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Story of Fin Garden in Kashan

Designed for Shah Abbas I, the lush Fin Garden in Kashan is renowned as being the very best of the Persian gardens; so much so it was recently added to the UNESCO World Heritage list. The Bagh-e Fin (Fin Garden) likely dates to the early Safavid Dynasty (1501-1736), but its current design began to take shape during the reign of Shah Abbas I (1587-1629) and was restored from 1797-1834 by the Qajar Fath Ali Shah.

P:4 Laid out in the manner of a traditional Chahar Bagh (four gardens), Fin Garden Kashan is shaped into a large quadrangle of trees and shrubs surrounded by various pavilions and a high perimeter wall. The cypress trees in the garden are up to 500 years old, and the profusion of orange trees imparts a wonderful fragrance when the trees are in blossom. Other garden flora includes flowers such as lilies, irises, eglantine, rose bushes, jasmine, amaranth, gillyflower, narcissus, violets, and tulips to line the garden shape.



Editorial

Unemployment of Graduates; Dilemma of Young Society

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Experts say over 40 percent of Iran's unemployed people are now graduate students and this is the result of a doctrinal fever in a society that has involved many Iranian families in the form of chronic illness. There was no doubt that the lack of the close relationship between industries and universities and the imbalance between supply and demand in the labor market led to a large share of university graduates facing unemployment. The training of human resources in advanced countries is such that in the early years of the school, the culture of work and effort is taught, then they are trained in the training process and trained in a skill-centered educational system. In developed countries, the issue of creativity and entrepreneurship is of particular interest, the need for the labor market is continuously reviewed, and the list of required jobs is announced; people choose their jobs according to their interest, enter the university, and simultaneously in the labor market Part-time working. Undoubtedly, graduates' acquaintance with skills training and the use of technical and professional skills can facilitate the entry of graduates to the labor market. There are currently more than 4.7 million unemployed graduates in the country, including the underlying causes of weaknesses in skills and the lack of skills to compete in the labor market. Every year, 1.5 million job applicants enter the labor market, and the damage done to unemployed unemployed people cannot be calculated. Every year, the number of unemployed and job applicants in the country, especially the educated, is increased without having learned the skills necessary to enter the business market. Therefore, it is essential to bring industry and university together to train skilled and qualified people in this field. We need graduates who have the skills to compete and work in a competitive environment before entering the labor market at all levels of education and life. Today, Iranian society needs modern training structures to be able to progress along with other societies. Given the growth of the economies of countries and the developments in world markets, the need to move towards skill learning is felt more than ever.

Iran, Turkey, Pakistan in post-American world!

Sign of transition to the post-modern world is now observed in the horizon of International community. The U.S. is losing its legendary power and EU and China are getting some portions of U.S. power and role in the world. In the upcoming post-western world, the bridge between Europe and China will be significantly paramount. **Page 2**

◆ CULTURE

Haft Seen: Then And Now

Perhaps one of the most notable components of the New Year's Day festival is a spread of colorful items named the Haft Seen (also Haft Sin). The seven (haft) core items whose names start with the sound "s" (seen in Farsi), plus other symbolic objects, are displayed on a decorative fabric (sofreh), either on the floor or on a table. Many cultures celebrate Nowruz around the world... **Page 2**

◆ ECONOMY

Only 37% of Iran's Arable Land Under Cultivation

From Iran's total area of 165 million hectares, 50 million hectares are arable, provided there is enough water. However, in view of the severe water crisis facing the country, only 18.5 million hectares of land (37% of arable land) have gone under the cultivation of different crops, the head of Iranian Soil Science Association said. **Page 3**

◆ HEALTH

Could a sunny climate prevent MS?

