



7th WORLD CONGRESS

WCPGHAN 2024

of PEDIATRIC
GASTROENTEROLOGY,
HEPATOLOGY and NUTRITION

4-7 DECEMBER 2024

FISPGHAN - LASPGHAN



BUENOS AIRES VISITOR'S GUIDE



BUENOS AIRES

CONVENTION CENTER (CEC:) ARGENTINA

Welcome to Buenos Aires: Visitor's Guide

The purpose of this information is to make you familiar with some characteristics of Buenos Aires (BA) which hopefully will facilitate your stay.

Airports

There are two airports that serve BA, (1) the international called Ministro Pistarini, also Ezeiza with IATA code EZE, 35 km away from downtown and (2) the Aeroparque Jorge Newbery, or just Aeroparque, IATA code AEP, very close to downtown. EZE handles all international and some domestic flights while AEP handles mainly domestic flights and some to/from neighboring countries. If you are planning any trips within Argentina, if possible, try to use AEP.

Transfer from EZE to the city:

There are no public buses, trains, or metro that will take you to/from EZE to the city. Do NOT ACCEPT rides from people offering them as you exit the airport building.

BUS Company: Manuel Tienda Leon. <https://www.tiendaleon.com/> (website only in Spanish)

Aeropuerto Ezeiza » Terminal Madero

This bus will take you to a downtown terminal in Puerto Madero from where you will need to take a taxi to your hotel. Therefore, even if the cost of the bus from EZE to the city is lower than that of a taxi, you will need Argentine pesos to pay for the taxi as credit cards are not accepted. If two people are going to the city, the taxi is probably cheaper than the bus for two + taxi.

TAXI. No tipping taxi drivers necessary

Taxi EZEIZA

At the airport, immediately after you exit customs, there are multiple stands offering transportation. If you leave that area you will get to a big waiting area usually with many, many people waiting for friends and relatives. There is a booth there called TAXI EZEIZA. <https://taxiezeizaoficial.com/>

You can pay with a credit or debit card. Cars are white; someone will walk with you to the car. If you tip this person with one dollar bill, they will be very happy. No foreign coins.

Additional options from EZE

- A member of the Organizing Committee uses the following service: It is a group of officially registered taxis that are coordinated by an individual who takes the reservation. You contact him by Whatsapp or email and write that you will be attending the World Congress and give him the flight information. A driver will be waiting for you after you exit customs at EZEIZA airport. Payment is by cash only.

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You can contact him in English or Spanish: Claudio:helpingbuenosaires@hotmail.com Whatsapp +5491157092351. They will wait for you toward the exit of the building, to the right, where the McDonald is with a sign with your name. US 40 or 35 Euros. No coins and new, unmarked bills only. Most drivers will not speak English.

- <https://transferviplatam.com/en/>

From AEP

Upon exiting the airport, you will find some signs with a QR code which you will need to scan. There is free WIFI at the airport. You will enter your destination; number of bags and passengers and it will quote you a fare. Print the screen and show it to the driver. Credit cards are not accepted, only Argentine pesos.

To EZE

Although the airport is only 35 Km from BA city center, traffic can be heavy during the week. Without traffic it may take 35-45 minutes and with traffic well over an hour. Give yourself 90 minutes to arrive to EZE.

Money and Money Exchange

Argentina is still mostly a cash society. Debit and credit cards are accepted in most restaurants and big shops in Buenos Aires and most tourist areas. Do not bring bills that are old, bent or written on. Bring only US dollars with the large face on it, not the small face.

Most of the Argentine bills are for (PESOS) \$1000 (roughly 1 US dollar). There are also 10000, 2000, 500, 100-, 50-, 20-, and 10-pesos bills. So, if you change 100 dollars you may get 10 \$10000 but you could also receive 100 of \$1000 bills.

Argentina has multiple exchange rates. As a tourist you will try to exchange at the "dollar blue" value, which is approximately 12% better (variable from day to day) than the official rate of exchange. This is legal. Do not change money with people standing on Florida or Lavalle streets shouting CAMBIO, CAMBIO. Ask in your hotel where to exchange at a good rate.

The rate of exchange at the Banco Nacion at the airports is not good. Bring small dollar or Euro bills to exchange at the airport just for immediate needs if necessary and exchange in the city later.

If you pay with a foreign credit card the rate of exchange will be at the MEP dollar/Euro value, somewhat in between official and blue. Very convenient. See below.

Many big stores and restaurants in Buenos Aires and other tourist cities will accept dollars, Euros and Reais. Many restaurants and family-owned shops may give you a discount if you pay cash. Ask.

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Safety

BA is considered to be a safe city. <https://mapandcamera.com/is-buenos-aires-safe/#:~:text=Buenos%20Aires%20ranks%20as%20one,European%20capital%20or%20big%20city>.

However, like in many big cities around the world, in BA, unfortunately, you are also at risk of petty crime. Do not wander carelessly with your phone, do not leave your phone, tablet, laptop on a restaurant or café table while chatting or eating, particularly if you are sitting outdoors. At restaurants secure your handbag to the chair. Do not walk around with expensive watches or jewelry. Leave passports in hotel safe and take a xerox copy with you. In the very unlikely case that you are a victim of a robbery, do not resist.

Stay Aware: Keep an eye on your belongings, especially in crowded areas.

Avoid Flashy Items: Leave expensive jewelry and large amounts of cash in your hotel.

