

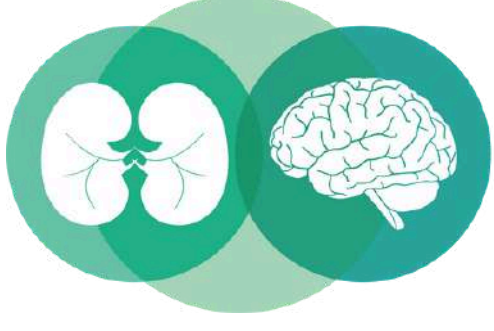
Info pack

ISTANBUL

5 - 6 SEPTEMBER 2024



CONNECT TRAINING SCHOOL



CONNECT
COGNITIVE DECLINE IN NEPHRO-NEUROLOGY

General information

When? September 5-6, 2024
Where? Istanbul, Turkey

The meetings will take place in
Altinbas University Gayrettepe
Building, Gayrettepe, Istanbul

**Address: Esentepe, Şişli Büyükdere
Cd. No:147, 34349 Beşiktaş/
İstanbul, Türkiye**

How to get there?

AIRPORTS

Istanbul Airport: Located on the European side

From IST-AIRPORT to Gayrettepe: 1 h

· Havaİst Bus transportation to the centre: TAKSİM. It will take between 1 hour and 1.5 hours depending on the traffic. This bus costs 6-7 EUR. Then you need to take a taxi which will cost 20 EUR. The duration of the ride to the hotel will be 20 min.

· We recommend you take a taxi from the airport which will cost around 46 EUR. The duration of the ride will be between 40 min or 1 hour depending on the traffic.

Online taxi booking at the IST Airport

There is a new metro line from the airport to Gayrettepe which will take 30 min.

Sabiha Gökçen Airport (SAW): Located on the Anatolian side, easy to reach.

From SAW to Gayrettepe:

· Metro is an option to the centre: AYRILIKÇEŞMESİ which will take 55 min. Then you need to switch to Marmaray to Yenikapı, then switch again to Metro to Gayrettepe stop.

· A taxi from the airport which will cost around 50 EUR. The duration of the ride will be between 50 min to 1 hour 15 min depending on the traffic.

You can check flight options from Turkish Airlines and Pegasus Airlines. And also AnadoluJet Airlines (a part of Turkish Airlines)

There is a wide public transport system combining trains, metrobus, trams, funiculars, ferries, seabuses, cable cars. You can buy an **IstanbulKart**, an electronic card that can be used on each local transport except “dolmuş”. You can buy IstanbulKart from metro stations, ferry terminals and transport interchanges and refill it at machines dotted about the city. For **railway network map** (Metro and Marmaray lines) please click [here](#).

Accommodation

We recommend you to make hotel and Airbnb reservations in **Gayrettepe, Şişli, Taksim, Beyoğlu** districts. You are kindly requested not to choose accommodation in a location that is too far from the meeting point.



Avangarde Hotel Levent

Esentepe, Büyükdere Cd. No:161, 34394
Şişli/İstanbul (3 min walk)



Upsuites Hotel

Esentepe Mah. Kore Şehitleri Cad. No:18
34394 Şişli/İstanbul (4 min walk)



Milport Hotel

Esentepe, Kore Şehitleri Cd. No:51,
34394 Şişli/İstanbul (4 min walk)

Accommodations in Istanbul near
Gayrettepe Subway Station:
[Click here for the hotel options](#)
nearby. You can make your
reservations with [Booking.com](#)



Gayrettepe-Taksim metro stops

Please send your flight (arrival-departure-airlines) and accomodation info to gaye.hafez@altinbas.edu.tr