Multiple sclerosis is an autoimmune disease wherein the immune system turns against healthy cells in the central nervous system, attacking myelin, or the "coating" around nerve cells. Scientists now investigate a key factor that may influence the chance of developing this condition. Though its exact causes are unclear, known risk factors for developing MS... **Page 3**

◆ TOURISM

Khan Gostar; Cafeteria-Style Restaurant

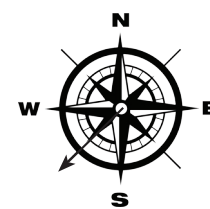
This restaurant is located in the city's Armenian quarter, inside the Julfa Hotel. You will find a kind of erratic, bustling environment inside rather than a composed, laid-back one. This means that people come and leave very quickly, and there is generally a lot of commotion – but this automatically also means that the service is extremely efficient. **Page 4**

CALL TO PRAYER TIME IN ISFAHAN

Morning call to prayer: 04:54:28

Noon call to prayer: 12:12:32

Evening call to prayer: 18:27:40



Qiblah direction

WEATHER

High: 19°C

Low: 6°C



Holy prophet (pbuh)
"The best acts are three: humility on wealth time, forgiveness on power time and generosity without obligation."

Russian President: Moscow Won't Threaten Anyone in Arctic, But Will Ensure National Safety



➤ President Vladimir Putin said Russia will expand its presence in the Arctic to ensure the safety of its citizens, adding that while Moscow does not seek to intimidate anyone, it will continue to develop the vital region.

"We won't threaten anybody, but, using our advantages, of a territorial nature in this case, we will ensure the security of Russia and its citizens. In this sense, the Arctic region is extremely important for Russia," the President stated in a new documentary titled 'Putin', RT reported. The film was made by VGTRK reporter Andrey Kondrashov and shared on social media. Moscow has already "reestablished itself firmly" in the Arctic, but other countries, including the US, are also seeking to expand their military presence there. US Ohio-class submarines, capable of carrying 24 Trident nuclear missiles, are very active in Norwegian Sea. The estimated time of arrival for such munitions from the Norwegian Sea to Moscow is only around 15 minutes, the president added.

Iran, Turkey, Pakistan in post-American world

➤ Sign of transition to the post-modern world is now observed in the horizon of International community. The U.S. is losing its legendary power and EU and China are getting some portions of U.S. power and role in the world.

In the upcoming post-western world, the bridge between Europe and China will be significantly paramount. Besides, the adrenaline pumped decisions can not be tolerated by the world's fragile condition. In other words, in the future of international détente in international community, there would be no room for radical policies which were observed in Gaza, Yemen or the frontier of Mexico. Reviewing political and historical facts as well as geographical map, one can achieve a particular result: In spite of some existing discrepancies, there is an axis which can reshape, by working on common potentials, a new secure strong ring in the world's hub of turbulence and energy.

Common Capacities Peaceful and democratic Islam

There are several common capacities among Turkey, Iran, and Pakistan (TIP) but I take the moderate Islam into account as the first asset; all of us are exhausted by radical religious beliefs and know that the peaceful version of Islam is closer to Prophet of morality and also our interests in the Middle East. Moreover, there is a sort

of joint understanding that Islam is not in confrontation with democracy. According to Prophet's teachings we have to work together in order to gain peace within the Islamic Ummah and also we should be sensitive over the tyranny and oppression imposed on our Muslim brothers. Religious Intellectualism has created a constructive atmosphere within which some outstanding figures and establishments including Alameghbal, Dr. Shariati and Justice and Development Party have been shaped in Pakistan, Iran and Turkey respectively.

Military power

TIP axis covers different dimensions of military power. Turkey enjoys its great military equipment such as fighters jets and tanks, Iran is the master of urban warfare and has a great capacity to educate army in such urban war, and Pakistan is a nuclear power equipped with most updated nuclear military facilities. It goes without saying that these three countries can shape a giant dam against almost all entities.

Fundamental Economic Structures

These three countries, depending on their



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economic level, should focus on absorbing foreign investment and boosting their domestic economy. Working on their comparative advantages, TIP can boost each other economic bases. Generally, TIP can work on different issues economically,

specially on Transportation and Tourism.

