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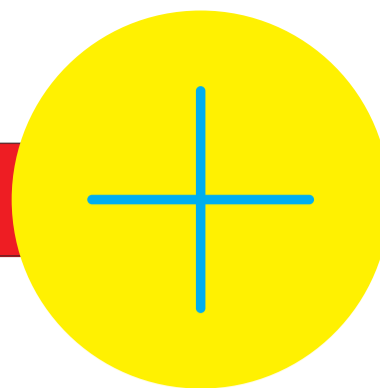
## Parisians vote to ban rental e-scooters from French capital by huge margin



Parisians have voted to rid the streets of the French capital of rental electric scooters, with an overwhelming 90% of votes cast supporting a ban, The Guardian wrote. The ban comes as the number of accidents by the two-wheeled vehicles grew in the city.

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# IRAN

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# Visit Iran in the spring



Qeshm Island, Hormuzgan Province  
 IRNA



Taq Bostan, Kermanshah, Province  
 IRNA



Naqsh-e Jahan Square, Isfahan Province  
 IRNA



Sarein, Ardebil Province  
 diyar.com

Did you make your decision and choose Iran as your travel destination? Iran is one of the most beautiful places on earth; are you interested in experiencing it? Travel and tourism are enjoyable in every season of the year and more in the spring than in any other season. Spring has milder weather than most other seasons in most parts of the Northern Hemisphere. On the other hand, in Iran, spring has more holidays than other times and provides enough opportunities for travel. As we all know, spring is the first season of the year in the Iranian solar calendar, and Nowruz is held on the first thirteen days of the year, irandestination.com reported. This is the biggest holiday period for Iranians. But the sheer number of travel options makes the choice a bit difficult. In this article, we will learn more about suitable tourist destinations in the spring.

### A good season to travel to the tropics

The tropics and deserts are off the list of travel options as summer approaches. But spring, especially in the early months, has a milder

and more tolerable climate in these areas, for example, the southern islands of Iran such as Kish and Qeshm, the coasts and southern cities such as Chabahar, Bandar Abbas and Ahvaz. Apart from the southern cities and islands of the Persian Gulf, there are other tropical regions that can be visited in the spring. For example, the desert cities of Yazd and Kerman are still good hosts for you in the spring. Also, desert tours and desert hiking will have their last trips in the spring before the summer arrives.

### Isfahan and Shiraz are ideal destinations

If you ask professional tourists or travel guide writers what season is suitable for traveling to Shiraz and Isfahan, most of them will undoubtedly recommend the spring. These cities are located in the central part of Iran and are not completely desert, mountainous or forested. Therefore, in mild seasons such as spring, they are at their most ideal. Shiraz and Isfahan also have vegetation that makes them beautiful during spring blossom. The orange orchards of Shiraz bloom

in the spring and the blossoms fill the city. Naqsh-e Jahan Square in Isfahan has an amazing effect in the spring.

### Scenic attractions of Kermanshah

The western province of Kermanshah is also one of those places that you should visit in the spring. This province is very green and fresh while being mountainous, and it has natural areas that will take your breath away. Vast and lush plains, with a variety of plant species and historical attractions in the heart of these vast plains have made this one of the most unique provinces.

### Sarein, the city of hot springs

The city of Sarein is one of the tourist areas in Ardebil Province, which owes its fame to its hot springs. These hot springs usually originate from Mount Sabalan, which is one of the reasons that persuade one to travel to this beautiful city. This city has a close connection with Sabalan Mountain, and for this reason, in the spring the city sees the most beautiful landscapes.

# How to reactivate our work modes after a long holiday

EXCLUSIVE

## Social Desk

As the holiday season comes to an end, it's time to shift our mindsets from relaxation mode to work mode. While it can be tempting to continue the holiday spirit and put off responsibilities, it's really important to get back into the swing of things and start the New Year off on the right foot. Now that it's back to work for most of us Iranians, it won't hurt to know that the transition from a relaxed, carefree lifestyle to a more structured and demanding routine can be challenging for many individuals. After such long holidays, it's not unheard of to feel a sense of dread or lack of motivation when returning to work. However, it's essential to embrace this change and make the most of the time we have. One of the keys to make the transition successful is to set realistic goals and prioritize tasks. According to psychology professor Dr. Angela Duckworth, having a sense of direction and purpose can help us stay motivated and focused.

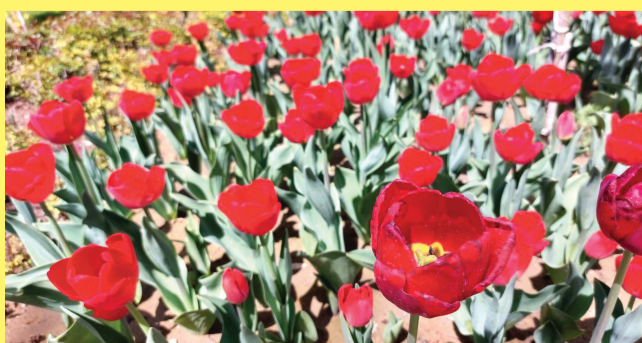
Although it can be overwhelming to come back to a pile of work after taking time off, by breaking down tasks into manageable chunks and tackling them one at a time, we can make progress without feeling overwhelmed. With a positive attitude, realistic goals, and self-care practices in place, we can tackle our responsibilities with confidence and enthusiasm. Another important aspect of getting back into work mode is maintaining a positive attitude. As emphasized by Dr. Martin Seligman, this can improve our overall well-being and help us cope with stress and adversity. It's easy to feel sluggish and unmotivated after the holidays, but by focusing on the benefits of our work and finding ways to stay engaged and enthusiastic, we can maintain our momentum and keep moving forward. It's also important to take care of ourselves during this transition period. We need to make sure that we're getting enough sleep, eating well, and staying active. Taking breaks throughout the day can also help us stay fo-

cused and energized. Taking care of ourselves physically and emotionally is, Dr. Kelly McGonigal emphasized, essential for maintaining our resilience and ability to handle challenges. We should remember that it's easy to get caught up in the demands of work and neglect our physical and mental well-being. Therefore, we have to ensure that we take breaks throughout the day to stretch, move around, and clear our minds. We can take a walk outside during our lunch break or practice some deep breathing exercises to reduce stress levels. It's also important to stay hydrated and eat nutritious foods to fuel our bodies and minds. Moreover, let's not forget to celebrate our successes along the way. Whether it's completing a project or simply making progress on a task, we better take time to acknowledge our accomplishments and reward ourselves for a job well done. Finally, it's essential to make the most of our spare moments. As Ralph Waldo Emerson said, "Guard well your

spare moments. They are like uncut diamonds. Discard them, and their value will never be known. Improve them, and they will become the brightest gems in a useful life." Instead of wasting our spare time on mindless activities, we would benefit from using it to pursue a hobby or learn a new skill. This will not only help us grow as a person but also provide a sense of fulfillment outside of work. To cut a long story short, returning to work after a holiday break can be challenging, but it's essential to embrace this change and make the most of our time. Establishing a routine, prioritizing our tasks, taking care of ourselves, and making the most of our spare moments are all crucial aspects of a successful transition back to work. Through staying positive, focused, and motivated, we'll be back in the swing of things in no time.



UNSPASH



The ninth Tulip Festival is underway in Karaj, the capital of the Iranian province of Alborz. The annual festival, which is held in spring at Chamran Park, attracts a large number of visitors

YJC