Crossing the streets

Like in many other cities of the world, the pedestrian is, unfortunately, the last one in the list of priorities on the street. The actual priorities in decreasing order are: trucks, buses, cars, motorcycles, bicycles and finally, pedestrians. The white zebra lines for crossing the street in BA are just for reference :)). Be very careful of vehicles turning the corners even if you are crossing with green light. Pay attention to bicycles, particularly those ridden by delivery guys, as they cross red lights, scramble in between traffic and can come from both directions even on one-way streets. Never expect a vehicle to stop for you to cross, although sometimes it may happen. There are many bicycle lanes in BA and these are two ways.

Hotels

If you are not Argentinian you do not have to pay the 21% IVA tax in the hotel. Make sure to tell the hotel employee upon check in. In order for this to be valid, you need to pay with a foreign credit card and show your immigration stamp in your passport or boarding pass

Getting Around

1. Public Transport:

- **Subte (Subway, Metro, Underground):** A convenient way to navigate the city. Purchase a rechargeable SUBE card at kiosks or subway stations. You will need to show some form of identification.
- **Buses:** Extensive network. Use the same SUBE card. Look for the bus number displays.
- **Taxis:** Easy to find, cash only.
- **Other:** Use apps like Uber or Cabify for convenience, those fares will be charged to your credit card. Tipping taxi drivers is not necessary.

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2. Walking: its generally safe and pleasant. Sidewalks are not always in perfect shape so make sure you look down when walking

Touring in Buenos Aires

Hop on, hop off bus <https://www.hop-on-hop-off-bus-tours.com/tour-grayline-buenos-aires-hop-on-hop-off-bus-tour>

Car and driver for around the city:

A member of the Organizing Committee knows this English-speaking person that can take you around town in his car. His name is Carlos and you can contact him stating that you are attending the World Congress, <https://www.bainsidertours.com/home/essential-ba/> or bainsidertours@gmail.com

Useful practical information:

3. Language: Spanish is the primary language. Not too many people speak English, except for waiters and people working in tourist areas.

4. Dining:

- Dinner starts late (usually after 8 PM).
- Try traditional dishes like asado (barbecue), empanadas, and milanesas (breaded veal steak, similar to chicken fried steak in the US, Wienerschnitzel).
- Don't miss the local wines, especially Malbec.
- You have to order bottled (paid) water in restaurants and cafés
- Italian food is very common and good
- Most restaurants and ice cream shops have offers for celiacs
- Most restaurants accept credit cards but you cannot add the tip to the credit card charge. Portions are usually large. If you are not a big meat eater but want to try the beef, you may be able to share a steak. Order Ojo de bife, Bife de costilla (with bone), Lomo or bife de lomo (sirloin). Also chorizo (pork sausage), Morcilla (blood sausage), mollejas (sweetbread), provoleta (grilled provolone cheese). Dessert: try panqueque de dulce de leche (thick sweet caramel rolled pancake).
- Restaurants charge a fixed amount of "Cubierto" (cutlery and bread) and you cannot avoid that cost even if you do not want bread.
- Waiters expect a 10% tip and it is not possible to add the amount to your credit card. Cash only. Dollar bills or Euros, OK.

5. Tango: Experience tango in its birthplace. Consider taking a class or watching a live show.

6. Wi-Fi: Many cafés and restaurants offer free Wi-Fi. Consider a local SIM card for internet access on the go.

7. SIM cards: You will need the following to buy a SIM card: 1) a photo of your passport main page, 2) a selfie showing your face and your passport

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The Buenos Aires Convention Center (Centro de Convenciones de Buenos Aires (CEC)).

The CEC is located next to the Facultad de Derecho (Law School) shown below. The buses that stop near it are 110, 130, 61, 67, 93. In addition there is a Subte (short for subterráneo, (under earth), metro, subway) station of line H called Facultad de Derecho with an exit next to the CEC entrance.

The CEC is walking distance from hotels in the area called Recoleta, which is a nice and safe walk.

The entrance to the CEC is immediately after the pedestrian bridge shown below.



THERE IS NO CLOAKROOM AT THE CEC SO PLEASE DO NOT BRING ANY SUITCASES WITH YOU

Restaurants

Italian and Spanish food are the most common food items served at restaurants in addition to beef. Most restaurants offer a vegetarian dish and some for celiacs. Near In the Recoleta area there are several restaurants

Fervor. Posadas 1519. Classy, excellent steak and everything else. \$\$\$

El Sanjuanino. Posadas 1515. Simple, typical Argentine food such as locro, humita, tamales and empanadas. <http://www.elsanjuanino.com.ar/> \$

Beef: La Cabrera. Antonio Cabrera 1559. <https://www.lacabrera.com.ar/>

15 min by taxi from hotels in Recoleta. Need reservations and only available at 12:30 and 1 PM or 8:00 PM, otherwise long waits. Every day from 6:30 PM to 8:00 PM 40% discount. No reservations taken. You need to be there no later than 6:15 and register with the hostess and pay before 8:00 PM. Huge portions.

Order as follows: 1 provoleta (grilled provolone cheese), medio (1/2) chorizo (sausage) and share, if you like blood sausage: morcillas, if you like sweet breads (molleja), beef: for 2 people order the smaller "ojo de bife. All these come with side orders if you go after 8:00 PM. During the discount time order baked potato or French fries. Dessert: panqueque de dulce de leche (caramel pancake). \$\$

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Italian Sottovocce. There are 2. If weather is nice, for lunch: Av Alicia Moreau de Justo 176 and one near hotels in Recoleta \$\$

La Recova

There are several restaurants in this area, walking distance from the hotels in Recoleta. Italian, Steak house, Japanese, etc.

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