Political Achievement

Iranian people voted in favor of engagement with the international community and their elected government operationalized their choice by successfully reaching JCPOA. At the same time, Iran participated in a cooperation with Turkey and Russia in Suchi Summit to solve Syria crisis peacefully. Pakistan is close to Arab world and enjoys some face in the view of most Persian Gulf Arab states. Turkey, as a regional industrial power, is an important actor. These three countries can, therefore, be successfully cooperative in the arena of politics.

CULTURE

'It Rains Slowly' revitalizes Nepal's human rights film festival



➤ Iranian short film 'It Rains Slowly', directed by Saeed Nejadi, received the Best Feature Film Award in the fiction category at the 6th Nepal Human Rights International Film Festival (NHRIFF).

Produced in Turkey, the 15-minute 'It Rains Slowly' recalls the story of some school students in the 1980s intent on helping their teacher who teaches freedom and how to fight injustice, ifilm.tv wrote. Nejadi's short film is the first joint production of Qom Youth Cinema Society and the Izmir Metropolitan Municipality from Turkey. The short film has taken part at a number of international film events, including the 30th Exground Film Festival in Germany, the 11th International Children's Film Festival in Bangladesh, and the 35th Busan International Film Festival in South Korea. The Sixth Nepal Human Rights International Film Festival (NHRIFF) was held from March 7-10, 2018 in Kathmandu. Over 30 selected films on human rights issues were screened at the festival. The NHRIFF also screened three other Iranian films including 'Compatriot' directed by Mahtab Soleimani, 'Release from Heaven' directed by Ali Noori Oskouie, and 'Pink' directed by Mahboubeh Mohammadzaki. The NHRIFF was founded as a forum for advocating human rights via films. The festival is dedicated to the vulnerable communities who are historically backward in Nepal.

Haft Seen: Then And Now

➤ Perhaps one of the most notable components of the New Year's Day festival is a spread of colorful items named the Haft Seen (also Haft Sin). The seven (haft) core items whose names start with the sound "s" (seen in Farsi), plus other symbolic objects, are displayed on a decorative fabric (sofreh), either on the floor or on a table.

Many cultures celebrate Nowruz around the world, but not all of them practice this particular ritual. Those who do, create a personalized, modern rendition of Haft Seen by using a selection of seven or more symbolic items from the following list:

Sabzeh: a small bed of greenery, created from sprouts of legumes, wheat, or barley (renewal and rebirth)

Samanoo: a sweet pudding made from germinated wheat (affluence)

Seeb: apples (health and beauty)

Seer: garlic (medicine)

Sekkeh: coins (wealth)

Senjed: the dried jujube fruit (love)

Sepand: seeds of wild rue (evil eye)

Serkeh: vinegar (age and patience)

Somaq: sumac (sunrise)

Sonbol: hyacinths (wholeness)

These additional items are often found on many Iranians' Haft Seen:

Ayeneh va sham' doon: mirror and lit candles to bring light into the room;

The Quran: to honor religious convictions;

A book of poetry by Hafiz, Ferdowsi, or Sa'adi: to recite poetry during gatherings;

A goldfish in a bowl: as it is believed that the goldfish change its swimming direction at the time of Equinox;

Colored eggs: to symbolize fertility, adopted from the pagan European

traditions.

Finally, an assortment of fresh fruits, sweets, and pastries are placed on the sofreh to serve to guests who visit over the Nowruz holidays. An elegant Haft Seen setting is highly prized and creates a festive backdrop for family photographs.

The "tree planting" campaign

With the current looming environmental catastrophe, climate change, and global warming, it is imperative to question customs and traditions and seek sustainable alternatives. The ecological conservation movement is intensifying in Iran and around the globe, and numerous NGOs are working hard to restore nature. Inevitably, various elements of the Haft Seen have been targeted and scrutinized, with regards to sustainability and ethics. The sabzeh, is a home-grown bed of greenery of sprouted legumes such as lentils, wheat or barley. It is then composted, or put back into the woods, on the 13th day of Nowruz celebrations (sizdeh bedar), to turn into organic fertilizer.

