

STUDENT EXCHANGE PROGRAMME

FROM

ISTANBUL, IUPSAINT

Guide book



International
Pharmaceutical
Students' Federation





PLAN YOUR ISTANBUL EXPERIENCE

GETTING AROUND ISTANBUL

Istanbul offers a huge network of public transportation. As the Bosphorus divides the city into two parts, the ferries and sea buses also become a practical means of daily transportation. Underground metro lines, met-robus connection and taxis are the other options for travel in Istanbul.

AIRPORTS IN ISTANBUL

After landing Turkey, we would like to welcome you from the city center. If you prefer coming from Sabiha Gokcen Airport; you have to take HAVABUS bus to Taksim or Kadıköy on the other hand if you prefer coming from Istanbul airport you have to take HAVAIST bus to Taksim.

ACCOMODATION

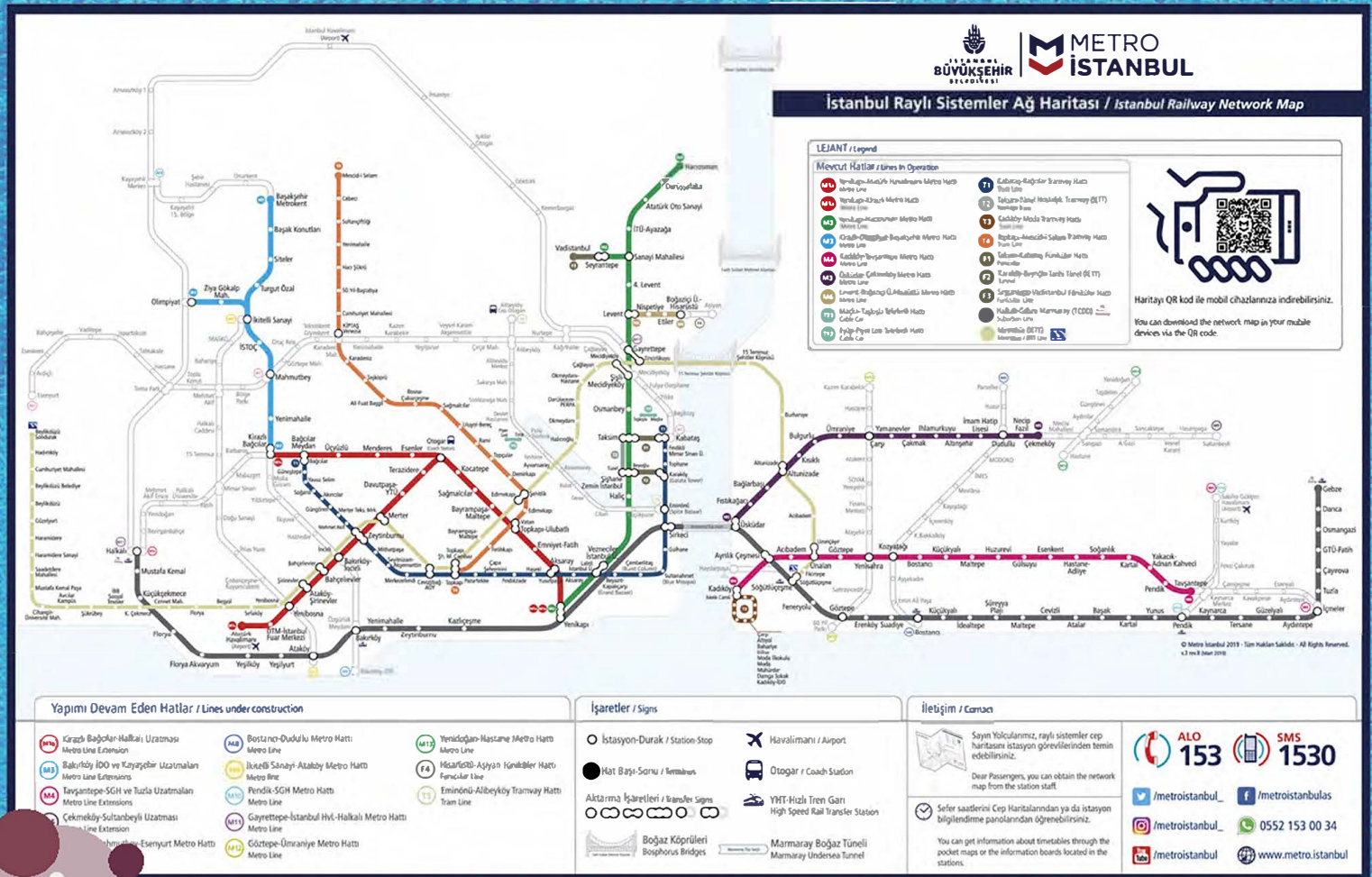
Istanbul is the most popular student & education associated city in Turkey that there is so many averaged priced dorms. We always trying to offer you the best dorm as possible in the city center.

