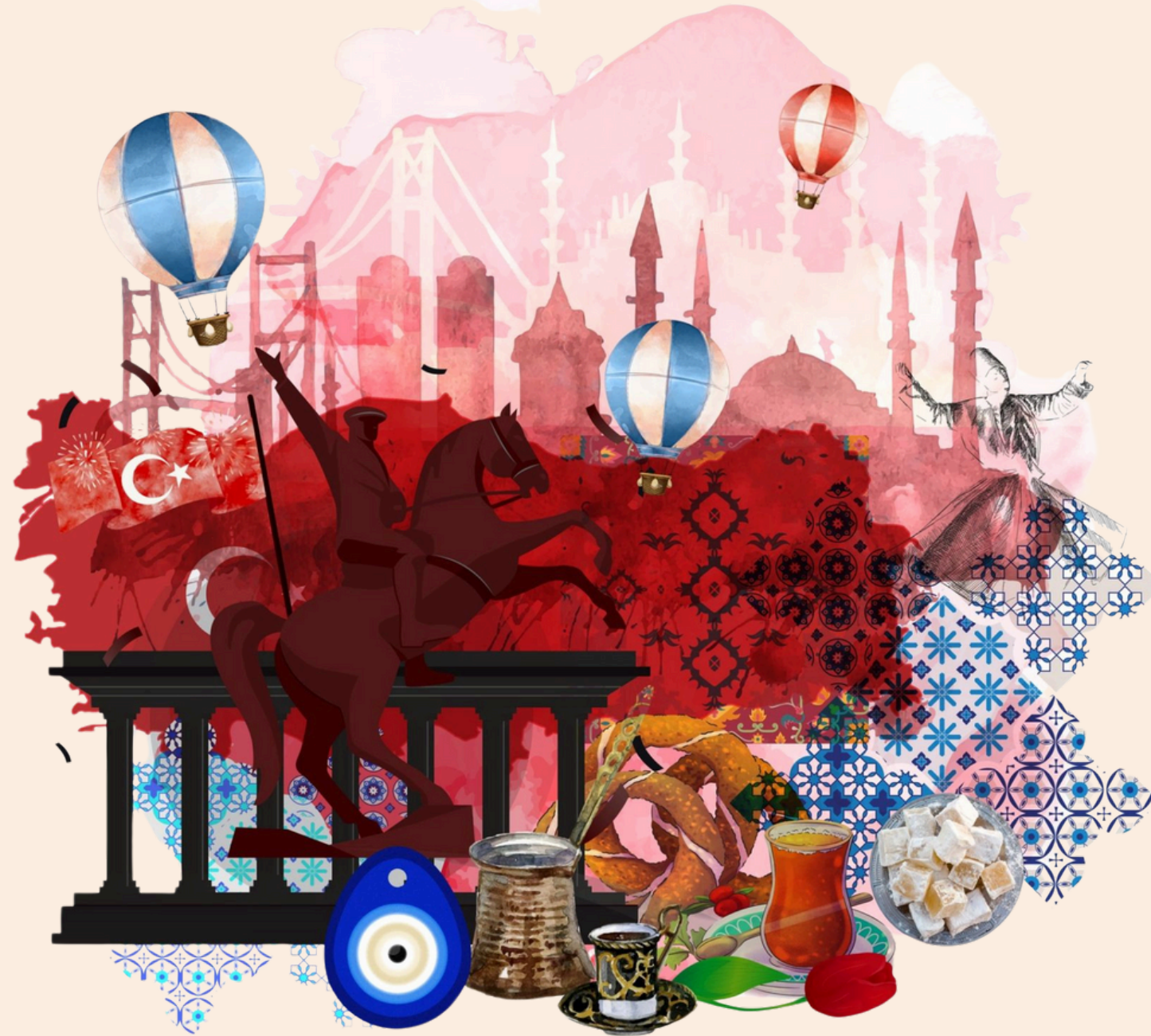


WELCOME TO TÜRKYİE



TÜRKİYE'YE HOŞ GELDİNİZ



WHERE IS TÜRKİYE?

Türkiye spans a substantial peninsula, encompassing an expansive area of 783,562 square kilometers. It serves as a bridge between Asia and Europe, seamlessly linked by the Sea of Marmara and the straits of İstanbul (Bosphorus) and Çanakkale (Dardanelles).

Positioned at the convergence of Eastern and Western cultures, Türkiye embodies a fusion of heritage and contemporary influences, blending the ancient with the modern.

Surrounded by three seas, Türkiye boasts a unique geographical location.

To the north lies the Black Sea, while the west is embraced by the Aegean Sea, and the southern border meets the Mediterranean, forming an extensive coastline of 8,000 kilometers (approximately 5,100 miles). Geographically, Türkiye is situated on two distinct lands: Asia Minor or Anatolia, comprising 97% of the landmass, and Eastern Thrace, also known simply as Thrace, representing the European portion, occupying 3% of the land and accommodating 10% of the total population.



FACTS YOU NEED TO KNOW

- Capital City: Ankara
- Population: 82 million
- Currency: Turkish Lira
- Religion: 99% Muslim
- Language: Turkish
- Time Zone: UTC +3 all year
- Business Hour: 09:00-18:00

GEOGRAPHY & REGIONS

Türkiye's diverse landscapes are the result of extensive tectonic processes that have shaped Anatolia over millions of years. The elevated plateau of Central Anatolia is flanked by mountain ranges to the north and south, boasting an average altitude of 1,500 meters. Gradually descending terrains toward the coastal plains create rich and fertile valleys.



ABOUT TÜRKYİE

Türkiye is a land of boundless wonders that exceed all expectations! Bursting with ancient marvels, extraordinary natural beauty, and unparalleled destinations, visiting Türkiye promises an unforgettable journey.

It's a blend of rich history and breathtaking landscapes:

- 19 UNESCO World Heritage Sites, along with an additional 84 sites on the Tentative List
- İstanbul, a global metropolis bridging two continents



INDULGE IN THE TÜRKİYE EXPERIENCE!

Embark on a Journey: Experience Türkiye Like Never Before!

Welcome to a land brimming with enchantment and endless wonders! Türkiye invites you to immerse yourself in an extraordinary tapestry of cultural richness, natural beauty, and historical marvels. Here's your chance to indulge in the Türkiye experience—a journey beyond imagination.

Discover life's unparalleled uniqueness, delve into irresistible flavors, trace the footprints of ancient civilizations, and be mesmerized by the enchanting skylines. Across the country, Türkiye unfolds a tapestry of adventures, inviting you to indulge in unforgettable experiences, savor distinctive tastes, and behold magical landscapes. Türkiye's boundless array of destinations exceeds even the wildest dreams, boasting ancient sites, unparalleled beauty, and extraordinary places that promise an unforgettable journey.



A KALEIDOSCOPE OF CULTURE

Unravel the threads of history woven into Türkiye's vibrant tapestry. From ancient ruins that whisper tales of mighty empires to bustling markets infused with the aroma of spices and the echo of centuries-old traditions, Türkiye celebrates its diverse heritage at every corner.



MESMERIZING LANDSCAPES

Witness the kaleidoscope of landscapes that Türkiye proudly displays. Picture-perfect coastlines adorned with azure waters, dramatic mountain ranges steeped in legend, serene countryside vistas, and surreal terrains like the otherworldly Cappadocia with its hot-air balloon-studded skies—all awaiting your discovery.



FLAVORS THAT ENCHANT

Savor a culinary voyage through Türkiye's rich gastronomic heritage. Delight in the tantalizing aromas and flavors of Turkish cuisine, renowned for its diverse array of savory dishes, aromatic spices, and delectable sweets. Each bite offers a story, a taste of tradition passed down through generations.



LEGENDARY HOSPITALITY

Experience Türkiye's warmth and hospitality, ingrained in the fabric of its culture. Here, every guest is welcomed with open arms, invited to share in the joyous spirit that defines Turkish hospitality—a cherished tradition that makes visitors feel right at home.



UNFORGETTABLE ADVENTURES

Explore Türkiye's spirit of adventure across its diverse terrain. Whether hiking ancient trails, cruising along the breathtaking coastline, or wandering through historic cities brimming with stories, Türkiye offers adventures that create lasting memories.

TIMELESS TREASURES

Step into history's embrace at the sight of Türkiye's countless treasures—a mosaic of UNESCO World Heritage Sites, iconic landmarks, and hidden gems waiting to be uncovered. Marvel at architectural wonders like the Hagia Sophia or wander through the ancient city of Ephesus, each step revealing a piece of a grand historical puzzle.

