Wandering through the streets of Istanbul is a synaesthetic experience—it is about absorbing the vibrant noise of a global metropolis, the 2,400 prayer calls of the muezzin echoing throughout the city, the aroma of herbs and spices from nearby restaurants, the magnificent architecture, the feeling of summer heat in the streets, the energy of Taksim Square.

“Whatever happens, I can always take a long walk along the Bosphorus,” sums up recipient of the Nobel Prize in Literature Orhan Pamuk in his famous book Istanbul: Memories and the City. The name “Istanbul” in the original Greek means a teleological “for the city”, and traces multiple historical, political, and cultural paths—an invitation to walk through time and space.

With almost 14 million inhabitants, Istanbul is the largest European metropolitan area and the largest city in the world. Founded by the Greeks under the name Byzantium and later reinaugurated as Constantinople by the Romans, it looks back on a history of thousands years. In this time, it served as the capital of four empires, with the Ottomans ruling longest from 1299 to 1923.

As a transcontinental city, linking Europe and Asia, the city is a cultural melting pot. A conglomerate of districts, representing various aspects of the past and present, Istanbul combines the historical pillars of global empires with the vibrancy of a modern metropolis. Nowhere else can this be experienced better than along Istiklal Avenue, the second-largest pedestrian street in the world, leading from the Galata Tower to Taksim Square, the heart of Istanbul.

Boasting more mosques than anywhere in the city, most famous of all the Blue Mosque built by Sultan Ahmed I as part of a larger complex, the Sultanahmet quarter in the south of the European part of the city represents the Old. Nearby Hagia Sophia epitomises the multicultural past of the city, evolving from a Greek Orthodox basilica to a Roman Catholic cathedral to a mosque. Nowadays, this testimony to Byzantine architecture with marble pillars and mosaics is a secularised museum open to visitors.

The large Basilica Cistern offers a magical underground experience, while Topkapı Palace invites you to wander about this trial setting, but also a wonderful place to enjoy a traditional kebab dinner, the feeling of light and sound, while Topkapı Palace invites you to wander about this trial setting, but also a wonderful place to enjoy a traditional kebab dinner.

Dolmabahçe Palace offers an overview of the contemporary Turkish art scene in an industrial setting, but also a wonderful café with a marvelous view of the Bosphorus.

For those wishing to escape the summer heat, the Princes’ Islands—an archipelago of nine islands located in the Sea of Marmara—are inviting for day trips, and can be conveniently reached by ferry from Kabataş. No automobile traffic is allowed on the islands, and its horses, carriages, and beautiful avenues of pines, and wooden architecture create a special, serene ambiance.

As mentioned earlier, Istanbul is the epitome of craftsmanship, especially glassware, such as teapots, delicate glasses, and ornate dishes by Pasabahce. You can buy simple teacups for everyday use or lavishly ornamented sets in interior decorating and gift stores. Coffee lovers can accessorise their kitchen with a cezve, the pot used for making coffee. To finish things off, they can add a certain hammam flair to your bathroom at home with high-quality soaps, peshmal, Turkish towels, and notably the exfoliating kese sponge.

For a sweet treat or a tasty souvenir, you can visit the grand bazaar and the Egyptian Bazaar, set within impressive buildings of four empires, with the Ottomans ruling longest from 1299 to 1923.

Istanbul Modern offers not only an overview of the contemporary Turkish art scene in an industrial setting, but also a wonderful café with a marvelous view of the Bosphorus.

No other building epitomises the multireligious past of the city better than Hagia Sophia. (DTI/Photos Annemarie Fischer)

Anglers enjoying the view of Sultanahmet at dawn. (DTI/Photos Annemarie Fischer)

“Istanbul is the epitome of craftsmanship, especially glassware, such as teapots, delicate glasses, and ornate dishes by Pasabahce. You can buy simple teacups for everyday use or lavishly ornamented sets in interior decorating and gift stores. Coffee lovers can accessorise their kitchen with a cezve, the pot used for making coffee. To finish things off, they can add a certain hammam flair to your bathroom at home with high-quality soaps, peshmal, Turkish towels, and notably the exfoliating kese sponge.”

**TASTING ISTANBUL**

Traditional Turkish cuisine is based on the Ottoman style of cooking, with influences from Central and Middle Asia, as well as the Balkan countries. Istanbul is the place to enjoy a traditional kebab or köfte kebab, as well as seafood. Indulging in light starters or meze (“taste, flavour, snack, relish”) is the best way to experience Istanbul’s culinary delights; try beyaz peynir (literally “white cheese”), aka ezme (pepper paste), haydari (thick strained yogurt), cacık (yogurt with cucumber and garlic), pilav (foods cooked in a saucepan), doz (rice-stuffed vine leaves or other vegetables), and köfte (meatballs).

Turkish cuisine offers surprising uses of herbs and food combinations: salads are made with mint leaves, and yogurt accompanies most meat dishes—the word “yogurt” is of Turkish origin. Enjoy kahveci, watermelon, as a dessert or refreshment in the hot streets. Meals finish with strong siyah çay, black tea, or fruity elmalı çay, apple tea.

A Turkish breakfast is a lavish feast of a simit, a sesame bagel, and tomatoes with cheese and mushrooms on the side for a spicy taste, and a yumurtalı ekmek, French toast, for those with a sweet tooth. For a sweet treat or a tasty souvenir, try some baklava and an assortment of Turkish delight or baklava (“mouthful”), confections made with nuts, citrus fruits, and rose water.

