Wandering through the streets of Istanbul is a synaesthetic experience—it is about absorbing the vibrant noise of a global metropolis, the 2200 prayer calls of the muezzin echoing throughout the city, the aroma of herbs and spices from nearby restaurants, the magnifi-
cent 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 telescopically fertile city, and traces multiple historical, polit-
cal, and cultural paths—an invitation to walk through time and space.

With almost 14 million inhabitants, Istanbul is the largest Euro-
pean metropolis and the second-largest urban agglomeration in the world, founded by the Greeks under the name of Byzant-
ium and later reinaugurated as Constan-
stantinople by the Romans, it looks back on a history of thousands of 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 dis-

tricts, 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 mul-
ti-ethnic 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 mar-
ble pillars and mosaics is a secu-
larised museum open to visitors.

The large Basilica Cistern offers a synaesthetic experience, with the ancient columns and the water-filled chambers. A Turkish breakfast is a lavish affair, with a place setting of Turkish cones filled with cheese and eggs, Turkish—perhaps the national dish, alongside other traditional delights such as kebabs and simit (wheat buns with sesame seeds).

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 traf-
ic is allowed on the islands, and its horses and carriages, beautiful avenues of pines, and wooden ar-
chitecture create a special, serene ambiance.

TASTING ISTANBUL

Traditional Turkish cuisine is based on the Ottoman style of cooking, with influences from Cen-
tral and Middle Asia, as well as the Balkan countries. Istanbul is the place to enjoy a traditional kebab or kőfi kebab, as well as seafood. Indulging in light starters or meze (“taste, flavour, snack, relish”) is the best way to experience Istanbul’s flavours; try beyzay peynir (literally “white cheese”), acılı ezme (pep-
ger paste), haydari (thick strained yogurt), çörek (yogurt with cu-
cumber and garlic), pilav (foods cooked in a saucepan), dolma or sarma (rice-stuffed vine leaves or other vegetables), and kofte (meatballs).

Turkish cuisine offers surpris-
ing uses of herbs and food com-
binations: salads are made with mint leaves, and yogurt accompa-
nies most meat dishes—the word “yogurt” is of Turkish origin. Enjoy kaymak, watermelon, as a dessert or refreshment in the hot streets. Meals finish with strong siyah çay, black tea, or fruity elma 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 plum, apricot, or peach. For a sweet tooth, try some baklava and an assort-
ment 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 impres-
sive 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 architec-

turally striking malls in Europe, they offer global and local brands.

Fashion is a pillar of Istanbul industry—major brands Gurudar 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. Combining the most delicate fab-
rics, clothing and accessories chain Koton offers amazing scarves and pashminas of silk and cashmere with beautiful patterns.

Istanbul is the epitome of crafts-
manship, especially glassware, such as teapots, delicate glasses, and ornate dishes by Pasabahçe. You can buy simple tea sets for everyday use or lavish orna-

ted sets in interior decorating and presenteers. Coffee lovers can accessorise their kitchen with a cezve, the pot used for making and serving coffee. To finish the selection of teas—spicy, black, green, apple—alluring. You can add a certain hammam flair to your bathroom at home with high-quality soaps, peshتimal, Turkish towels, and notably the exfoliating kese sponge.
Useful information

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

Türk Diş hekimleri Birliği
Turkish Dental Association
Ziya Gökalp Cad. No:37/A
Kızılay
Ankara
Turkey

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

Istanbul Kongre Merkezi
Istanbul Congress Center
Taksimba St.
Harbiye 34767
Istanbul

ON-SITE REGISTRATION
The registration desk, located at
the entrance, will be open from 7:00
to 19:00 during the congress. The reg-
istration fee for international visitors
is €450. Special rates apply for re-
gional and Turkish visitors, as well
as for professional categories, such
as hygienists, dental technicians and
therapists. A list of the countries eli-
gible for special rates is available on
the congress website.

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 DTI’s news
can also access the news feed
directly by scanning the QR code
below.

PASSPORTS AND VISAS
Currently, nationals from 15 coun-
tries, including France, Germany,
Greece and Italy, may enter Turkey
only with their national identity do-
cuments. 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 appli-
cation and can be paid for by credit or
debit card only.

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

CLIMATE
In late August, the legal tender is the Turkish lira
(TRY), which has an exchange rate
to the euro of about TRY2.57 (as at
9 August 2013). While most shops in
Istanbul accept all major credit cards,
vendors at open-air markets will most
likely only accept cash. Banks are open
from 8:30 to 17:00 on weekdays.

A list of the countries eligi-
ble for special rates is available on
the congress website.

OFFICIAL LANGUAGES
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
1 Wednesday, 28 August:
9:00 to 18:30

1 Thursday, 29 August:
9:00 to 18:30

1 Friday, 30 August:
9:00 to 18:30

1 Saturday, 31 August:
9:00 to 16:00

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

AIRPORT TRANSFER
While taxi is the easiest way to
get around, there are plenty of
other transport choices. For exam-
ple, Havataş shuttle buses depart
every 30 minutes from the airport
for Taksim Square and other loca-
tions. 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

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