Indulge in the Türkiye experience—a symphony of culture, nature, history, and hospitality that promises an unforgettable voyage of discovery and delight."



TÜRKIYE HISTORICAL FACTS

Türkiye is a land steeped in history, boasting a wealth of fascinating historical facts:

- **Ancient Civilizations:** Anatolia, the heartland of modern-day Türkiye, was home to some of the world's earliest civilizations. It hosted the Hittites, Phrygians, Lydians, and many others who left indelible marks on its history.
- **Birthplace of Many Empires:** Türkiye's strategic location made it a coveted land. It was the cradle of the Byzantine Empire, which later transformed into the powerful Ottoman Empire that stretched across three continents.
- **Epicenter of Christianity:** İstanbul, previously Constantinople, was the capital of the Byzantine Empire and became the center of the Christian world after Emperor Constantine's conversion in the 4th century AD.

- **Crossroads of Cultures:** Being at the crossroads of Europe and Asia, Türkiye's history has been shaped by diverse cultures, from Greek and Roman to Ottoman and Persian influences.
- **Hagia Sophia:** This architectural marvel in İstanbul served as a church, mosque, and museum. Its dome and mosaics are a testament to Byzantine engineering and artistry.
- **Ephesus:** Once a grand ancient city, Ephesus was home to the Temple of Artemis, one of the Seven Wonders of the Ancient World. It remains a treasure trove of Roman history and architecture.
- **Troy:** The legendary city of Troy, immortalized in Homer's "Iliad," was located in northwest Anatolia, captivating archaeologists and historians for centuries.
- **Whirling Dervishes:** The Sufi Mevlevi Order originated in Türkiye, known for its mesmerizing spiritual practice of whirling dance that symbolizes the mystical journey toward divine love.
- **Gallipoli:** The Gallipoli Peninsula is a poignant symbol of sacrifice from World War I, where Anzac soldiers and Ottoman forces clashed in a historic battle.
- **Modern Republic:** In 1923, under the leadership of Mustafa Kemal Atatürk, Türkiye emerged as a modern republic, marking the beginning of significant social, political, and cultural reforms.

These historical facts merely scratch the surface of the rich tapestry of Türkiye's heritage, a blend of ancient civilizations, empires, and cultural crossroads that have left an enduring legacy.



CLIMATE FACTS

- **Diverse Climate:** Türkiye's geography contributes to a diverse climate, ranging from Mediterranean to continental and oceanic types. The country experiences four distinct seasons across different regions.
- **Coastal Weather:** The coastal areas along the Aegean and Mediterranean enjoy mild, wet winters and hot, dry summers. These regions attract visitors seeking sun and sea.
- **Inland Conditions:** Central Anatolia typically witnesses a more continental climate with hot, dry summers and cold, snowy winters.
- **Eastern Anatolia:** This region endures harsh winters with heavy snowfall and colder temperatures. Summers are shorter and cooler compared to other areas in the country.
- **Rainfall Distribution:** Rainfall varies significantly across Türkiye. Coastal regions receive more precipitation compared to the drier inland areas, influencing agricultural patterns and landscapes.
- **Mountain Climates:** The mountainous regions, including the Taurus and Pontic mountain ranges, experience colder conditions with heavier snowfall in winter, making them ideal for winter sports.
- **Microclimates:** Türkiye's diverse topography gives rise to microclimates, fostering unique ecosystems and habitats across the country.
- **Regional Contrasts:** The climatic diversity in Türkiye presents a wide array of opportunities for tourists seeking different experiences throughout the year, from beach holidays to skiing adventures.
- **Climate Change Impact:** Like many regions globally, Türkiye grapples with the effects of climate change, leading to shifts in weather patterns and potential challenges for agriculture and natural ecosystems.
- **Understanding the varied climate conditions in Türkiye is crucial for visitors and residents alike, offering a glimpse into the country's rich natural diversity and the experiences it has to offer throughout the year.**



RELIGION



Throughout its storied history, Türkiye has been a melting pot of diverse cultures, hosting a tapestry of people and boasting an array of historically significant landmarks. From age-old temples to contemporary mosques, Anatolia holds a pivotal place in the narrative of world religions, its spiritual legacy extending across centuries.

In present times, Türkiye stands as a repository of religious monuments, relics, and ancient remnants, all carrying immense cultural significance globally. This richness has made Türkiye an alluring destination for religious tourism.

As a secular republic, Türkiye's predominant religion is Islam. The call to prayer (ezan) echoes five times daily, punctuating the nation's landscape, while religious holidays like Ramazan Bayramı and Kurban Bayramı are observed alongside secular national holidays.

While mosques welcome visitors, it's essential to respect their sanctity. Visitors are advised to maintain a quiet demeanor, especially during prayer times. Modest attire is encouraged, covering legs, shoulders, and for women, the head as well. Shoes must be removed before entering a mosque, adhering to customary practices of reverence within places of worship.



SHOPPING



SHOPPING FACILITIES AND PRODUCES

Türkiye caters to every shopper's dream, offering a spectrum of options from bustling open-air markets and traditional covered Turkish bazaars to stylish designer boutiques, branded stores, numerous shopping malls, and outlet centers, creating a haven for those seeking the ultimate shopping experience.



Türkiye offers a vibrant shopping scene, catering to every shopper's desires, from bustling Turkish bazaars and open-air markets to high-end designer boutiques, brand stores, and expansive shopping malls.

Visitors are drawn to collect beautiful goods and keepsakes during their stay. Among the coveted items are antiques, apparel, vintage books, maps, brassware, carpets, ceramics, jewellery, silk and cotton fabrics, spices, and artisanal furniture.

For convenient transactions:

- Credit and debit cards are widely accepted.
- Contactless payment systems are prevalent across the country.
- Turkish ATMs accept home bank debit cards.
- Currency exchange offices are readily available in commercial areas.
- Banks and post offices also provide currency exchange services to facilitate visitors' needs.



COMMUNICATION



Foreign visitors to Türkiye can utilize their personal mobile phones for up to 120 days either through international roaming or by using a Turkish SIM card, without incurring customs duty or requiring registration. However, after this period, they must register the device and pay the applicable fee; otherwise, the device will be restricted from local mobile networks.

Türkiye boasts three major mobile phone operators, providing extensive network coverage across the country. SIM cards in regular, mini, and nano sizes are available for all three operators.

Regarding internet usage, Türkiye offers various options such as internet connection, 4.5G, ADSL, VDSL, and wireless. Free WiFi, a prevalent feature, is widely accessible throughout the country.



TRANSPORTATION



AIR CONNECTIVITY

Türkiye stands out as one of Europe's most advanced countries in terms of aviation industry connectivity and volume.

Over the last decade, while the global international air transportation sector expanded by 5.6%, Türkiye experienced a remarkable 14% growth. The country boasts more than 55 civil airports.

İSTANBUL AIRPORT

Situated at the crossroads of Asia, Europe, and the Middle East in Istanbul, the İstanbul Airport is a key global aviation hub, strategically positioned to link continents.

İstanbul Airport operates flights to 146 destinations across various continents, connecting more than 120 countries, 60 capital cities, and 250 international destinations, along with 50 domestic routes, all within a 3-hour flight time.

Once the airport reaches full capacity, the number of flight destinations is expected to exceed 350.





SABIHA GÖKÇEN AIRPORT

Situated in the Asian part of Istanbul, Sabiha Gökçen Airport is just an hour's drive from İstanbul Airport. The airport operates both international and domestic flights, serving as a key transportation hub.

Recognized as the "Airport of the Year" in the 30+ million passenger capacity category at the Center of Asia Pacific Aviation (CAPA) Awards for Excellence 2019, Sabiha Gökçen Airport has earned accolades for its excellence.

Notably, low-cost airlines such as Pegasus and Anadolu Jet consider Sabiha Gökçen Airport as their primary hubs.

