

1) Dress Code in Iran – Headscarves and Hijabs:

Iran has a dress code. **PACK A HEADSCARF IN YOUR HAND LUGGAGE.** You **MUST** be wearing this the moment you exit the plane and are officially in Iran. **You must wear a headscarf the entire time you are in Iran (except when in your hotel room)** and loose clothing that covers your body. When you arrive you will soon see the reality is far removed from the stereotype. Iranian women are super stylish and proud of their appearance – fashion being a means to stand out and make a statement. **Tops must be loose-fitting** and three-quarter length sleeves are ok. Women should not wear skirts.

For men it's simpler – you will be dressing much the same as you do in western countries, except no short shorts, no super short sleeves and no extreme tight-fitting clothing.





2) There are no alcoholic drinks in Iran and it's prohibited.

3) Currency in Iran – Two names, One Currency:

Take US Dollars or Euros with you to Iran and change them up into Iranian Rial at the local exchange offices (not the dodgy guys on the street or at the hotels which have the lower government exchange rate). While ALL notes state 'Rial' there is another 'currency' or 'super unit' that is used – Toman – which is not listed on any note or coin. Toman is simply one tenth of the Rial price.

4) You Are Safe in Iran and Iranian People Are Very Welcoming

While breaking the rules of the Islamic society (including drinking alcohol, taking drugs and engaging in sexual activity with locals) can result in deportation, arrest or worse, general travel here is completely safe.

Since the election of the more moderate President, Hassan Rouhani in August 2013, both international relations and internal rules have become less severe and slightly more open. It won't take long before Iranians give you a warm welcome, ask where you are from or even invite you to dinner or tea. They are just as keen to show you they are the exact opposite of how they are portrayed, as you should be showing them that the western world doesn't hate them.