Bridge between two continents



Points of interest in European side



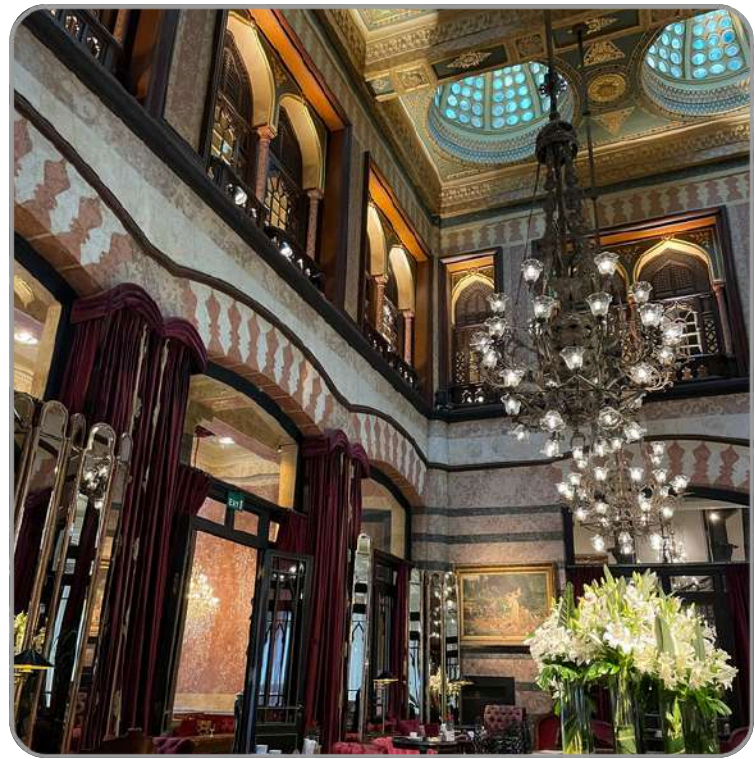
Galata Tower-Beyoğlu



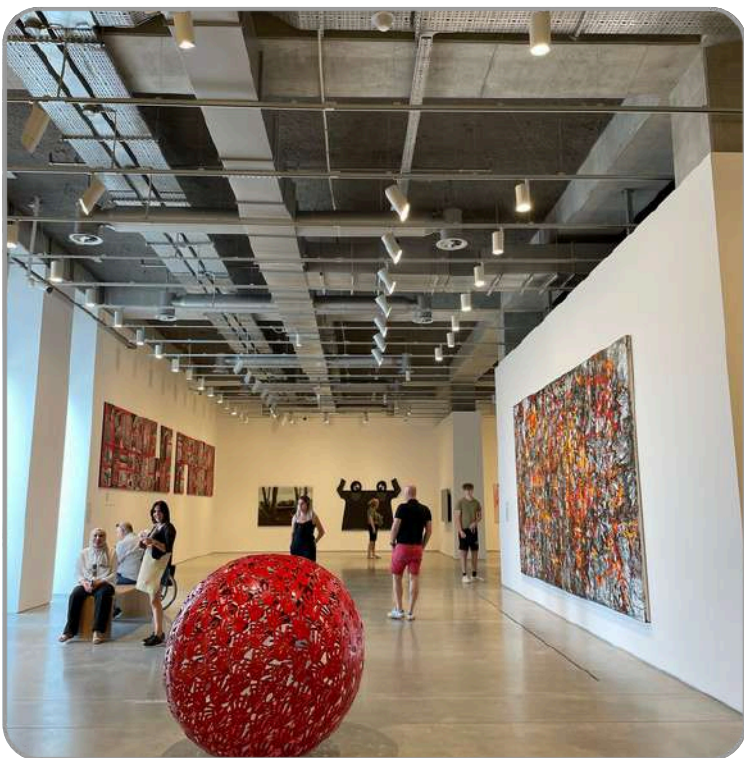
Çiçek Pasajı-İstiklal Street-
Beyoğlu



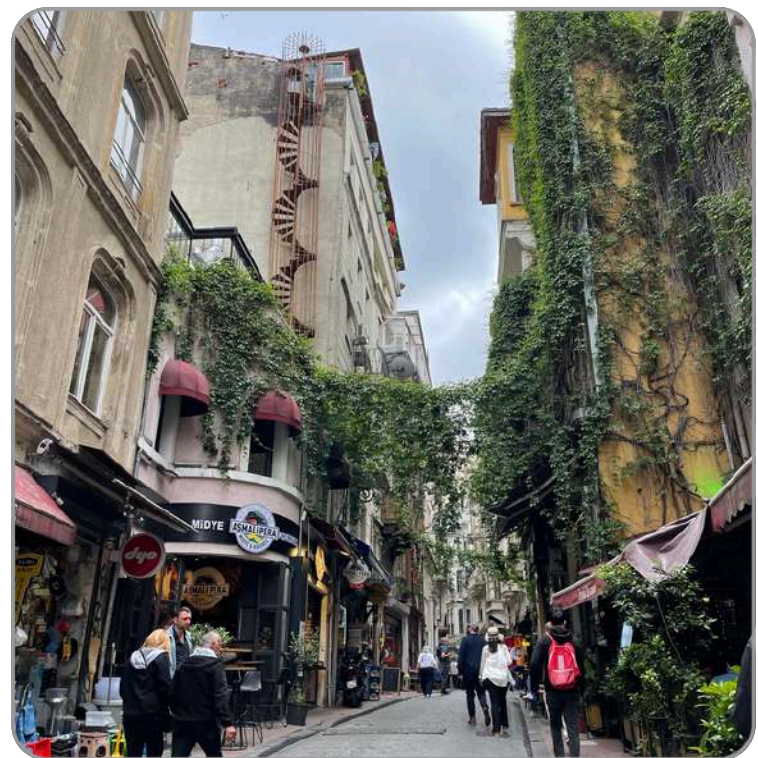
Balat-Fatih



Pera Palace-Beyoğlu



İstanbul Modern Museum-
Galataport-Karaköy.



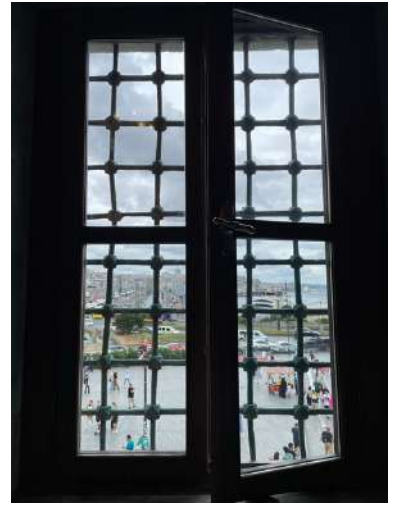
Asmalı Mescit-Beyoğlu

*Narrow
streets of*
BEYOĞLU

HISTORICAL PENINSULA

- Grand Bazaar and the Hans
- Mısır Çarşısı (Egyptian Bazaar)
- Topkapi Palace and Museum
- Suleymaniye Mosque
- Hagia Sophia*
- Hippodrome
- Sultanahmet Mosque (Blue Mosque)
- Basilica Cistern (Underground Medusa)
- Cağaloğlu
- Çemberlitaş
- Kariye Museum/Mosque (Chora Church)
- Istanbul City Walls
- Istanbul Archeological Museums
- Goldern Horn
- Fener
- Balat

EUROPEAN
SIDE



“Pandeli” an old traditional restaurant in Mısır Çarşısı

MUSEUM PASS

With Museum Pass Turkey (MüzeKart), you can visit all the museums and archeological sites.