It has been suggested by environmentalists in recent years that growing sabzeh, be replaced by planting seeds of local fruit trees. Once the seeds grow into saplings, this group recommends, they should be transplanted into a designated protected area. These efforts are the result of



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environmentally conscious young Iranians who feel the need to improve their rapidly urbanized landscapes and move together in cooperation to rectify deforestation in various parts of the country.

The "no live goldfish" movement

Every year millions of goldfish have their lives cut short when placed in a tiny decorative fishbowl. Often crammed in there with other fish, and no access to any source of food, their situation does not allow for optimal physical nourishment

and growth. Without proper care and sufficient living space, these fish live only to a fraction of their natural lifespan which can be as long as 25 years. If the fish survives beyond the 13 days of Nowruz celebrations, oftentimes it is released into a river, pond, or a lake, with disastrous consequences. Researchers from Murdoch University, Australia, have investigated the invasive effects of releasing pet goldfish into the wild, as they travel great distances and compete with local fish for resources. According to this research, the goldfish which originates in east Asia, is considered highly invasive in other environments and "can potentially impact water quality, introduce disease, disturb habitat and compete with native species putting them under serious pressure". Therefore, it is not advisable to release goldfish, or any other pet for that matter, into a non-native setting.

Imam Sadegh(A):
"After faith in God, the principle and basis of wisdom are kindness and sympathy on people."

Only 37% of Iran's Arable Land Under Cultivation

From Iran's total area of 165 million hectares, 50 million hectares are arable, provided there is enough water.

However, in view of the severe water crisis facing the country, only 18.5 million hectares of land (37% of arable land) have gone under the cultivation of different crops, the head of Iranian Soil Science Association said.

"Close to 8.5 million hectares of the total land under cultivation are irrigated and the rest are rain-fed. Due to the water shortage, nearly 32 million hectares of arable land are not cultivated," Manouchehr Gorji was also quoted.

The official added that soil erosion in Iran amounts to 16 tons per hectare, which is way above the global average of 6 tons per hectare.

Gorji noted that farmers need to be trained in how to treat the soil, what to plant, how to plant them, how to use fertilizers and pesticides and how to carry out the harvest process so that the soil is not damaged.

Agriculture Minister Mahmoud Hoojati has announced that amid low precipitation and water shortage, the

government will place restrictions on the cultivation of crops in areas where underground water resources have dipped to alarming levels.

"In other areas such as Khuzestan and Mazandaran provinces, farmers can use low-depth wells to deal with the situation for the time being," he said.

Energy Minister Reza Ardakanian said water shortage will negatively impact the spring cultivation of agricultural products.

Delavar Heydarpour, the head of Mazandaran Agricultural Jihad Organization, said there are serious concerns regarding problems facing farmers during rice plantation.

Heydarpour added that water reserves behind the province's dams have decreased by an average of 40% since the beginning of the current year compared with the similar period of last year.

Director of Iran Water Industry Federation Abdolreza Foroughi said although water scarcity is one of the



water reserves behind the province's dams have decreased by an average of 40% since the beginning of the current year compared with the similar period of last year.

biggest environmental challenges facing Iran, inefficient management of the valuable resource is largely to blame for a crisis that has emerged over the years. "The revenue earned from the sale and

export of many types of crops does not equal the value of water used for their irrigation," he said.

Reportedly, about 92% of the country's water resources are used up by unsustainable and wasteful farming practices.

The country's nearly two-decade struggle with drought, combined with high consumption and waste, has caused renewable water resources to drop under 120 billion cubic meters. However, by some accounts, that figure is closer to 88 bcm.