OTHER MAJOR AIRPORTS IN TÜRKİYE

- Antalya Airport
- Ankara Esenboğa Airport
- İzmir Adnan Menderes Airport
- Milas-Bodrum Airport
- Dalaman Airport





DOMESTIC AIRLINE COMPANIES

- Turkish Airlines has more than 360 aircrafts, uses Istanbul airport as the hub airport.
<https://www.turkishairlines.com/>
- Pegasus Airlines, a low-cost air-line company owning more than 82 aircrafts, uses Sabiha Gokcen Airport as the hub airport.
<https://www.flypgs.com/en>
- Anadolu Jet, trademark of Turkish Airlines with a fleet of 57 aircrafts uses Sabiha Gokcen Airport as the hub airport. <https://www.anadolujet.com/en>
- SunExpress, a joint venture of Turkish Airlines and Lufthansa having more than 69 aircrafts, uses Istanbul, Izmir and Antalya airports.
<https://www.sunexpress.com/en/>
- Low-cost airline company having more than 27 aircrafts, uses Istanbul airport as the hub airport.
<https://www.onurair.com>

HIGH SPEED TRAINS

- Gaining immense popularity
- Linking the capital Ankara with Istanbul, Türkiye's most populous city
- High-speed lines boasting speeds of up to 250 km/h: Istanbul-Eskişehir-Ankara-Konya

INTER CITY COACH SYSTEM

- State-of-the-art and comfortable intercity bus system.
- Offers quality service at affordable prices.
- Connects nearly all cities across the country.
- Options include roundtrip buses between Antalya-Bodrum, Antalya-Pamukkale, Antalya-Fethiye; Pamukkale-Kuşadası, Kuşadası-İzmir; Kapadokya-Konya, Kapadokya-Antalya, Kapadokya-Pamukkale, Konya-Antalya.





CAR RENTALS

Utilizing the Rent-a-Car System and Driving Licenses

- Modern, well-kept roads for smooth travel.
- Availability of major international car rental companies.
- Option to rent a car for individuals aged 21 years or older.



BEFORE YOU GO



Diplomatic passport holders enjoy a visa exemption for stays in Türkiye lasting up to 90 days. However, ordinary, special, and service passport holders must obtain a visa to enter the country.

For detailed visa information for foreigners, please visit: <https://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

There are two main options for acquiring a visa: a single-entry e-Visa, valid for one month, which can be obtained through www.evisa.gov.tr, or a sticker visa that can be easily applied for at visa processing centers or foreign missions. The application process for the visa requires a limited number of documents.

GROUP VISAS

The visa process for guests attending MICE events (Meetings, Incentives, Conferences, and Exhibitions) or destination weddings can be jointly managed with the event organizer. In such cases, the need for many personal documents is waived, streamlining the visa application process.



HOTEL

ACCOMODATION

- Türkiye boasts approximately 4,600 hotels, offering a collective capacity of 1.3 million beds.
- There are 670 5-star hotels with a capacity of 500,000 beds.
- Additionally, there are 820 4-star hotels, accommodating up to 240,000 guests.
- City hotels, commonly found in bustling destinations like Istanbul, İzmir, and Ankara, usually function on a bed and breakfast basis.
- In leisure destinations such as Antalya, Bodrum, Fethiye, and Kuşadası, resort hotels operate on the all-inclusive (AI) system, accounting for nearly 90% of resort hotels in Türkiye. This system typically encompasses food, beverages (including alcoholic drinks), and accommodation in a bundled package.
- The majority of all-inclusive resort hotels are situated in Antalya and Bodrum.
- Türkiye also hosts Special Category hotels, including historical, boutique, and cave hotels—particularly prevalent in the Cappadocia region, highly sought after by travelers.





TÜRKYİE FOR TOURISM



Explore Turkey's boundless beauty and captivating destinations that surpass imagination! From ancient marvels to incomparable landscapes, a visit to Türkiye guarantees an unforgettable journey.

Discover life's uniqueness, delve into irresistible flavors, trace civilizations' footprints, and immerse yourself in the enchantment of the skyline. Positioned at the intersection of East and West, Turkey presents a fusion of tradition and modernity, seamlessly blending the old with the new.



WHY TÜRKYİE?

- The fusion of historical richness and natural splendor.
- With 19 UNESCO World Heritage Sites and an additional 84 on the Tentative List.
- Istanbul: a global metropolis spanning two continents.
- Cappadocia: a whimsical landscape adorned by hot-air balloons.
- Antalya: the quintessential all-inclusive resort city, perfect for family getaways.
- Bodrum: an Aegean haven exuding luxury, ideal for honeymooners.
- Indulge in a diverse cuisine boasting vegetable, meat, seafood dishes, and delectable desserts.
- Discover over 8,000 kilometers of coastline and 531 blue flag beaches.
- Experience the distinct beauty of all four seasons across the country.
- Traditional hospitality remains a cornerstone of Turkish culture.

CULTURAL HERITAGE TOURS

Türkiye presents incredible archaeological sites that bear witness to millennia of history and breathtaking historical structures that embody the grandeur of the Ottoman Empire.

You can trace the footsteps of ancient civilizations like Lycia and Caria or embark on the path of St. Paul's faith journey.



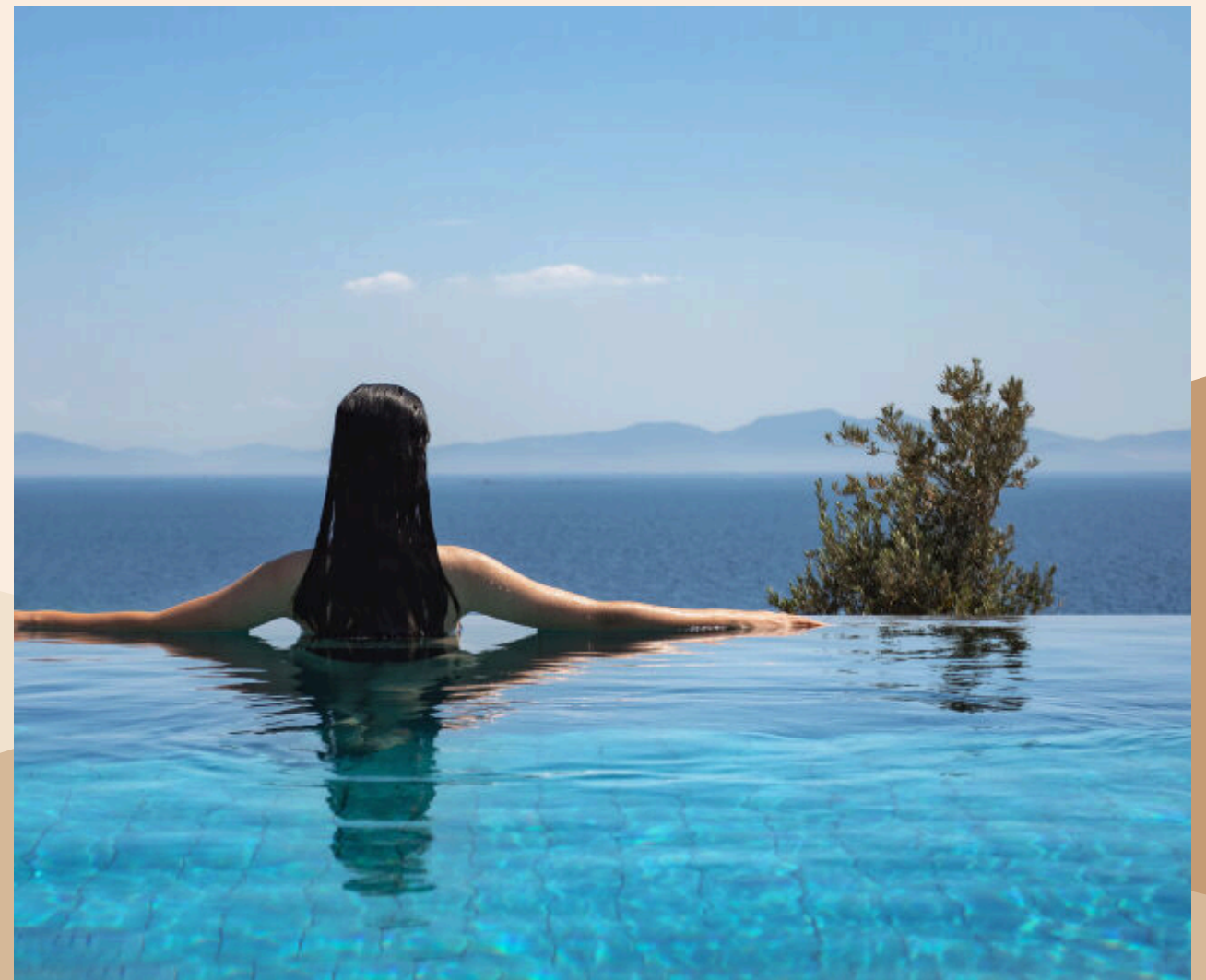


GEOGRAPHICAL WONDERS

The country hosts incredible natural marvels, from countless bays and coves to verdant forests, fairy chimneys, caves, canyons, rivers, waterfalls, and beyond. Türkiye boasts seven distinct geographical regions, each with unique climatic traits and diverse flora and fauna, showcasing an array of wondrous natural features. Among these, Cappadocia stands out as the quintessential destination for geographical wonders.