For more info:

<https://muze.gov.tr/MuseumPass>

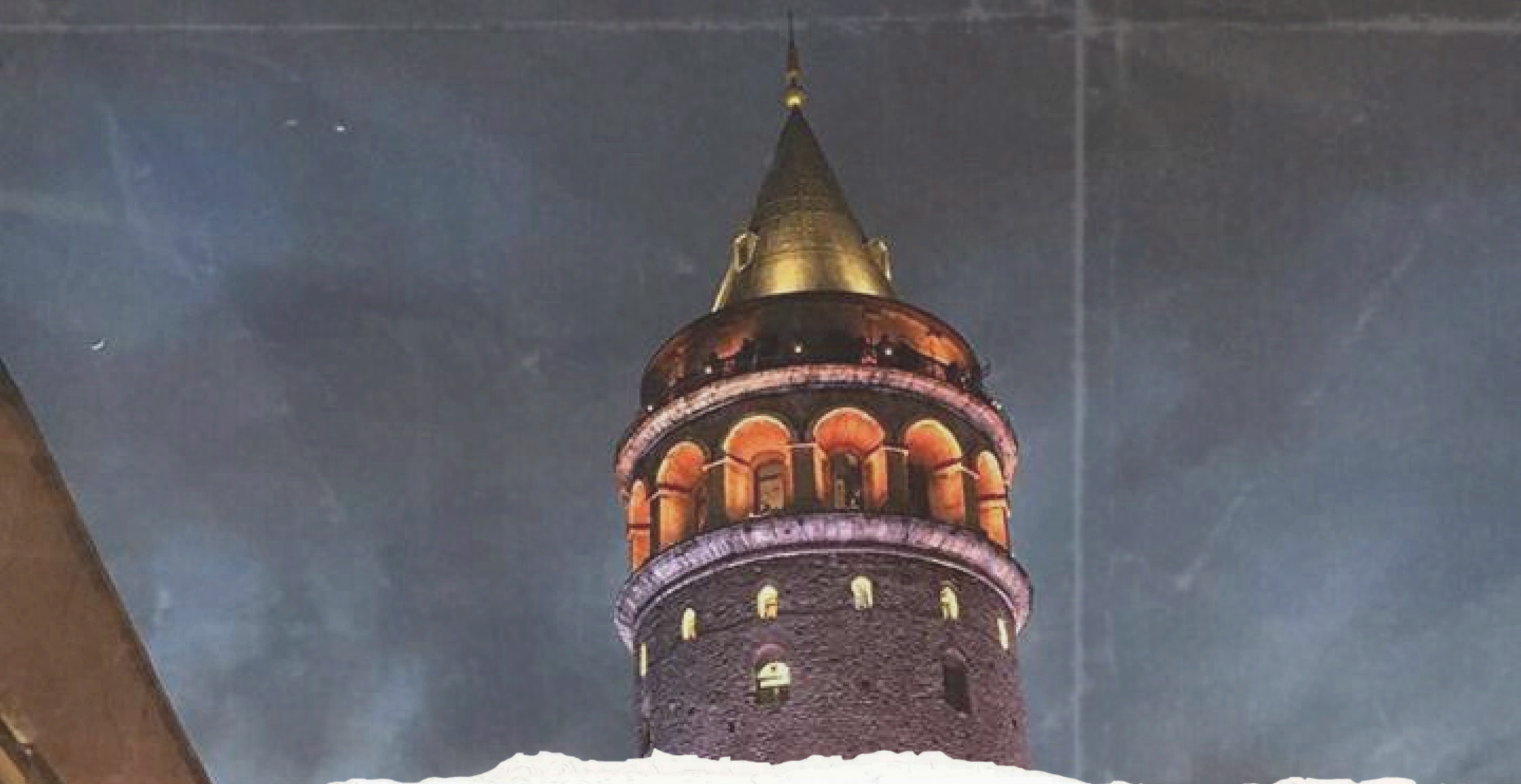
[Click here for UNESCO website..](#)

The story of Hagia Sophia

The Emperor Justinian once dreamt of a saint radiating light. In the dream, the saint gave him a silver tablet with a drawing of a church on it. The Emperor was so charmed by this, that upon waking, he decided to have the church built. The church already had a name, which the saint in the dream had whispered in his ear: the Hagia Sophia. The next day he received another surprise. After telling his head architect about the dream, the architect told him he had the same dream and made a sketch of the church upon awakening. When he saw the sketch, the emperor realized they had seen the same church. And thus construction of one of the most magnificent temples in the world began. *