Iran's imports, exports witness increase



Iran's non oil exports and imports witnessed increase during the first 11 months of the current fiscal year, started March 2017, Foroud Asgari, head of Iran Customs Administration, said. According to Trend news, Asgari said that the Islamic Republic has exported \$41.6 billion worth of non-oil goods in the first 11 months of the current fiscal year (March 20, 2017-Feb. 20). The figure indicates a rise by 5 percent, Asgari told Mehr news agency March 6. The official added that the Islamic Republic imported \$47.6 million worth of goods in the same span of time, 24 percent more year-on-year. Some 60-70 percent of the imports are capital and intermediate goods, he said, adding that consumer goods accounted for maximum 20 percent of the imports. Intermediate goods are products utilized to produce a final or finished product. These goods are sold between industries for resale or for the production of other goods, meanwhile capital goods are used in producing other goods, rather than being bought by consumers.

HEALTH

Probiotics and Fish Oil During Pregnancy May Curb Allergies in Kids



Probiotics and fish oil supplements during pregnancy and breast-feeding may reduce the risk for food allergies and eczema in early childhood, researchers report.

In a review of hundreds of studies, they found 19 randomized controlled trials with strong evidence showing that compared to no supplements, probiotics taken after the 36th week of pregnancy and the first months of lactation were associated with a 22 percent reduction in the risk for eczema in children. They also analyzed six randomized trials with solid evidence that women who took omega-3 fatty acid supplements during pregnancy and lactation reduced the risk for childhood allergic reaction to eggs, the most common food allergy, by 31 percent.

The meta-analysis, in PLOS Medicine, found no evidence that avoiding certain foods or taking vitamin and mineral supplements during pregnancy had any effect on childhood eczema or food allergy. Fish oil has known anti-inflammatory effects, which may explain why it may reduce the risk for food allergies, but the reasons for the possible effect of probiotics on the risk for eczema is unknown.

"Our findings indicate that guideline committees need to evaluate the acceptability and safety of fish oil and probiotics," said the lead author, Vanessa Garcia-Larsen, an assistant professor of nutrition at Johns Hopkins. "These findings can inform policy, and we hope that guidelines will be revised to reflect them."

Health News

Could a sunny climate prevent MS?

Multiple sclerosis is an autoimmune disease wherein the immune system turns against healthy cells in the central nervous system, attacking myelin, or the "coating" around nerve cells. Scientists now investigate a key factor that may influence the chance of developing this condition. Though its exact causes are unclear, known risk factors for developing MS are genetic makeup, lifestyle, and environmental factors.

Some of these include sex (women are likelier to be diagnosed with MS than men), smoking habits, and low overall levels of vitamin D.

Now, researchers from the University of British Columbia in Vancouver, Canada have uncovered a factor that may help to lower the risk of MS: where individuals (women, in particular) spent their childhood and early adulthood.

In a paper published yesterday in the journal Neurology, Helen Tremlett and colleagues found that spending a lot of time in sunny climates early on in life may help to protect against the onset of MS later on.

Although geographical latitude was known to contribute to the risk of MS, because lack of sufficient exposure to sunlight can determine a deficit of vitamin D, this is the first time that researchers have studied the impact of this factor throughout a person's lifetime.

"While previous studies have shown that more sun exposure may contribute to a lower risk of MS," says Tremlett, "our study went further, looking at exposure over a person's life span."

"We found that where a person lives and the ages at which they are exposed to the sun's UV-B rays may play important roles in reducing the risk of MS."

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ARE YOU AT RISK FOR HEART DISEASE?

THE heart TRUTH



The higher your body mass index, the higher your risk for heart disease. Especially at BMI greater than 30

MAINTAIN A HEALTHY WEIGHT.

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK. GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE. YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS?