LUXURIOUS HOLIDAYS

Türkiye guarantees a return to a life richly embraced, offering stunning accommodations, exquisite culinary delights, remarkable historical treasures, and unforgettable experiences—a cornucopia of tastes and a celebration of the well-lived life.





NATURE AND OUTDOOR SPORTS

Explore Türkiye's unparalleled natural beauty and profound historical legacy through a myriad of adventures. Trek through pristine, verdant mountains, dive into turquoise bays, ski on glistening snow, or raft down rushing rivers—the possibilities are endless. Türkiye also boasts incredible options for road biking and mountain biking, inviting exploration of its breathtaking landscapes and historical sites.

DISCOVERING CITY LIFE AND URBAN TEXTURE

In Istanbul, visitors encounter a thriving cultural tapestry, an immense historical legacy, incredible gastronomic adventures, and awe-inspiring vistas at every turn. It's an extraordinary chance to explore a city where continents converge.





SUMMER VACATIONS

Embraced by the Black Sea, the Sea of Marmara, the Aegean, and the Mediterranean, Türkiye stands as an ideal haven for sun-seeking travelers. With an extensive season, destinations like Antalya and Mersin in the southern regions offer nearly eight months of turquoise waters, inviting relaxation and endless seaside enjoyment.

WINTER VACATIONS

Türkiye boasts an abundance of diverse activities across its landscape. From ski resorts near Istanbul like Uludağ and Kartalkaya to renowned ski centers nestled in Anatolian mountain ranges, and even the Saklıkent Ski Resort, positioned just above Antalya's captivating turquoise Mediterranean shores, the country presents a myriad of winter sports options for all preferences.





WEDDINGS

Türkiye enjoys global recognition as a sought-after wedding destination, combining a captivating fusion of historical and modern elements from both Eastern and Western cultures. Annually, thousands of thematic and traditional weddings, including Indian ceremonies, take place across the country.

MICE

Türkiye stands as a prominent figure in the MICE (Meetings, Incentives, Conferences, and Exhibitions) industry, boasting extensive experience as a hosting destination for numerous years. Planners exploring Turkey are presented with a myriad of choices, from purpose-built convention centers to an extensive array of four and five-star hotels. Accommodations span across cityscapes, resorts, golf hotels, and cutting-edge conference and exhibition spaces dispersed throughout the country.





POTENTIAL VISITORS

- Culture Enthusiasts
- Food and Culinary Explorers
- History and adventure seekers
- Nature lovers
- Shopaholics
- Summer vacation seekers
- Beachgoers and Relaxation Seekers
- Luxury travelers
- Ski and winter sports lovers
- Wedding planners
- Business and MICE Travelers
- Medical and health tourists

Turkey's diverse attractions cater to a broad spectrum of interests, making it an appealing destination for various types of travelers looking for unique experiences.

TOUR PACKAGE ITINERARY OFFER



For a 3-day tour package in Istanbul, we'd craft an itinerary that blends cultural immersion, historical exploration, and modern leisure or during your stay for medical treatment. Here's a sample itinerary:

Day 1: Arrival in Istanbul

- Transfer from the airport to a centrally located hotel
- Enjoy a leisurely cruise along the Bosphorus Strait, admiring panoramic views of Istanbul's skyline and iconic landmarks – dinner included.

Day 2: Explore Historical Istanbul

- Guided tour of the Hagia Sophia, a masterpiece of Byzantine architecture
- Visit the stunning Blue Mosque, known for its intricate tile work and impressive domes
- Wander through the bustling Grand Bazaar, one of the world's oldest and largest covered markets, offering a variety of goods including textiles, jewelry, spices, and souvenirs

Day 3: Discover Modern Istanbul

- Explore the vibrant neighborhoods of Galata Port, Karaköy, Beyoğlu and Taksim known for their trendy cafes, art galleries, and boutiques.
- Visit the Istanbul Modern Art Museum, showcasing contemporary Turkish art.
- Conclude the tour with a farewell lunch featuring delicious Turkish cuisine.

Package Price: The package price would include:

1. Accommodation in a well-rated hotel.
2. Airport transfers.
3. Guided tours with entrance fees.
4. Meals as mentioned in the itinerary.
5. Transportation for the activities.

The price would vary depending on the hotel category and specific inclusions, but as an estimate, the package could start from **\$750** per person for budget options and go up to **\$1500** per person for luxury accommodations + private vehicle/van with additional perks.

We aim to provide a seamless experience for our clients, combining the best of medical tourism with the rich cultural heritage and attractions that Istanbul has to offer.





CULINARY FEATURES AND PRODUCES



- **Olive Oil:** Renowned for its quality, Turkish olive oil is a cornerstone of the cuisine, used generously in various dishes and salads.
- **Fresh Vegetables and Fruits:** The country's fertile lands yield an array of fresh produce, from succulent tomatoes and peppers to pomegranates, figs, and apricots, enriching Turkish cuisine with vibrant flavors.
- **Spices and Herbs:** Turkish cuisine is celebrated for its use of aromatic spices like cumin, sumac, paprika, and herbs like mint, parsley, and oregano, enhancing the depth and richness of flavors.
- **Dairy Products:** Yogurt, cheese, and kaymak (clotted cream) are staples in Turkish cuisine, adding creaminess and richness to various dishes and desserts.

- **Baklava and Turkish Delight:** Indulge in the sweetness of traditional desserts like baklava, a pastry made of layers of filo filled with nuts and honey, and lokum (Turkish delight), a confectionery delight with various flavors and textures.
- **Kebabs and Grilled Meats:** Turkish cuisine is renowned for its succulent kebabs, featuring marinated meats grilled to perfection, offering a savory delight for meat lovers.
- **Turkish Tea and Coffee:** The rich, strong flavors of Turkish tea and the aromatic experience of Turkish coffee are integral parts of daily life and social gatherings in Turkey.
- **Seafood:** With its extensive coastline, seafood holds a significant place in Turkish cuisine, offering fresh catches prepared in various delightful ways.



MEDICAL HISTORY AND SCREENING

General Information

Participant:

Name _____

Address _____

Contact phone _____

Birth date _____

Family Physician

Doctor/Other _____

Address _____

May I send a copy of this form to my health care provider and consult with the provider?

Yes

Signature: _____

Marital Status:

Single

Sex:

Male

Education:

Grade School

College (2-4 years) Graduate

Occupation:

Position _____

Address _____

Phone _____

Health care provider and

Widowed

TÜRKİYE FOR HEALTH AND WELLNESS



Türkiye stands as a premier hub for health and wellness, offering a comprehensive range of services. Rooted in its sunny climate, immersion in nature, and the nourishing Mediterranean diet, Türkiye's vitality shines through. Ancient spas and natural hot springs, scattered across the country, offer holistic health benefits. Moreover, Türkiye boasts world-class healthcare centers and experts. Each year, visitors flock for life-saving medical procedures, cosmetic enhancements, and dental surgeries. With a focus on cutting-edge technology and top-notch standards, Türkiye excels in wellness treatments, showcasing a commitment to health and well-being from the moment guests arrive.

UNIQUE HEALTH AND WELLNESS HIGHLIGHTS

- **Thermal Springs and Spas:** Türkiye's abundant thermal springs and natural spas, like Pamukkale and Bursa's Çekirge, offer therapeutic waters believed to have healing properties for various ailments.
- **Medical Tourism:** Renowned for its medical tourism, Türkiye attracts visitors seeking high-quality and cost-effective medical procedures, including cosmetic surgery, dental treatments, and specialized surgeries.
- **Traditional Turkish Baths (Hamams):** These historical bathhouses provide a unique cleansing and relaxation experience, combining steam, exfoliation, and massages for a rejuvenating effect.
- **Mediterranean Diet:** With its emphasis on fresh produce, olive oil, nuts, and fish, the Mediterranean diet prevalent in Turkey promotes health and longevity.

- **Yoga and Wellness Retreats:** Various centers and retreats across Turkey offer yoga, meditation, and wellness programs amidst serene natural settings, providing holistic rejuvenation.
- **Hiking and Nature Therapy:** Türkiye's diverse landscapes, from mountainous regions to coastal trails, offer opportunities for nature therapy and rejuvenation through hiking and eco-therapy.
- **Alternative Therapies:** Some regions offer alternative therapies like traditional herbal remedies, acupuncture, and holistic healing practices, blending ancient wisdom with modern wellness approaches.
- **Cultural Wellness Experiences:** Immersive cultural experiences such as Sufi music therapy sessions or traditional music performances contribute to the holistic wellness offerings in Türkiye.