**SOUVENIRS**

While the Grand Bazaar and the Egyptian Bazaar, set within impressive architecture, in Eminönü are reminders of the ancient markets, you can enjoy modern shopping in the numerous mega-shopping centres throughout Istanbul too. The largest and most architecturally striking malls in Europe, they offer global and local brands.

You can easily reach MetroCity and the Kanyon mall, which offers an outdoor shopping experience, directly from the Levant station of the Istanbul Metro. Europe’s second-largest shopping centre is Istanbul Cevahir (M2 line, Şişli). For family entertainment with the indoor Aquazoo Aquarium and a dinosaur discovery at Jurassic Land, visit Forum Istanbul (M1 line, Kartalipe-Kocatepe).

Fashion is a pillar of Istanbul industry—major brands graduate their collections here—so spoil yourself with delicate silk scarves, luxurious pashminas (look-out for the genuine ones made of cashmere!), as well as bags and accessories. Combine the most delicate fabrics, clothing and accessories with Koton offers amazing scarves and pashminas of silk and cashmere with beautiful patterns.

Istanbul is the epitome of craftsmanship, especially glassware, such as teapots, delicate glasses, and ornate dishes by Pasabahce. You can buy simple teacups for everyday use or lavishly ornamented sets in interior decorating and gift stores. Coffee lovers can accessorise their kitchen with a cezve, the pot used for making coffee. To finish things off, they can add a certain hammam flair to your bathroom at home with high-quality soaps, peshmal, Turkish towels, and notably the exfoliating kese sponge.
Useful information

ORGANISERS
FDI World Dental Federation
Booth K16/125
Tour de Cointrin
Avenue Louis Cossa 84
Case Postale 3
1216 Genève-Cointrin
SWITZERLAND

Türk Dişhekimleri Birliği
Turkish Dental Association
Ziya Gökalp Cad. No:37/34
Kızılay
Ankara
Turkey

CONGRESS VENUE
İstanbul Lütfi Kırdar Uluslararası Kongre ve Sergi Sarayı/Istanbul Convention and Exhibition Centre
4 Gümüş Rd.
Harbiye 34767
İstanbul

İstanbul Kongre Merkezi
İstanbul Congress Center
Tepayia St.
Harbiye 34767
İstanbul

ON-SITE REGISTRATION
The registration desk, located at the entrance, will be open from 9:00 to 18:30 during the congress. The registration fee for international visitors is €450. Special rates apply for regional and Turkish visitors, as well as for professional categories, such as hygienists, dental technicians and therapists. A list of the countries eligible for special rates is available on the congress website.

OFFICIAL LANGUAGES OF THE CONGRESS
English and Turkish (for specific sessions, interpreting services from English into Turkish and vice versa will be provided)

OPENING CEREMONY
The opening ceremony of the 2013 AWDC will be held on Wednesday, 28 August, in the Grand Hall on Level 3 of the Istanbul Congress Center. Admission starts at 17:45.

CONTINUING EDUCATION CREDITS
Delegates who have registered for the congress can earn continuing education credits (maximum 20) by attending scientific sessions during the meeting.

EXHIBITION HOURS
Wednesday, 28 August: 9:00 to 18:30
Thursday, 29 August: 9:00 to 18:30
Friday, 30 August: 9:00 to 18:00
Saturday, 31 August: 9:00 to 16:00

PRESS AND MEDIA
Free copies of the Worldental Daily congress newspaper will be available daily during the congress, and will provide visitors with the latest news from the congress, information about new products and what to do in Istanbul.

Round-the-clock coverage will also be available on DTT’s news website, www.dental-tribune.com. You can also access the news feed directly by scanning the QR code below.

PASSPORTS AND VISAS
Currently, nationals from 15 countries, including France, Germany, Greece and Italy, may enter Turkey with only their national identity documents. Other nationals who wish to enter the country for tourism or commercial purposes must apply for a visa.

As of 17 April 2013, the Electronic Visa Application System replaced the visa process at the border controls. E-visas can be obtained online at www.evisa.gov.tr. They come at a fee of US$20 for each individual application and can be paid for by credit or debit card only.

If you need more information, please visit the Ministry of Foreign Affairs’ website at www.mfa.gov.tr.

CLIMATE
In late August, temperatures can still exceed 30 °C during the day in Istanbul. The chance of rain is lowest at that time of year, but the air can still be extremely humid. Light and breathable clothing is highly recommended. Air conditioning is common in most public places.

BANKING AND CURRENCY
Foreigners are entitled to a VAT refund for purchased items, which can be collected at the custom offices at the airport.

AIRPORT TRANSFER
While taxi is the easiest way to get around, there are plenty of other transport choices. For example, Havataşı shuttle buses depart every 30 minutes from the airport for Taksim Square and other locations. The Istanbul Airport Shuttle Service transports visitors directly to their hotel but has to be booked in advance. An Istanbul Metro line also runs between the airport and Aksaray.

Useful information
ALL OVER THE WORLD...

Dental professionals all over the world have been using Temrex products for over 85 years. Reliable, dependable products for restorative and cosmetic dentistry.

Temrex Corporation
Tel: 516-868-6221 • Fax: 516-868-5700
www.temrex.com