Story of Fin Garden in Kashan

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'joobs') flow with abundant beauty. This water originates from the aquifers of the Karkas mountains to the south and is carried by an underground qanat (aqueduct) to a reservoir about 1.5 kilometers from the garden. From this point the water enters the garden through the Howz Jushan Pavilion, then feeds into a series of turquoise pools and fountains before continuing down the main paths in jubs. There is sufficient gravity pressure to give head to the small fountains, so it's quite a remarkable sight. Integral to the garden design is the bath house (hammam), which was made famous in 1849 when Nasar al-din Shah's progressive prime minister was murdered. The widely popular Amir Kabir served as the prime minister under Nasir od-Din Shah from 1848 to 1851. He acted as a modernizer who instituted significant change, especially in the fields of education and administration. However, in typical Persian fashion, his popularity wasn't appreciated in the royal circles, and the shah's mother eventually persuaded her son that Amir Kabir had to go. He was imprisoned in Fin Garden and eventually murdered



On the opposite side of the garden is the modest Kashani National Museum displaying textiles, ceramics, and calligraphy, but none is particularly impressive.

in the bathhouse. Though some say he slashed his own wrists. This might sound familiar to one of Shakespeare's storylines, or perhaps the Shahnameh. The guides at the entrance are great storytellers, otherwise, you'll find the drama is re-enacted quite well by mannequins inside. On the opposite side of the garden is the modest Kashani National Museum displaying textiles, ceramics, and calligraphy, but none is particularly impressive. However, the most exquisite highlight is the

shah's delightful shotor gelou, a two-storey pool house in the middle of the complex. At the rear is a recreational pavilion built in the Qajar period, which is also quite beautiful.

Getting to Fin Garden from Kashan

The gardens are located in the village of Fin, 9km southwest of central Kashan. You can get here by shuttle taxi from Kamal al-Molk Sq or try to catch the green bus that travels from the corner of Ayatollah Kashani and Baba Afzani Street in the city center.

The public bus is incredibly cheap but requires a local transport card and tickets aren't easily sold on board.

Purchase your card at the bus terminal, or just ask like a tourist asking a local for help: Kashani's are usually very supportive.

WHERE TO STAY?

Naein Tourist Hotel



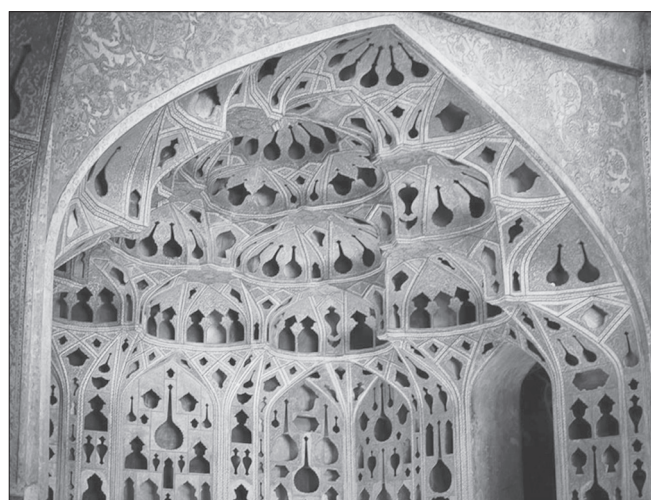
Naein is the biggest city in Isfahan Province. Naein Tourist Hotel is located on desert land that is considered one of the most beautiful natural attractions. This hotel is located on Beheshti Street and is affiliated to touring and the tourism investment company. It is considered as an inn when ranking hotels. This hotel is 200 m far from the Aba Abdullah Mosque, 500 m from the grand bazaar, and 600 m from Soltanali shrine. Residential units are duplex rooms and its restaurant with traditional decoration provided a pleasant space for guests. The traditional and magnified architecture of the hotel is admirable. There are eight split-level suites arranged around an attractive courtyard and the hotel restaurant (meals from IR250,000, open noon to 3pm and 6.30pm to 9.30pm), with its neat tablecloths and attractive wall hangings, is a favourite with locals and tourists alike.