TRANSPORTATION IN ISTANBUL

To use all public transport in Istanbul (boats, subways, buses, trams , funiculars) You will need the magnetic card (Istanbul Kart). You find it in the small kiosks near all metro stations, piers, and also bus stations. It costs 6₺, you will then add credit as you know. Keep in mind that most trips cost 2,60₺ each way. When you leave you can cash it back in and get your 6₺ back.

For more information

you can visit the website of the municipality: www.istanbululasim.com.tr



ISTANBUL UNIVERSITY FACULTY OF PHARMACY

Istanbul University Faculty of Pharmacy as known as Turkey's the most rooted pharmacy faculty gives both English and Turkish Pharmacy Education. Experienced academic stuff and also on going English license program makes you a comfortable zone for communicating with English skills. On the other hand Istanbul University Faculty of Pharmacy is located in a very central location called FATİH in European side. It is max 30 minutes long for sight-seeing or hang-out locations like Kadıköy, Beşiktaş, Karaköy, Eminönü, Sultanahmet, Selimiye etc. Near the faculty you can easily find bus, metro and tram stop for transportation. We offer you research internship in this both academically qualified and enjoyable area.

Turkish History of Pharmacy Research Museum

Our museum is the first Museum of Turkish History of Pharmacy, which was created by Prof. Dr. Turhan Baytop in 1960.

In 1999, after the earthquake when the buildings of Faculty of Pharmacy were evacuated for restoration, the museum collection was transported to the archive building by Prof. Dr. Afife Mat and protected during this period.

When the restoration of the historical building of Faculty Pharmacy, Keçecizade Fuat Paşa Mansion, was completed two halls next to the Dean's office on the first floor were reserved for the museum and the collection was installed in these halls.

Furniture of two ottoman pharmacies, Pasteur Pharmacy and Istikamet Pharmacy, as well as porcelain drug jars from various pharmacy stores, product bottles, various materials used in the preparation of magistral formulations and prescription registration books provide useful information about the development of pharmacies in our country.

Diplomas from various periods of pharmacy education that began in 1839, diploma registration books, pictures of pharmacy graduates, outdoor signs of the School of Pharmacy, can be found in the collection. A rich collection of pharmaceutical and medical books in Ottoman, Turkish, English, French, German and Italian languages, oldest one being the Pharmacopée Universelle by Nicolas Leméry published in 1734 are also part of museum's collection.

COMMUNITY PHARMACY LIFE IN TURKEY

Community pharmacy's working hours and open night days are determined by Chambers of Pharmacists and performed by all over the Turkey's community pharmacies. Working hours are 8:30 am-19:00 pm in weekdays and 9:00 am-19:00 pm on Saturdays. Open night days are determined by number of the community pharmacies in that area. A pharmacy student performs his/her internship only in weekdays and 4-6 hours long per day. Pharmacist's, intern's, technician's communication skills must be well for counseling and helping the patients. Pharmacies that we select for internship are mostly in touristic areas because we want our SEPers connect and communicate with the patients easily.