Ref: Saffet Emre Tongu

Divine Wisdom



GALATA
BEYOĞLU

TAKSİM



Galata Tower

TOWER AND
AROUND



“İstanbul under my wings”

According to the Ottoman travel writer Evliya Çelebi, in 1638 Hezarfen Ahmet Çelebi strapped on home-made wings and managed to fly from the top of the Galata Tower in Europe to Üsküdar in Asia, thus completing the first intercontinental flight. In return for his efforts Sultan Murad IV sent him into exile in Algeria.

History

The origin of the Galata Tower goes back to the fifth century CE when Byzantines built a wooden tower named Magalos Pyrgos (Great Tower) in order to control the city of Constantinople and the Golden Horn. Due to the fires, earthquakes, and the Sack of Constantinople by the Fourth Crusaders in 1204 the wooden tower was completely destroyed. In 1348, the Genoese community living in the district of Pera (Galata) built today's Galata Tower and named it Christea Turris (Tower of Christ). Galata Tower is a cylindrical tower made from stone and it is approximately 67 meters long. During the Ottoman period, Galata Tower functioned as a jail, observatory house, and watchtower. After the restorations took place in 1960, Galata Tower was opened to the public. Today, the tower functions as a 360-degree viewing platform of Istanbul.

İstiklal Street-

the most crowded street



İstiklal Street

is famous for its historic passages, which house a myriad of unique passages, churches, shops, cafes, bookstores and entertainment venues.



Çiçek Pasajı (passage)



Ara Cafe- recommended.

Ara Güler is a legendary Turkish-Armenian photojournalist, also known as Istanbul's Eye.



Pera Museum

ATTRACTIVE BOHEMIAN PLACES AROUND
TÜNEL
ÇUKURCUMA
CİHANGİR
KARAKÖY

Bosphorus

Dolmabahçe Palace

Çırağan Palace

Galataport

Kız Kulesi (Maiden's Tower)

Ortaköy-Bebek (a walk on the shore is recommended)

Sabancı Museum



Rooftops of Galata/Beyoğlu over Golden Horn

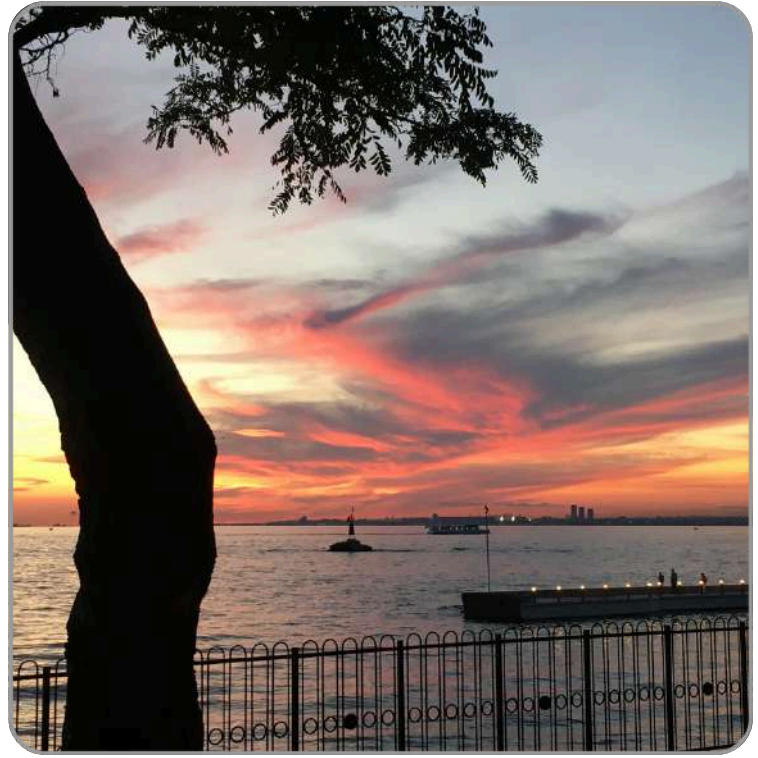
The locals “seagulls”



