



Friendly Travel Tips: Iran

Although you see European numbers in some places, by far the most common numeral system used in Iran is the Hindu-Arabic numeral system. Knowing the symbols for numbers 0-9 is essential. Thankfully they are really easy to learn.

0	1	2	3	4	5	6	7	8	9
•	۱	۲	۳	۴	۵	۶	۷	۸	۹

People-

One of the best things about Iran is its proud people. Depending on where you travel, there will be more or less educated people and more or less city folds which changes their understanding beliefs, and behavior as in any part of the world. Iranians of all parts are kind, warm, friendly, helpful, proud, generous, and close. There is one thing that ties them all together and that Iran. Although they have not had a great many tourists in most parts of Iran since 1979, they remain respectful and curious towards tourists. They will welcome you, thank you for visiting and asking questions.

Pride-

Iran has many different cultural groups such as Azeri, Kurdish, Persian, etc. each are proud of their own culture and of being Iranian. Due in major part to the long history of Iran and its invasion by other countries over the centuries, Iranians are very sensitive about certain things. Do not call Iranians "Arabs" or "Muslims". They are not Arab and they are mostly Shia Muslims. Do not use the expressions "the Gulf" and "the Arabian Gulf". It is the Persian Gulf.

Currency-

Currency used in Iran is Iranian Rial. You cannot use banks, ATMs, or Credit Card facilities due to U.S. Sanctions. You need to bring cash. A good guide is \$35 per day per person. There are local exchange offices that will exchange your US Dollars for you.

Passport-

Your passport has to be valid minimum 6 month while traveling in Iran .

Tipping-

It is not common to tip in Iran except for certain things such as bellboys in hotels. At the airport the luggage carts are free for anyone to use but if you get assistance from someone with the cart, you should tip him. People generally leave a 10% tip in fancy restaurants.

Clothing-

Men- No shorts are acceptable, unless at the beach. Trousers and a t-shirt or collared shirt should be worn.

Women- Should have their arms covered, hair covered with a head scarf or hijab, trouser should be loose, in more city areas leggings with long shirt to mid-thigh can be worn. Make up should be kept minimal. Open-toed shoes can be worn.

Internet-

The internet will be slow. Most social media sites are banned, but Instagram and What's App.

Medical-

Please bring your medications in their original bottles. You may also like to bring Tylenol, Claritin, tums, Emergen-C, Peptobismol, anti-diarrheal, cough drops, hydrocortisone cream, and ben-gay. Other helpful items might be Chapstick, sunscreen, batteries, little flashlight, ear plugs, and antibacterial sanitizers.

Food-

Iran has some of the best dishes in the world. The Persian cuisine consists of a delicious array of stews and rice dished. Ash is a common dish which is a thick tasty soup of lentils, beans, starch noodles, veggies, fried mint, fried onion and yogurt. The tap water is safe to drink. It may taste funny in certain places but it is safe.

Taarof-

This is a polite exchange that take place in all aspects of life in Iran, in shops, in streets, in businesses, at homes. Simply stated, it is a form of one person making an offering and the other refusing it. This ritual may repeat itself several times before the individuals finally determine whether the offer and refusal are real or simply polite. (3 times is common) Be very careful how and with whom you taarof so that it does not interfere with your stay. Use common sense as to when to do it and when not to.

Tempature

	Temperature C		Temperature F		Humidity %		Rain
	Max	Min	Max	Min	am	pm	mm
January	8	-1	40	30	77	75	46
February	10	0	50	32	73	59	38
March	15	4	59	39	61	39	46
April	21	9	69	48	54	40	36
May	28	14	82	57	55	47	13
June	34	19	93	66	50	49	3
July	36	23	96	73	51	41	3
August	36	22	96	71	47	46	3
September	32	18	89	64	49	49	3
October	24	12	75	53	53	54	8
November	17	6	62	42	62	66	20
December	11	1	51	33	76	75	31