Live Healthy • Be Well •

DEFINING HEALTH AND WELLNESS

Health signifies a state devoid of illness, injury, or discomfort, embracing well-being achieved through nutrition, exercise, and medical care. It's essential for a fulfilling life. Wellness, however, expands beyond health to encompass holistic harmony in body, mind, and spirit.

Wellness encompasses cultivating healthy habits that foster physical, emotional, and mental health. When we attain wellness, we don't merely exist; we thrive. Visitors to Turkey discover a haven for achieving holistic wellness, leaving imbued with a profound sense of well-being and vitality in every aspect of life.

Nature serves as the ultimate source of well-being. In Türkiye's breathtaking natural settings, guests immerse themselves in an array of activities, from breathing in the oxygen-rich mountain air to indulging in the rejuvenating sea waters. Sunlight exposure replenishes the body's vitamin D, fostering mental clarity and wellness through activities like hiking, skiing, water sports, and scuba diving amidst nature's embrace.

Engaging with nature by walking barefoot on the beach or swimming in the sea yields grounding benefits, aligning the body's magnetic charges and evoking feelings of tranquility and joy. Türkiye's natural landscapes offer avenues for profound connections with the Earth, elevating a sense of peace and harmony.

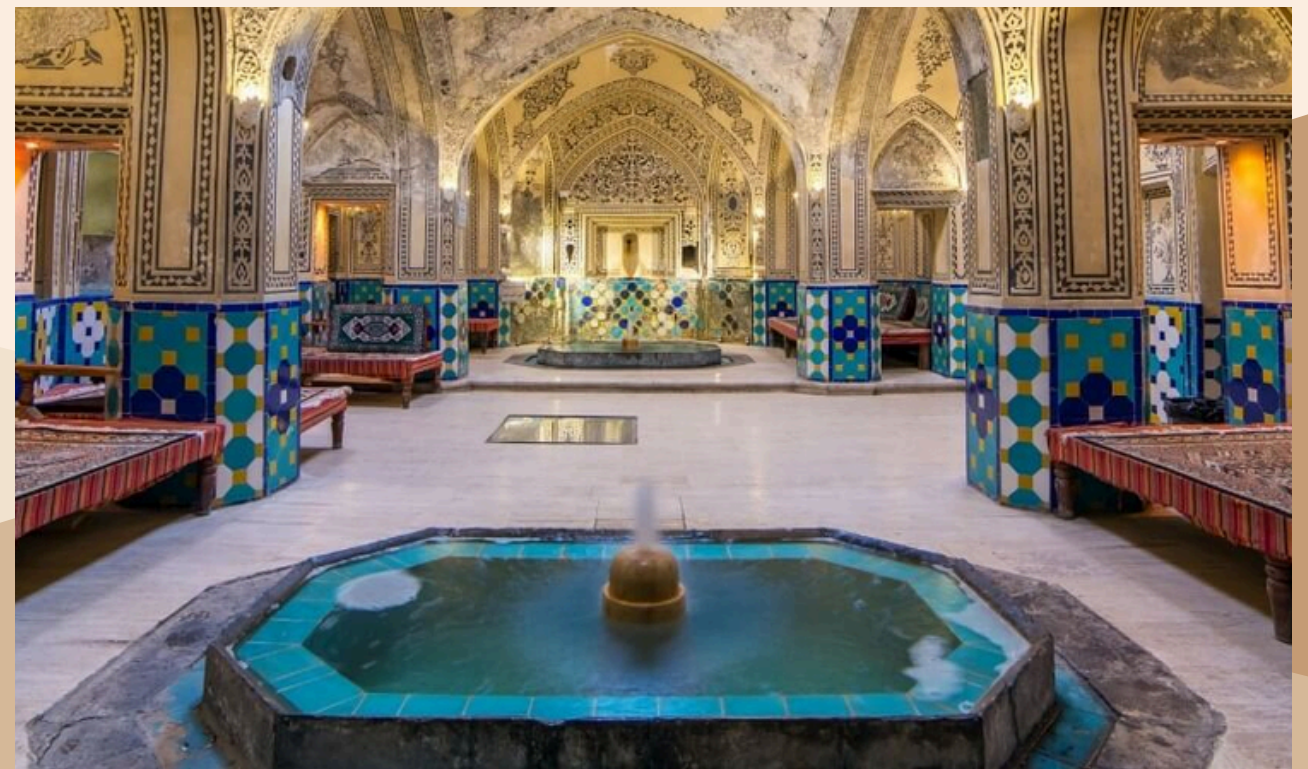


Türkiye stands out as a leading destination for health and well-being, rooted in its centuries-old focus on medicine and homeopathy. Its intriguing history showcases a deep-rooted tradition of prioritizing health. Turkish locals predominantly follow the wholesome Mediterranean diet, abundant in olive oil, fresh organic fruits, and vegetables. The consumption of olive oil, rich in healthy fats, offers protection against heart disease, type 2 diabetes, and inflammation.

Within this diet, fish plays a significant role, supplying essential omega oils, along with vitamins D and B2, promoting brain and joint health. Türkiye also boasts an abundance of wild herbs expertly prepared to maximize their health-enhancing properties, adding to the holistic wellness approach embraced within the country.

The ancient baths, inspiring Turkey's renowned Turkish bath (hammam) culture, represent purity, hygiene, and self-care. Even the famed Egyptian Queen Cleopatra visited Türkiye in 41 BCE for bathing and beauty rituals. Türkiye boasts numerous ancient spas and historic cities with natural access to thermal springs. With cutting-edge therapies and the latest advancements in health and beauty, guests can indulge in the newest spa and beauty treatments, from massages to manicures, HydraFacials to aromatherapy.

Türkiye holds a longstanding tradition in the art of massage. You'll undergo a transformative experience encountering the healing touch of health and wellness experts in Türkiye!





Türkiye's history is rich with medical milestones and pioneering doctors who've left an indelible mark on modern medicine. From remarkable dental reconstruction and successful cosmetic surgeries to pioneering organ transplants, Turkey boasts a robust tradition of education, scientific research, and the unwavering dedication of its doctors. This legacy attracts countless individuals worldwide seeking healthcare in Türkiye.

Visitors to Türkiye benefit from avoiding lengthy waiting lists for treatments, thanks to the country's remarkable capacity to accommodate guests promptly. Additionally, Turkey offers healthcare at exceptionally favorable costs, adding to its allure as a preferred destination for medical care.

During their treatments in Türkiye, guests experience comprehensive care, often in luxurious 5-star accommodations, coupled with exceptional aftercare services. While in Turkey for treatments, guests can take advantage of the stunning coastlines. The fresh air and picturesque landscapes not only contribute to a sense of well-being but also aid in expediting recovery through rest and rejuvenation.

For guests undergoing private or personal procedures, Türkiye ensures complete anonymity and discretion for everyone, respecting their privacy throughout their stay.





SPAS

The lands of Türkiye, renowned for their abundance of natural thermal springs, have long been celebrated for their therapeutic spas.

Among the ancient healing centers, the Asclepion (Asklepieion) of Pergamum (modern-day Bergama) stood as the most famed medical hub in the Ancient World. Remarkably beautiful and of immense significance in the health domain, Pergamum's ruins persist to this day. Within the Sanctuary of Asclepius (Güzellik Ilicası), Pergamum boasts its most magnificent thermal spa, commissioned at the special behest of King Eumenes of Pergamum. This sanctuary, rumored to have been favored by Egyptian Queen Cleopatra for bathing, remains a testament to historical significance and healing traditions.

Beside the ancient ruins of the spa town Hierapolis, dating back 2,000 years, visitors flock to Türkiye to behold the stunning Pamukkale. Today, its inviting warm pools, rich in minerals, allure many for a healing soak, while a diverse array of spa treatments awaits guests. Numerous spa hotels cater to varying preferences, offering a wide selection of amenities.

Another renowned historical spa town in Türkiye is the bay known as Cleopatra Baths (Kleopatra Hamam Koyu) in Göcek. Here, guests marvel at submerged pathways beneath the crystal-clear waters of the Mediterranean. Legend has it that Cleopatra's companions gifted her a special bathhouse, allowing her to luxuriate in the natural hot springs during her frequent visits to Türkiye, ensuring her ease and comfort amidst these healing waters.