Khan Gostar; Cafeteria-Style Restaurant



This restaurant is located in the city's Armenian quarter, inside the Julfa Hotel. You will find a kind of erratic, bustling environment inside rather than a composed, laid-back one. This means that people come and leave very quickly, and there is generally a lot of commotion – but this automatically also means that the service is extremely efficient. The menu contains many dishes from Iranian cities and the suburbs, in addition to freshly prepared colorful salads and sweet dishes from the Middle East. This cafeteria-style restaurant serves enormous plates of rice, chicken, fish and kabab. There's a large self-service salad bar that is great for vegetarians, and all of the tahchin dishes are delicious. There's also a downstairs restaurant with traditional seating (same opening hours and prices).

Must-see sites in Isfahan



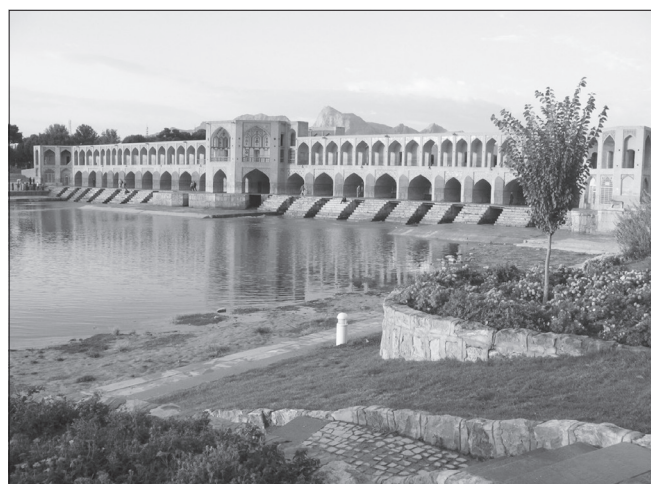
Khaju Bridge is known for its Persian architecture particularly its artistic painting and tilework. There was a pavilion inside the bridge, in which Shah Abbas used to sit and admire the view.

Imam Ali square has lots of historical monuments around it, including a bazaar, Imam Mosque, Harun Vilayat, a madrasa and Bagh-e-Ghoushkhane Minaret (Ali Minar)

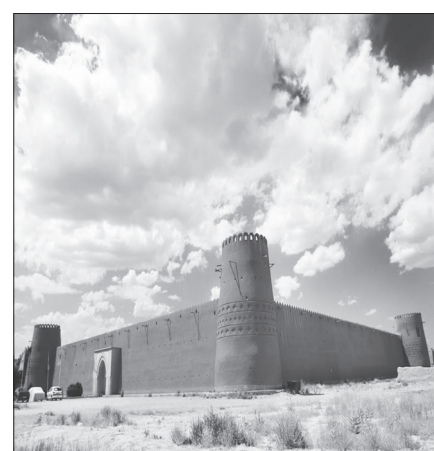


Googad citadel hotel of Golpayegan dating back to the 4th century ago is the second largest mud brick building of Iran. It's a unique monument with four circular towers and the castle as it takes you to the past and to the history.

On the upper floor of Ali Qapu, the music room is definitely worth the climb. The stucco ceiling is riddled with the shapes of vases and other household utensils cut to enhance the acoustics



Isfahan Aquarium Tunnel is the biggest Aquarium Tunnel located in Iran. This attraction located in Najvan Natural Park in east of Isfahan.



Isfahan Museums	Address	IRR
Chreh Sotun	Imam Hossein Square, Isfahan, Isfahan Province	200000
Vank Church	Vank Church Alley, Jolfa, Isfahan, Isfahan Province	200000
Imam Mosque	Imam square, Isfahan, Isfahan Province	200000
Ali Gholi Agha hammam	Bid Abadi St, Isfahan, Isfahan Province	200000
Decorative Arts Museum	Ostandari Street Isfahan, Isfahan Province	150000
Contemporary Art Museum	Ostandari Street, Isfahan, Isfahan Province	200000