of it with you (make sure to pick it up if you plan to visit another city).

REGISTRATION AS STUDENT (EXTENSION OF VISA)

Once you arrive in Tehran you must arrange with the international office to extend your student visa for the duration of your stay. For this process you will need four passport photos and the international office will help you complete the necessary forms.

STYLE IN TEHRAN

Islam is the official state religion in Iran which means it is a country respecting Islamic rules. One of these rules is the “Hijab” for women which is not observed very strictly, especially for tourists and foreigners, however as a visitor you are required to abide by the rules and follow the dress code in the public.

For women:

- Being outdoors would require wearing a scarf or shawl to cover your hair
- Loose shirts, tunics, cardigans and Manteaus

For Men:

- Sleeveless shirts and shorts are not allowed outdoors in Tehran, however feel free to dress so if you happen to visit Kish Island.

*please note that contrary to some belief, there are no color restrictions for neither gender

*places like mosques and shrines require full “Hijab”, full clothe covering is often available on the site for visitors or you may purchase one at an affordable price.

SUPPORT FOR INTERNATIONAL STUDENTS

The International office, open throughout the year from Saturday to Wednesday is available from 7:30 to 14:30. We are devoted to solving your problems and questions and in helping you have a smooth stay in Tehran.

WHAT TO DO IN TEHRAN

Most travelers tend to skip Tehran in favor of visiting more historical cities like Esfahan and Shiraz. Our advice to you is to take advantage of your stay in Tehran and visit the highlights of this amazing city, a metropolis that truly deserves the title of capital. Here is a list of just a few places you can visit that are near you in only two days:

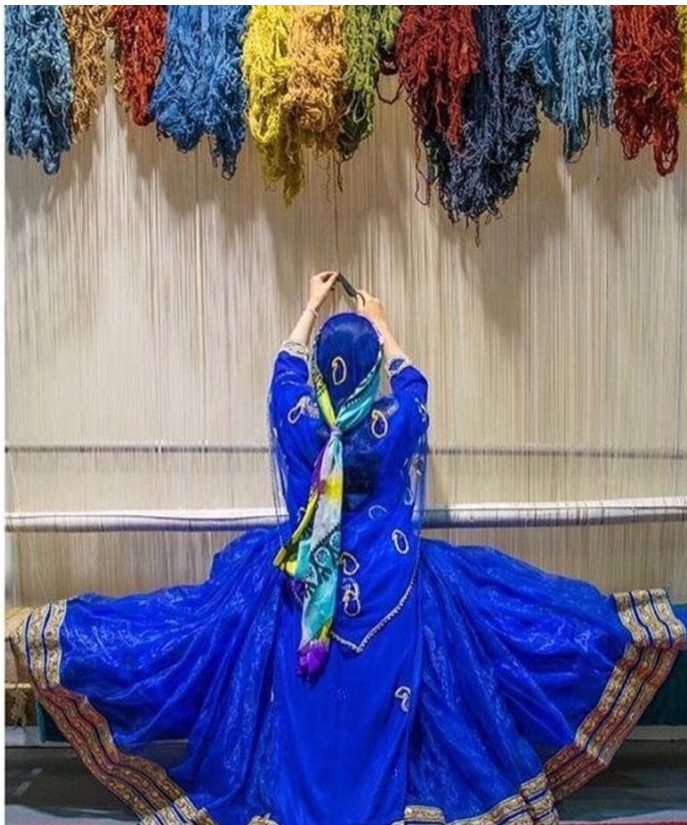
- Tehran Grand Bazaar
 - o Located in the center of the city and a real labyrinth of thousands of shops. The Grand Bazaar offers endless picture opportunities and a chance to have chai (Persian tea) with locals and salesmen.
- Golestan Palace
 - o Located right next to the bazaar, this beautiful palace was home to the Qajar dynasty, which ruled the Persian Empire from 1785 to 1925.
- Tabi'at (Nature) Bridge
 - o Located not too far from the University is the Tabi'at Bridge, which translates to the "nature" bridge. It would be best to arrive just before the sunset to where you'll be overlooking the Tehran skyline and its beautiful mountains in the background, also a great opportunity for pictures.
- Darband
 - o Located on the north of the city and the bottom of Mount Tochal, Darband is the beginning of a popular hiking trail that towers over Tehran. Many restaurants have placed their tables onto the river itself, and you can get some of the best Kababs in the city.



ESSENTIAL FARSI PHRASES AND WORDS

GREETINGS

Hello	Salaam
How are you?	Haale shoma chetore? / Khoobi?
I'm fine	Man khoobam
My name is ...	Man ... hastam
What's your name?	Esme shoma chee hast?
Nice to meet you	Khosh-bakh-tam
Where are you from?	Ahle koja hastid?
I'm from ...	Man ahle ... hastam
Thank you	Merci / Mamnoon
You're welcome	Khaahesh meekonam
Sorry/excuse me	Bebakhsheed
Good morning	Sobh be kheyr
Good night	Shab be kheyr
Bye	Khoda-hafez



FINDING AN ADDRESS AND ASKING FOR HELP

Where is ...?	... kojast?
How can I get to ...?	Chetor meetonam be ... beram?
Street / alley	Khiyaboon / kooche
I'm lost	Man gom shodam
Help	Komak
Please	Lotfan
Can you help me?	Meetooni komakam koni?
Where is the subway?	Eestgah-e metro kojast?
What does ... mean?	... yanee chi?
I don't understand	Motevajah nemeesham/nemeefahmam
I understand	Meefahmam
Do you speak English?	Engilisi sohbat meekoneed?
Pharmacy	Darookhane
Hospital	Beemarestaan
Yes / No	Bale / Na
Call the police	Be polis zang bezan
Tomorrow/Yesterday/Today	Farda / Deerooz / Emrooz
Please write it down for me	Lotfan baram benevishesh
I feel sick	Man mariz hastam
How much is this?	Gheymate in chand ast?
Where is the bathroom?	Dast-shooyi kojast?



EMERGENCY NUMBERS

Iran is generally a safe country, and you do not need to worry about your safety but in case of emergencies, it's good to memorize these numbers:

Police – 110

Ambulance- 115

Fire department – 125

NUMBERS

۰	۱	۲	۳	۴	۵	۶	۷	۸	۹	۱۰
0	1	2	3	4	5	6	7	8	9	10
sefr	Yek	Do	Se	Chaahaar	Paanj	Shesh	Haft	Hasht	Noh	Dah

DAYS OF THE WEEK

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Shanbe	Yek-shanbe	Do-Shanbe	Se-shanbe	Chahar-shanbe	Panj-shanbe	Jom'e

When planning your trip remember that the first day of the week in Iran is Saturday and the last is Friday. Thursday and Fridays are the weekend.





Office of Scientific and International Cooperation

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Tehran, Iran

<https://intrel.aut.ac.ir/>

ADVANCE YOUR KNOWLEDGE

ADVANCE YOUR POWER