Guests seeking relaxation and inner peace will discover a multitude of alternative therapies available, including massages, fitness programs, yoga, meditation, energy cleansing, mindfulness sessions, aromatherapy, and an array of other wellness offerings. Türkiye's offerings ensure a holistic approach to well-being, providing options to suit varied preferences and needs.

Throughout its history, Türkiye has honed the therapeutic potential of its natural waters. Immersing oneself in hot mineral springs offers a perfect relaxation method: as you step into these warm pools, the strains and pressures of a hectic life seem to dissolve away. Traditional spa treatments provide an exceptional means to nurture both physical and mental well-being.

Türkiye caters to diverse preferences, offering a range of options from luxurious coastal resorts to intimate urban spa retreats. Facilities utilizing seawater harness its mineral-rich salt content, known for its healing prowess. This water has proven effective in alleviating skin conditions like eczema, aiding in skin tissue recovery, and fostering overall wellness and serenity.





THERMAL SPRINGS

Groundwater warmed by the Earth's inner mantle creates effervescent, naturally heated pools on the Earth's surface, teeming with warmth. Laden with minerals from the earth, these pools have been a source of bathing since ancient times.

Türkiye boasts Europe's finest natural hot springs, ranking seventh globally. These springs, historically utilized for preventing and treating ailments, offer a serene pleasure drawing guests back to Turkey repeatedly. Predominantly situated in Central Anatolia, Marmara, and the TurkAegean regions, Türkiye's 260 hot spring facilities adhere to stringent health and safety standards regulated by the Turkish Ministry of Health. Relaxing within these hot springs is a tradition rooted in wellness and tranquility, attracting visitors seeking the soothing benefits of these natural marvels.



HEALTH BENEFITS OF BATHING IN THERMAL SPRINGS

- **Relief from Aches:** Those grappling with rheumatism or other discomfiting ailments discover solace in the soothing warmth of water. Heat plays a role in diminishing the sensation of pain, explaining the growing preference for water births among mothers today. Immersing oneself in a thermal spring pool alleviates joint pain, with the water buoyantly supporting the body, allowing for effortless movement and a sense of weightlessness.
- **Enhanced Circulation:** The minerals present in natural hot springs, including calcium and sodium bicarbonate, promote increased oxygen flow and blood circulation in our bodies. As these minerals penetrate the skin, their therapeutic properties revitalize, invigorate, and leave you tingling from head to toe, fostering a rejuvenating sensation.
- **Quality Sleep:** The comforting warmth of the water induces muscle relaxation, easing bodily tension. Upon leaving the water, the body's temperature drops, paving the way for a restorative and deep sleep as soon as your head touches the pillow. The relaxing effects of the warm water facilitate a tranquil transition into a revitalizing slumber.



THE TURKISH CITIES OF THE EUROPEAN ROUTE OF HISTORIC THERMAL TOWNS

The European Route of Historic Thermal Towns spans across 18 countries, encompassing 51 esteemed thermal hot springs across Europe, two of which are located in Turkey (Afyonkarahisar and Bursa). Alongside the springs, visitors to Turkey can explore a diverse range of therapies offered at these facilities, including:

- Acupuncture
- Blood pressure adjustment therapy
- Colon hydrotherapy
- Medical sauna
- Ozone therapy
- Massage therapy
- Rhythm therapy
- Nature walks
- Sea swimming



AFYONKARAHISAR

Afyonkarahisar stands as Türkiye's renowned thermal town, swiftly gaining acclaim for its captivating natural vistas and profound heritage. Nestled in the inland TurkAegean Coast, Afyonkarahisar carries a storied past, having been host to civilizations including the Hittites, Phrygians, Romans, Byzantines, Seljuks, and Ottomans. Among the renowned pools in Afyon are Gazlıgöl, Heybeli, Ömer, Hüdai, and Gecek, each revered for its unique properties.

The thermal waters in Afyonkarahisar emerge at a scorching 100°C from the source, boasting an average mineral content of 5,000 mg/l. These purifying waters are believed to aid in alleviating skin conditions, respiratory issues, and muscle discomfort. Moreover, the waters' composition, including sodium bicarbonate, calcium, and magnesium, contributes to improved blood circulation and holds potential for relieving and healing various dermatological ailments.



AĞRI

Ağrı entices visitors with its Diyadin thermal spa, situated southeast of the city. The thermal waters boast a total mineral content of 1,000 mg/l, maintaining a temperature range between 72-78 °C.

ANKARA

Ankara offers abundant choices for guests in search of relaxation. Thermal spas abound in Ayas, Beypazarı, Dutlu, Kapullu, Haymana, and Kızılcahamam. These pools boast a mineral content reaching approximately 12,000 mg/l and are abundant in bicarbonate and acratothermal properties.



BALIKESIR - THE WINNER OF HEALTH AND WELLBEING TOURISM AWARD, 2019

Balıkesir, situated in northwestern Türkiye , has long been a favored health destination across history. Positioned amidst three significant Turkish cities, it sits just 100 km from Çanakkale, renowned for its Trojan warhorse, and adjacent to Bursa, an essential Ottoman hub. To its north, across the Sea of Marmara, lies the vast metropolis of Istanbul. Balıkesir emerges as an idyllic haven and wellness retreat. Nestled amid picturesque mountains, fresh air, and verdant forests, it boasts rich biodiversity and natural hot spring waters.

Mount Ida, a haven for health enthusiasts, hosts an array of yoga camps, eco-villages, centers for medicinal and aromatic plant cultivation, and alternative health facilities.

Guests can explore practices such as ozone therapy, acupuncture, physiotherapy, leech therapy, and mud therapy.

A week spent in the breathtaking landscapes of Balıkesir promises immense benefits for health and well-being. Here, guests immerse themselves in nature, indulge in thermal waters, and savor the nourishing gastronomy rich in olive oil. The allure of Balıkesir is such that once experienced, you might find it hard to bid farewell!





These springs, including Çelik Palace, Sulphur, Karamustafa, Kaynarca Springs, and Eski Springs, boast thermal-mineral properties, reaching temperatures of 88°C and a mineral content of 2,500 mg/l.

Luxury spa hotels and health center facilities in Bursa also offer access to these therapeutic thermal waters. Individuals grappling with rheumatism, neuralgia, and sports injuries often seek respite in these healing waters, drawn to their exceptional therapeutic benefits. These inviting facilities cater to guests seeking both relaxation and therapeutic rejuvenation.

BURSA

Bursa, Türkiye's fourth-largest city, boasts numerous hammams, inviting guests to indulge in the traditional Turkish bath experience. Once pivotal for the Roman Empire's expansion, Bursa later became home to both Eastern Romans and Ottomans. As the former capital of the Ottoman Empire, it thrived as a hub of the silk trade. Today, Bursa proudly hosts three UNESCO World Heritage Sites, ski resorts near Uludağ, numerous museums, and a thriving textile and automotive industry.

Renowned as "silver waters" due to their magnesium content, Bursa's hot springs now offer various pools and spas for visitors to relish.





ERZINCAN

The Erzincan Ilıcası springs, situated in the eastern part of Türkiye, are renowned for their reputed benefits targeting skin conditions, heart health, rheumatism, and vascular diseases.

İSTANBUL

The Tuzla thermal spring stands out for its impressive mineral content, reaching up to 4,078 mg/l, and its abundant and diverse mineral composition.

İZMİR

İzmir offers numerous thermal-rich destinations for visitors to explore. Among these are Balçova, Nebiler, Reisdere, Karakoç, Gülbahçe, Bayındır, Mahmudiye, Paşa, Geyiklidağ, Güzellik, Dereköy, Bademli, Ilıcagöl, Cumali, Çeşme, and Kelalan. The mineral content in the water spans from 912 to 43,564 mg/l across these varied destinations.



NEVŞEHİR

The renowned Kozaklı thermal springs in Nevşehir are celebrated for their therapeutic properties, attracting numerous visitors seeking relief from diverse ailments. These waters boast an average mineral content of 2,500 mg/l and possess a hybrid thermo-mineral structure known for their healing attributes.