" En Yakın Sağlık Danışmanınız "

TURKISH CUISINE

It is said that three major kinds of cuisine exist in the world; Turkish, Chinese, and French. Fully justifying its reputation, Turkish cuisine is always a pleasant surprise for the visitor.

Food in Turkey is first and foremost a social occasion and always to be enjoyed with gusto. From home cooked meals shared by family and friends to symbolic religious or celebratory feasts and the street theatrics of roadside sellers, food is closely intertwined with the fabric of society.

Soup has a special place in the Turkish diet and is drunk at any time of day. Turkish people have a big diversity of vegetables and of course this reflects on the dishes.

Kebab is the common name for a dish where meat is coated around a skewer and grilled over a charcoal fire. Don't forget taste the delicious Turkish desserts and sweets.

Soft Drinks: Turkish tea is flavorsome and aromatic when freshly brewed. Turkish coffee is an indulgent pleasure and the perfect way to finish off a good meal. Ayran, mineral water, cherry juice and peach nectar are also popular soft drinks.

Alcoholic Drinks: The traditional tippie is Raki, a clear, strong aniseed based spirit. Last but not least; local beers.

PS: SEO, SEP Coordinator and SEP Team will accompany you with tasting all of these delicious foods and drinks when you arrive :)



SPECIAL OFFERS

The Princes' Islands are a chain of nine rather small islands in the Sea of Marmara. Of those nine islands, only four of them are open to the public: Büyükada, Kınalıada, Burgazada, Heybeliada, Büyükada is the biggest and the most popular one in these four.

The main feature of any of the Princes' Islands is the sound of silence. All motorized vehicles are banned, making the islands peace and quiet. The only sounds you'll hear are bicycle bells and the typical sounds of horse hoofs. Horse-drawn carriages and bicycles are the main transportation means on the islands.

And we are planning a SEP Weekend Activity Day in Büyükada! Renting a bicycle , exploring the island, enjoying the ice cream in the most delightful way and finishing the day with barbecue party would be so much fun together.



SPECIAL OFFERS

Vialand as known as it's new name Istanbul is one of the main things come to minds when searching for fun. Istanbul is home to the only Theme Park in Turkey -Vialand- newly opened in 2013, Turkey's first international mega theme park -located in Eyüp - the heart of Istanbul is the size of almost 100 football fields. This wonderful fairy-tale world for adults and children alike, is a fun packed theme park which has it all, a castle, rides, shopping, light & water shows, fairground games and much more.



SPECIAL OFFERS

The Region of Cappadocia is located in the middle of a once-active volcanic area of central Anatolia. Millions of years ago three of its mountains - Erciyes, Hasandağ and Güllüdağ -were active volcanoes; indeed this activity persisted intermittently at least into the Neolithic period according to the prehistoric paintings. The volcanic eruptions were so strong that in some places the lava was up to 150m in thickness. Over many millions of years, volcanoes, wind, rain and ice sculpted the region which we now know as Cappadocia.

Cappadocia incorporates the provinces of Aksaray, Nevşehir, Niğde, Kayseri and Kırşehir. For most people, the name Cappadocia suggests the towns of Uçhisar, Göreme, Avanos, Ürgüp, Derinkuyu, Kaymaklı and Ihlara, where the land has been shaped into fantastic forms over the course of millions of years.

Cappadocia

IT LOOKS LIKE **MARS** BUT IT'S IN **TURKEY!**

How to Say Hello in Turkish

Good morning.
Günaydın.

How's it going?
Nasıl gidiyor?

How's your day?
Günün nasıl geçiyor?

What's up?
N'aber?

Hello!
Merhaba!

It's nice to see you again.
Seni tekrar gördüğüme memnun oldum.