Points of interest in Anatolian (Asian) side



Bahariye Street-Kadıköy-
Moda



Fenerbahçe Park



Kuzguncuk



Çengelköy-Kandilli



Büyükada-Prince Islands

*You can take a ferry or
motorboat from Bostancı and
arrive in 30 min.*

Bağdat Street
a street 14 km long-
vibrant district for
shopping, dinning, walking

Nice district

Kadıköy!

Close-far districts

Asian shore

Anadoluhisarı

Anadolu Kavağı

(gateway to the Black Sea)

Kanlıca *(taste. yoghurt with sugar)*

European shore

Rumelihisarı & Aşiyan

Emirgan

Kireçburnu

Sarıyer

Rumeli Feneri

Escapes

Şile

Polonezköy

Prince Islands

(Burgazada-Büyükada)

Dictionary

İskele: pier

Vapur: ferry

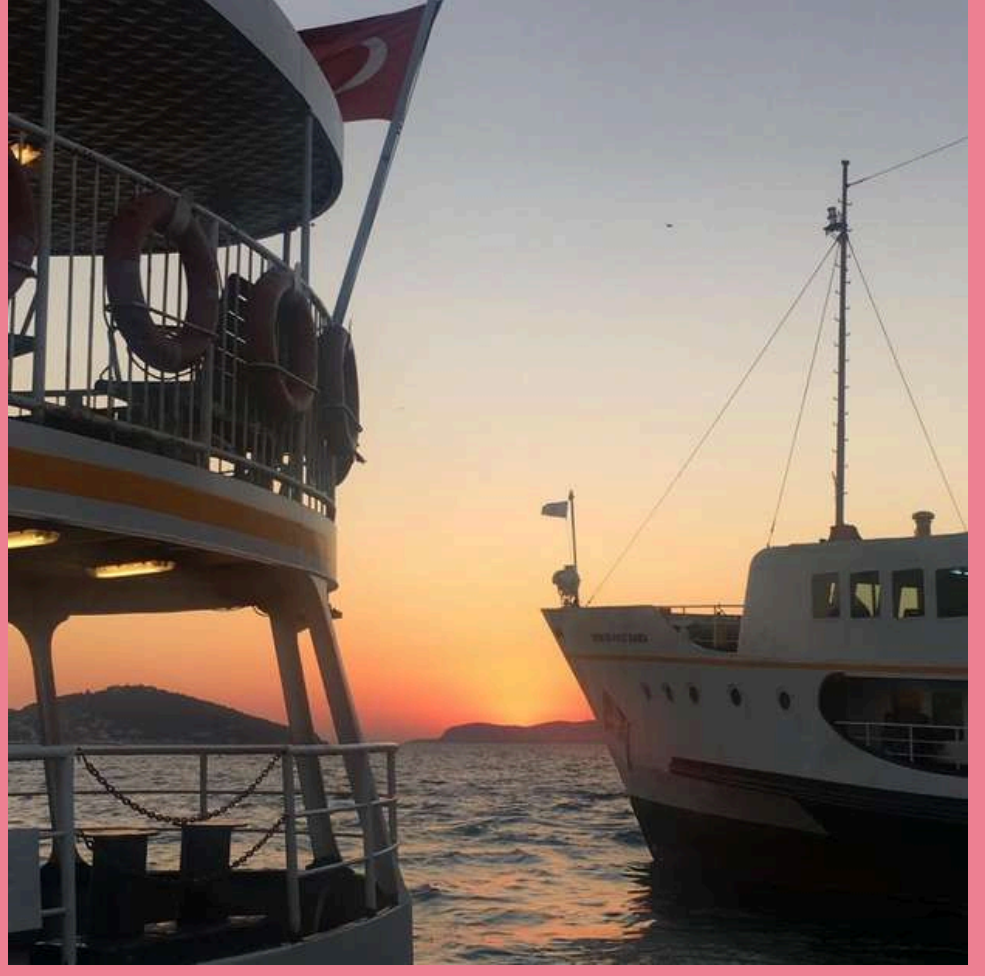
Merhaba: hello

Teşekkürler: thanks

Dolmuş: shared taxi

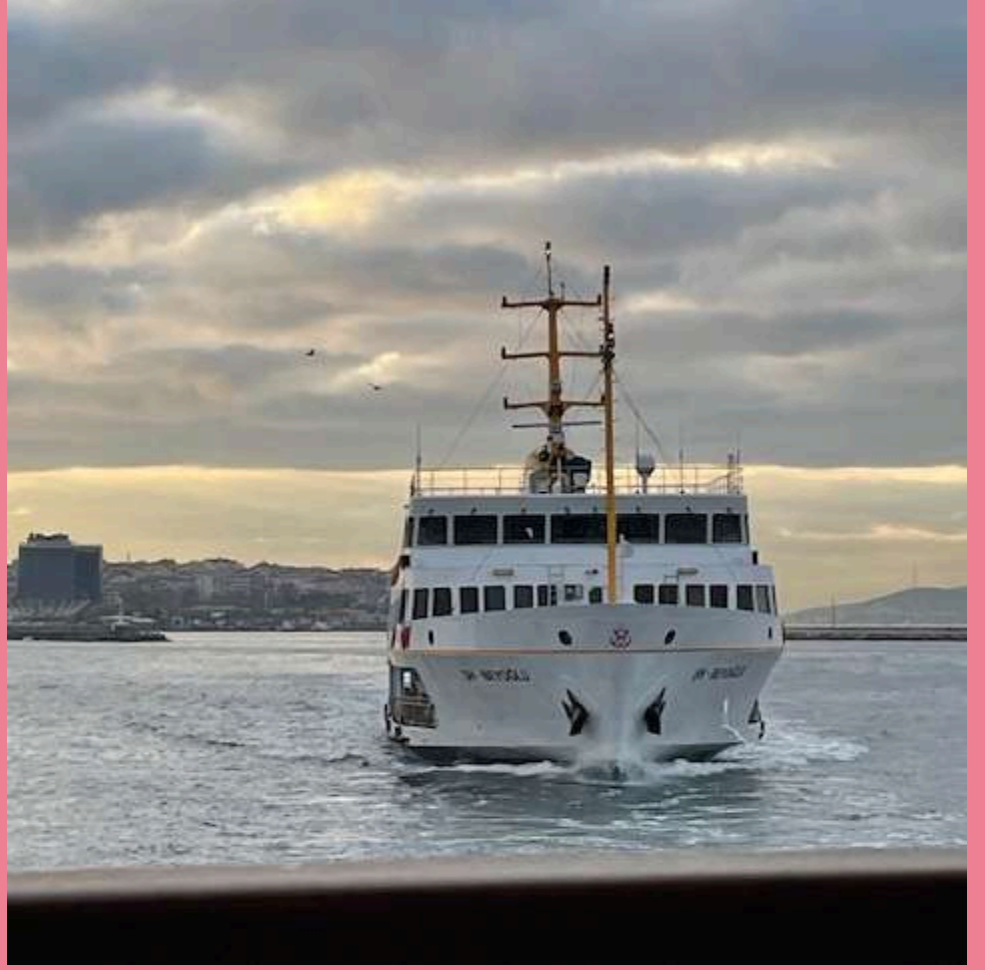
Haliç: Golden Horn

→ 13



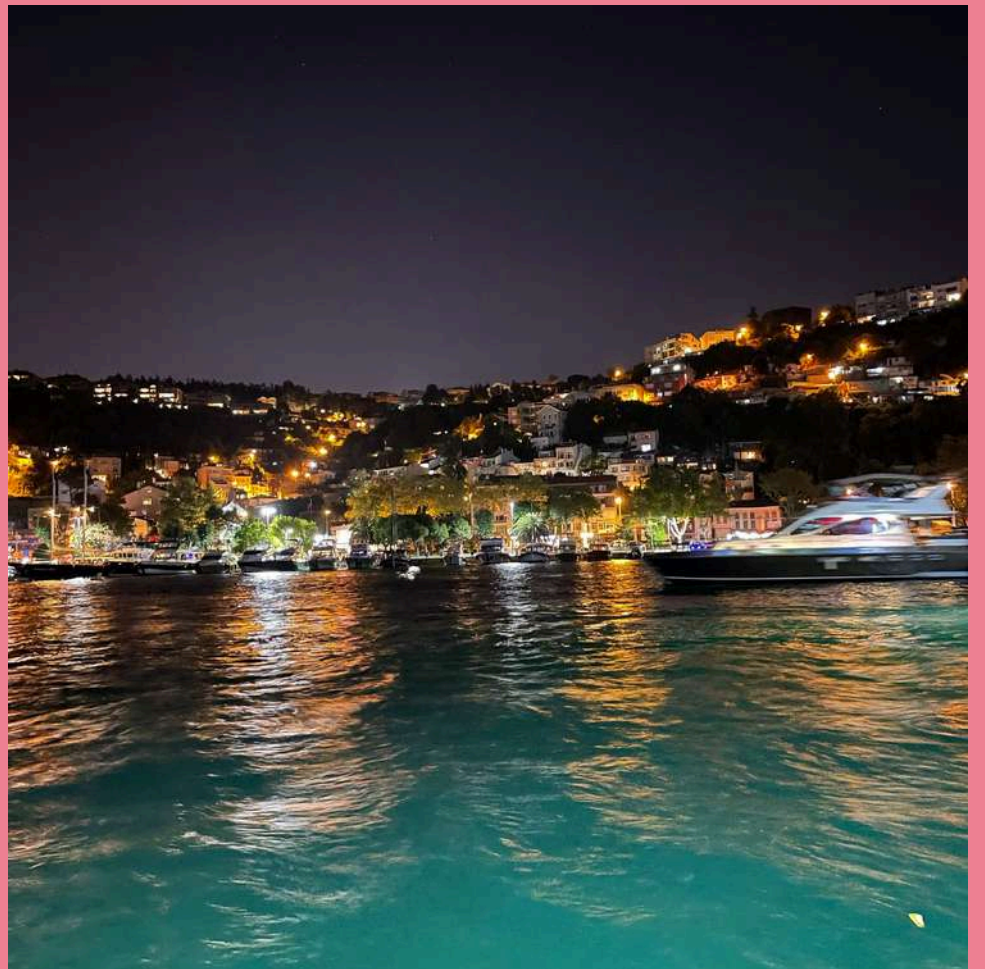
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Food and Drinks



Simit, a circular bread with sesame seeds



Sütlac, Turkish rice pudding



Ayran, drink made from yogurt.



Meze, a selection of small dishes served as appetizers



Kazandibi, means the bottom of cauldron because of its burnt surface.



Baklava, a layered pastry dessert made of filo pastry, filled with chopped nuts, and sweetened with syrup or honey.



Lahmacun, a thin flatbread covered with a layer of spiced minced meat, tomato, pepper, onion or garlic.



Zeytinyağlı yaprak sarması (stuffed leaves with olive oil) is the sarma made with vine leaves stuffed with a rice-spice mixture and cooked with olive oil.

Recommended tastes

Boza

Balık-ekmek (fish sandwich)

**rich,
multicultural
& delicious**



Raki is the national drink and is traditionally consumed with chilled water on the side or partly mixed with chilled water.



MORE INFO

Gaye Hafez 0090 532 384 35 00

gaye.hafez@altinbas.edu.tr

*Recommended book: Istanbul-The
Ultimate Guide by Saffet Emre Tongu*