DENIZLI

Pamukkale, Gölemezli, Babacık, Tekkeköy, Kızıldere, Boşeli, and Karahayıt thermal springs showcase mineral content ranging from 2,000 to 3,500 mg/l and feature a blend of thermo-mineral water properties. Arguably one of the world's most awe-inspiring natural formations, the natural terraced pools on the slopes of Pamukkale in southwestern Turkey are a sight to behold. Designated as a UNESCO World Heritage Site, these pools form an exquisite spectacle of vivid blue waters interspersed with glistening white travertine formations. Translating to "Cotton Castle," Pamukkale has been a sought-after holiday destination for over two millennia. The site encompasses the ruins of the ancient Graeco-Roman spa resort of Hierapolis, offering guests a captivating stroll through this enthralling open-air museum. Pamukkale boasts five thermal springs featuring soothing waters with temperatures between 35-36°C, inviting visitors for a relaxing soak. Additionally, guests should explore Karahayıt, renowned for its distinctive red spring and clay treatments just a stone's throw away.



YALOVA

At Yalova and Armutlu spas, visitors can immerse themselves in splendid warm waters boasting a mineral content of 2,127 mg/l. The valley of hot springs hosts a range of pools, providing guests with diverse options to enjoy their thermal experience.



HAMMAMS

The tradition of the hammam, a Turkish bath, runs deeply within Turkish culture, shaped by ancient Anatolian customs dating back to the days of the Ancient Romans. More than a mere bathing ritual, the hammam embodies a social ceremony and a traditional act of purification. It is both therapeutic and soothing, historically a weekly retreat for men and women who spent several hours (separately) within its confines. Amidst scrubbing and warm water, they engaged in conversations with friends, finding respite at week's end.

Today, visitors to Türkiye should seize the opportunity to partake in this timeless hammam experience. Guests can cleanse themselves or indulge in a traditional massage and scrubdown, where attendants use a loofah and delightfully scented traditional soap (often crafted from olive oil) to rejuvenate the skin. Post-hammam, individuals often feel remarkably refreshed and invigorated—or delightfully relaxed and sleepy!

The hammam offers several time-proven benefits:

- Cleanses and exfoliates the skin, removing dead skin cells
- Opens pores in the warmth & facilitate the removal of impurities
- Aids in the elimination of toxins
- Enhances blood circulation
- Clears the respiratory tract





DIET

Primarily comprising fresh seasonal ingredients, the Turkish diet brims with flavorful dishes crafted for both taste and health. Across Türkiye, a plethora of wild and organic herbs flourish, carrying numerous antioxidant properties known to aid in reducing cholesterol, purging toxins, and bolstering immunity. Fueled by Türkiye's fertile soil, the cuisine spotlights delectable fruits and vegetables, premium-quality olive oil, and an array of herbs and spices. Visitors will relish the diverse and delightful Turkish cuisine, rich in both flavor and inherent health benefits. Alongside a profusion of fish and meat, the Turkish culinary repertoire includes an array of seasonal vegetable-based delicacies. Guests exploring Türkiye can revel in



NATURAL REMEDIES AND HEALING HERBS



EBEGÜMECI (MALLOW)

Ebegümeçi, part of the vast Malvaceae plant family, thrives in the wild across Türkiye, notably flourishing in the TurkAegean region. Sharing lineage with plants like cotton, okra, and hibiscus, ebegümeçi is edible and commonly prepared in olive oil-based dishes. Its leaves are reputed to possess healing properties, traditionally incorporated into poultices to alleviate inflammation or aid in extracting boils and skin cysts.

NATURAL REMEDIES AND HEALING HERBS

Anatolia's breathtaking landscapes host a myriad of captivating and distinctive herbs, each making its mark in the local cuisine by imparting both flavor and health advantages. Numerous herbs native to Türkiye have served medicinal and therapeutic roles for centuries.





TURP OTU (RADISH LEAVES)

Abundant in flavor and brimming with vitamins and antioxidants, turp otu is a common ingredient in Turkish cuisine, notably prevalent in the TurkAegean region. Often featured in salads alongside garlic and yogurt, or cooked with eggs, radish leaves are reputed for promoting healthy kidney and liver functions while alleviating rheumatism and asthma. While visiting Türkiye, guests should seize the opportunity to savor this enchanting herb!

ARAPSAÇI (FENNEL)

Resembling dill in appearance, Arapsaçı boasts a distinct flavor profile. Typically, its seeds, leaves, and stems are sautéed with olive oil, onions, and various other TurkAegean wild herbs. Arapsaçı serves as a flavorful addition to lamb dishes and is a common ingredient in börek, the Turkish savory pastries filled with diverse fillings.





ŞEVKETİ BOSTAN (BLESSED THISTLE)

Typically gathered during January, şevketi bostan is renowned for its assistance in kidney ailments and digestive support. This herb is relished in salads, combined with meat in cooked dishes, or prepared in olive oil to create a flavorful meze. Şevketi bostan commonly features in roasted lamb recipes as well.

DENİZ BÖRÜLCESİ (SAMPHIRE)

Thriving in the wild along the TurkAegean coast, samphire, a sea vegetable, offers a delectable taste coupled with numerous health advantages. Deniz Börülcesi shines when prepared simply with olive oil and a touch of lemon juice, often served as a meze—a customary Turkish appetizer. Its refreshing taste makes it an ideal summer starter, while its high iodine content makes it a valuable mineral for thyroid health.





KUZUKULAĞI (SORREL)

Kuzukulağı stands out as a detoxifying herb-vegetable renowned for its sour flavor and abundant nutritional content, boasting high levels of vitamins A and C, along with calcium, potassium, magnesium, and phosphorus. Historically, practitioners would brew sorrel leaves into a potent tea, valued for its fever-reducing and anti-inflammatory properties. Additionally, individuals would extract the inner sap from the leaves and stems through juicing, considering it an effective kidney cleanser and diuretic.

RADHIKA (DANDELION)

Radhika, celebrated for its health advantages and medicinal attributes throughout Türkiye, offers dandelion leaves and stalks brimming with iron, calcium, and potassium. These components can be consumed fresh, cooked, infused in hot water, or dried. Despite the slightly bitter taste of the young leaves and buds, they contribute a flavorful zest to soups and salads.





ISIRGAN (NETTLE)

Isirgan, recognized as dalağan or dalan, holds a long history in Turkish cuisine and homeopathic practices. Both nettle roots and leaves are simmered to create a tea revered for its potential to alleviate lung infections, provide relief from cold symptoms, aid in digestion, and even soothe discomfort caused by measles. However, it's crucial for guests to note that nettles can cause a painful sting on the skin, thus necessitating the use of gloves when handling this herb.



MEDICINE IN TÜRKIYE



A HISTORY OF MEDICINE IN TÜRKIYE

The roots of Turkish medicine trace back to the Seljuk Turks in ancient Anatolia, evolving significantly throughout the Ottoman era and persisting into the contemporary era. The Ottoman Empire witnessed rapid development, influenced by numerous esteemed intellectuals and scientists during the fourteenth century. Eminence and recognition were bestowed upon distinguished men of science hailing from Persia, Egypt, Iraq, and even India. Following the conquest of İstanbul, the empire experienced a substantial surge in the number of hospitals, and the tradition of medical practice continued through mentorship from master to apprentice. For over six centuries, Türkiye has actively contributed to the advancement of modern medicine.

TURKISH DOCTORS AND THEIR CONTRIBUTION TO MODERN MEDICINE

Doctors in Türkiye specialize across a broad spectrum of medical branches. These physicians and other healthcare professionals undergo rigorous training, often reaching expert levels in their respective fields. Proud of their expertise, doctors in Türkiye actively exchange knowledge with peers domestically and internationally. Türkiye contributes significantly to global health initiatives and aids healthcare system enhancements in developing nations worldwide. The country's higher education institutions often conduct programs in English, and English serves as a widely spoken language within Türkiye's healthcare establishments. To ensure ease and reassure patients, interpretation services are frequently available.





MEDICAL FIELDS AND CORRESPONDING OPERATIONS THAT TURKISH DOCTORS COMMONLY PERFORM:

- **Cardiology:** Angioplasty, Coronary artery bypass grafting (CABG), Pacemaker implantation.
- **Orthopedics:** Joint replacements (e.g., knee, hip), Arthroscopic surgeries Fracture repair surgeries.
- **Neurosurgery:** Brain tumor removal, Spinal surgeries (e.g., decompression, fusion), Peripheral nerve surgeries.
- **Ophthalmology:** Cataract surgery, Laser eye surgeries (e.g., LASIK), Retinal detachment repair
- **Gastroenterology:** Endoscopic procedures (e.g., gastroscopy, colonoscopy), Gallbladder removal (cholecystectomy), Hernia repair.
- **Plastic Surgery:** Breast augmentation /reduction, Rhinoplasty (nose surgery), Liposuction.
- **Urology:** Kidney stone removal (lithotripsy), Prostate surgeries, Bladder surgeries.
- **Obstetrics and Gynecology:** Cesarean section (C-section), Hysterectomy, Laparoscopic surgeries (e.g., ovarian cyst removal).
- **ENT (Ear, Nose, and Throat):** Tonsillectomy, Sinus surgeries, Ear surgeries (e.g., tympanoplasty).
- **Thoracic Surgery:** Lung resections, Thoracic tumor removal, Pleural surgeries.