Long time no see.
Ne zamandır görüşmüyoruz

Hey!
Hey!

Turkish Emergency Phrases



Can you help me?

Bana yardımcı olabilir misiniz?



I lost my passport.
Pasaportumu kaybettim.



Is there a pharmacy nearby?
Yakınlarda eczane var mı?



Call the police, please.
Lütfen polisi arayın.



I need a doctor.
Doktora ihtiyacım var.



ambulance
ambulans



Body Parts in Turkish



Top 5 Complaints in Turkish



I'm tired.
Yorgunum.



It's hot.
Sıcak.



It's noisy.
Gürültülü.



It's cold.
Soğuk.

It's too expensive.
Çok pahalı.



Bu ne kadar?

How much is this?

İngilizce konuşuyor musunuz?

Do you speak English?

Harita alabilir miyim?

Could I get a map?

Bir resmimi çekebilir misiniz,lütfen

Could you take a picture of me please?

Wi-Fi Ücretsiz mi?

Is the Wi-Fi free?

5 WAYS TO SAY

THANK YOU

IN
TURKISH



Thank you.

Teşekkür ederim.

Thanks a lot!

Çok teşekkürler!



That's very kind of you.

Çok nazıksınız.



Thank you for the gift.

Hediye için teşekkür ederim.



Thanks for your kind words!

Nazik sözleriniz için teşekkürler!

Üzgünüm.

I'm sorry.

Lütfen.

Please.

Teşekkür ederim.

Thank you!

Harika!

Awesome!

Severim.

I like it.

Sevmem.

I don't like it.

Nasılsın?

How are you?

Gerçekten mi?

Really?

Ben.....

I'm...(name).

Affedersin.

Excuse me.

5 Awesome Ways to Agree in Turkish

Absolutely.
Kesinlikle.



Yes, you're right.
Evet haklısın.



I agree.
Katılıyorum.

No doubt about it.
Bu konu ile ilgili şüphe yok.

I was just going to say that.
Ben de onu diyecektim.



Who is IUPSAint (Istanbul University Pharmaceutical Students' Association International)?

IUPSAint is an independent, non-profit student organization with a 21 years of history. Istanbul University Pharmaceutical Students Association International is a student association which aims to connect students with pharmaceutical students all around the world, introduce them to international conferences through various projects, congresses around the world, internship mobility programs and to provide a wide vision to students in the field of pharmacy. Our work is carried out with two important associations, EPSA (European Pharmaceutical Students Association) and IPSF (International Pharmaceutical Students' Federation), which bring all of the world pharmaceutical students together. In EPSA platform IUPSAint is national presenter and it has voting rights in behalf of Turkish Pharmaceutical Students. In IPSF platform is local presenter of Istanbul University Pharmaceutical students. IUPSAint participates in 2 EPSA's big events (Annual Congress (AC) and Annual Assembly(AA)) every each year and in the General Assemblies that are being held in there presents Turkish pharmaceutical students and on behalf of them has the voting rights. Therefore IUPSAint; not only has a responsibility to our own faculty students, but also it has responsibility towards Turkish Pharmaceutical Students.

What do we do?

- Public health projects
- Social responsibility projects
- Joint projects by providing cooperation between students
- Faculty promotions
- Team trainings
- Produce Congresses and Symposiums

-IPSF Student Exchange Programme (SEP) and IUPSAint

IPSF's one of the biggest projects is Student Exchange Program (SEP). IUPSAint also take a role in this every year. We create a sep team among our students and after that we host students from all around the world and find an internship program for all the foreign students who has applied to our association in different parts of our field such as community pharmacies, research programs in our university, hospital pharmacy. In this way, we can give our students opportunity to apply for internships to another countries and our capacity for that is 1.5 times more than the number of foreign students who have applied to our association. You can also contact the IUPSAint Student Exchange Officer (SEO) if you want to do an internship abroad, take part in SEP Team or get more information about SEP.