MEDICAL TREATMENTS IN TÜRKIYE

Türkiye has undergone a remarkable Health Transformation Programme in the past decade, leading to the establishment of top-tier medical facilities. Each year, numerous patients seek Türkiye for its exceptional healthcare services. The country's hospitals adhere to stringent standards set by the Ministry of Health, ensuring the highest quality and safety for all guests.

Many of Türkiye's healthcare institutions hold esteemed accreditations like the ISO 9001 certificate or Joint Commission International (JCI) recognition. International visitors can experience a 5-star hotel-like ambiance within cutting-edge hospitals situated in Türkiye's major urban centers. In 2020, Türkiye witnessed significant growth in its medical capacity, with the construction of 11 new hospitals, collectively providing an additional 14,000 beds.

Furthermore, the Ministry of Health oversees the development of Integrated Health Campuses, representing a new era of healthcare facilities jointly supported by public and private sectors.



These campuses are designed to be environmentally sustainable and equipped with innovative operational systems, including seismic isolation for safety and long-term sustainability.

Türkiye leverages cutting-edge technology to enhance its healthcare services, investing significantly in health information technology. Some of the advanced artificial intelligence (AI) technologies utilized in Türkiye include:

- PET-CT
- TrueBeam
- 3 Tesla (3T) MRI
- Intraoperative MRI (iMRI)
- Da Vinci Surgical System – Robotic-Assisted Surgery
- RapidArc
- IT
- CyberKnife
- Gamma Knife
- Radiotherapy
- Nuclear medicine
- In 2019 alone, Turkish doctors performed 37,367 IVF treatments, resulting in 9,937 pregnancies.



MEDICAL HUBS IN TÜRKIYE

ANKARA

Ankara, the capital of Türkiye, annually welcomes numerous tourists seeking health-related reasons, boasting five public hospitals and 33 private medical facilities. Renowned for its natural thermal hot springs, Ankara stands out as a favored year-round destination for health and wellness, attracting both local and international visitors.

İstanbul

The vibrant city of İstanbul spans across Europe and Asia, serving as the hub of health tourism in Türkiye. This magnificent metropolis hosts a plethora of

establishments and specialized centers catering to health tourism needs. Boasting over 200 hospitals, İstanbul stands as a global destination for medical tourism, thermal and spa wellness, as well as services for elderly individuals and those with disabilities. Private and public hospitals alike provide services in multiple languages, ensuring seamless communication for international guests seeking health tourism in Türkiye. Moreover, visitors arriving for health-related treatments have the opportunity to recover in picturesque holiday settings in nearby towns like Sapanca and Kartepe.

ANTALYA

Blessed with a warm climate and boasting a mesmerizing array of natural and historical wonders, Antalya is a year-round haven for tourists. While it traditionally hosts a multitude of guests during the summer months, Antalya has emerged as a significant player in Türkiye's health tourism sector by catering to visitors during the off-season. In recent times, Antalya has elevated its medical facilities to an exceptional standard, showcasing ample bed capacities, a cadre of world-class doctors, and a proficient team of multilingual staff, solidifying its status as a premier destination for health tourism.



ANKARA CITY HOSPITAL

The Ankara City Hospital ranks as the third-largest globally, boasting an impressive capacity of over 3,800 beds and 82 VIP patient rooms. Its operating theatres are equipped to handle a diverse range of procedures, spanning from crucial bone marrow, liver, and kidney transplantations to various life-saving surgeries. The hospital is furnished with cutting-edge technology and health IT solutions. Within its extensive complex, it houses a range of specialized facilities, including a General Hospital, Cardiovascular Diseases Hospital, Neurology - Orthopedics Hospital, Oncology Hospital, Children's Hospital, Gynaecology and Obstetrics Hospital, and Physiotherapy and Rehabilitation Hospital.

HOSPITALS & MEDICAL CARE BAŞAKŞEHİR ÇAM & SAKURA CITY HOSPITAL (İSTANBUL)

An impressive complex comprising multiple buildings, a remarkable feat led by Türkiye's Ministry of Health. This cutting-edge hospital, inaugurated in 2020, is conveniently situated just 30 km from İstanbul Airport. With a capacity of 2,682 beds and a 456-bed intensive care unit, it features an extensive setup boasting 90 state-of-the-art operating theatres and a comprehensive array of specialized hospital departments. These encompass a General Hospital, Children's Hospital, Physiotherapy and Rehabilitation Hospital, Gynaecology and Obstetrics Hospital, Cardiovascular Diseases Hospital, Oncology Hospital, Orthopedics and Neurology Hospital, and Psychiatry Hospital.





KARTAL CITY HOSPITAL (İSTANBUL)

Inaugurated in 2020 as a training hospital in İstanbul, the Kartal City Hospital was meticulously designed with a focus on energy efficiency and eco-design requisites. Distinguished as the world's first Gold LEED- and EDGE-certified hospital, it boasts 1,161 beds and 45 cutting-edge operating theatres. Among its exceptional features are a hybrid operating room and a state-of-the-art Intensive Care Department housing 183 beds. The hospital serves as an official training hub for medical students across 28 clinics. Spread across Maltepe, Adalar, Pendik, Tuzla, and Kartal, the Kartal City Hospital complex comprises a total of 16 distinct buildings.

YEDİTEPE UNIVERSITY KOZYATAĞI HOSPITAL (İSTANBUL)

founded in 26 August 2005, serves with 190 bed capacity, substructure and technology equipped with smart systems.

Dwelled on every detail necessary for human health meticulously in this hospital which is equipped with totally non- flammable, unscratchable and antibacterial materials. In Yeditepe University Kozyatağı Hospital sterilization has have great importance so all the beds can be cleaned with water spray system at high temperature along with the manual disinfection.





PRIVATE HOSPITALS IN TÜRKIYE

The Ministry of Health's Department of Private Hospitals keeps a record of 571 private hospitals, a significant number of which hold accreditation from the Joint Commission International (JCI). Globally, Türkiye stands among the top three countries in terms of the highest number of accredited private medical institutions. Renowned for their JCI status, Türkiye's numerous private hospitals consistently cater to international guests seeking exceptional healthcare and advanced treatments. In Türkiye, cutting-edge technology and premium services are readily available, delivered by some of the world's most esteemed doctors. Visitors can rest assured they'll receive the necessary treatment from highly capable and trusted professionals while experiencing the utmost safety and care.

Healing Starts Here



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TOUR PACKAGE ITINERARY OFFER



For a 3-day tour package in Istanbul, we'd craft an itinerary that blends cultural immersion, historical exploration, and modern leisure or during your stay for medical treatment. Here's a sample itinerary:

Day 1: Arrival in Istanbul

- Transfer from the airport to a centrally located hotel.
- Enjoy a leisurely cruise along the Bosphorus Strait, admiring panoramic views of Istanbul's skyline and iconic landmarks – dinner included.

Day 2: Explore Historical Istanbul

- Guided tour of the Hagia Sophia, a masterpiece of Byzantine architecture.
- Visit the stunning Blue Mosque, known for its intricate tile work and impressive domes.
- Wander through the bustling Grand Bazaar, one of the world's oldest and largest covered markets, offering a variety of goods including textiles, jewelry, spices, and souvenirs.

Day 3: Discover Modern Istanbul

- Explore the vibrant neighborhoods of Galata Port, Karaköy, Beyoğlu and Taksim known for their trendy cafes, art galleries, and boutiques.
- Visit the Istanbul Modern Art Museum, showcasing contemporary Turkish art.
- Conclude the tour with a farewell lunch featuring delicious Turkish cuisine.

Package Price:

The package price would includes:

1. Accommodation in a well-rated hotel.
2. Airport transfers.
3. Guided tours with entrance fees.
4. Meals as mentioned in the itinerary.
5. Transportation for the activities.

The price would vary depending on the hotel category and specific inclusions, but as an estimate, the package could start from **\$750** per person for budget options and go up to **\$1500** per person for luxury accommodations + private vehicle/van with additional perks.

We aim to provide a seamless experience for our clients, combining the best of medical tourism with the rich cultural heritage and attractions that Istanbul has to offer.

