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YOUR CHECKLIST FOR MEXICO

Before we see you in Mexico for the 10th IAS Conference on HIV Science (IAS 2019), use this quick checklist to ensure that you are ready for your trip. Immigration-control measures have been stepped up at all Mexican ports of entry recently. Therefore, we strongly advise that you print all documents listed below and have them ready to present at Customs and Immigration upon arrival in Mexico.

<table>
<thead>
<tr>
<th>Document</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter of invitation</td>
<td></td>
</tr>
<tr>
<td>Registration confirmation (with QR code to print out the name badge on site)</td>
<td></td>
</tr>
<tr>
<td>Hotel voucher or booking confirmation</td>
<td></td>
</tr>
<tr>
<td>Medication and associated prescription(s) from your doctor translated into Spanish</td>
<td></td>
</tr>
<tr>
<td>Required media accreditation documents (for those who need to complete their registration, bring a letter of assignment, two recently bylined articles and a valid press card)</td>
<td></td>
</tr>
<tr>
<td>Valid passport</td>
<td></td>
</tr>
<tr>
<td>Visa(s) (ensure that you have this prepared early, and do not forget transit visas)</td>
<td></td>
</tr>
<tr>
<td>Photocopies of your passport and visa(s) (for easy replacement if necessary)</td>
<td></td>
</tr>
<tr>
<td>Travel and health insurance (recommended)</td>
<td></td>
</tr>
<tr>
<td>Money</td>
<td></td>
</tr>
<tr>
<td>Personal water bottle (water coolers are provided at the venue)</td>
<td></td>
</tr>
<tr>
<td>Donations (clothes, books, other) for the IAS Local Charitable Giving Programme</td>
<td></td>
</tr>
<tr>
<td>Red Mexicana de Personas que Viven con VIH/SIDA, A.C.</td>
<td></td>
</tr>
</tbody>
</table>

IAS 2019 CONTACTS AND EMERGENCY NUMBERS

IAS 2019 CONTACTS

General information - info@ias2019.org
Registration department - registration@ias2019.org
Media & communications - media@iasociety.org
Abstracts department - abstracts@ias2019.org
IAS 2019 Scholarship Programme - scholarships@ias2019.org
Volunteers - volunteers@ias2019.org
Satellite symposia - satellites@ias2019.org
Exhibition - exhibition@ias2019.org
Accommodation department - accommodation@ias2019.org
Affiliated Independent Events - affiliatedevents@ias2019.org

EMERGENCY TELEPHONE NUMBERS IN MEXICO

Emergency services in Mexico City can be accessed by dialling 911. There is no charge for accessing this service from mobile phones or landlines.

Some important numbers:
- Tourist information and assistance (Spanish/English): 078/01800 0089090
- Civil protection – guidance in the event of emergencies or natural disasters (earthquakes, floods, fires, gas leaks): +52 55 5683 2222
PRE-DEPARTURE PAPERWORK: VISAS, INSURANCE AND MEDICATION

GENERAL VISA INFORMATION

Individuals travelling to Mexico City for IAS 2019 must possess the required documentation to enter Mexico. It is the delegate’s responsibility to investigate the visa requirements for Mexico and apply for a visa if necessary.

List of countries that do not require a visa to travel to Mexico.
List of countries that require a visa to travel to Mexico.

All foreign visitors, regardless of their nationality, travelling to Mexico for tourism, business or in transit to another destination are exempt from having to present a Mexican visa if they have a valid multi-entry visa issued by any of the following countries: Canada, Japan, the United Kingdom, the United States of America or any of the countries comprising the Schengen Area.

In addition, foreign visitors who, regardless of their nationality, have a valid permanent resident card for the following countries do not require a Mexican visa: Canada, Chile, Colombia, Japan, Peru, the United Kingdom, the United States of America or any of the countries comprising the Schengen Area.

The visa process differs from country to country. Delegates must apply for a visa at the relevant Mexican embassy or consulate according to their country of residence. If you require a visa, please consult your specific visa application process and requirements, which are available at the following links:

List of Mexican embassies authorized to issue visas
List of Mexican consulates authorized to issue visas

TRANSIT VISAS

Citizens of some countries will also need an airport transit visa in order to stop over at an airport in another country, such as the United States or a country in the Schengen Area. If you are transiting, please contact the relevant consulate of the transit airport’s country to request a transit visa. For more information, please contact the IAS 2019 Visa team at visa@ias2019.org.

TRAVEL AND HEALTH INSURANCE

It is strongly advised that you arrange sufficient travel insurance to cover unexpected events or costs, including any health emergencies. The conference organizers cannot accept liability for personal injuries or loss or damage to property belonging to conference delegates (or their accompanying persons) either during or as a result of the conference.

TRAVELLING WITH MEDICATION

Passengers travelling with medicine for personal use are allowed to enter the country (regardless of the active component), as long as they bring their prescription or a letter from their GP, which must state the amount of the substance required by the patient, the amount that is being brought into the country and the required daily dose during their stay in Mexico. The prescription must be translated into Spanish.

At the port of entry, you must declare the medicine to the customs authorities and present the medical prescription or licence issued by a competent authority. The former must state the name of the doctor authorizing the prescription, his/her signature, contact details (telephone, address) and professional register. The medicine must not exceed the amount required for your stay in the country.

VACCINATIONS

No vaccinations are required in order to visit Mexico. However, you should be up to date on routine vaccinations while travelling to any destination. Please check advice from the World Health Organization (WHO) before you travel.
PLAN YOUR CONFERENCE ITINERARY

Before the conference, the IAS will upload programme highlights to the conference website with a selection of key sessions, late breakers and abstract sessions.

MOBILE APP

Stay connected during the conference: download the IAS 2019 mobile app from the Apple Store and Google Play. The mobile app allows you to:

- Browse the complete conference programme by day and session type.
- View detailed information on sessions, workshops, satellites, exhibitions and affiliated events.
- Create your own personal itinerary or follow a thematic “roadmap”.
- Locate rooms and exhibitor stands on the floor plan.
- Search the entire programme.
- Find conference abstracts by track and category.
- Share content with colleagues.
- Onsite: view abstracts, slides and recorded sessions.
- Receive conference changes and updates.

The IAS 2019 app is kindly sponsored by ViV Healthcare.

ONLINE PROGRAMME

You can access links to abstracts, PowerPoint slides with synchronized audio and video, rapporteur reports and e-posters through the IAS online programme, which you can find at http://programme.ias2019.org/ and via the IAS 2019 mobile app.

CONFERENCE EMBARGO POLICY

In the case of IAS 2019, as well as most scientific/medical conferences, all conference abstracts are released to delegates and media under a strict embargo policy. All regular delegates, presenters and media are asked to respect this policy.

GETTING AROUND MEXICO CITY

TO AND FROM MEXICO CITY INTERNATIONAL AIRPORT

Taxis

One of the best ways to get to and from Mexico City International Airport, Benito Juárez International Airport, is by taxi. The airport is just 5km from downtown Mexico City; on average, a taxi trip takes 20 minutes.

Taxis operate 24 hours a day. Taxi ranks are located at the entrance of both Terminal 1 (international flights) and Terminal 2 (domestic flights). Please purchase taxi tickets at authorized retail stands.

To avoid becoming the victim of a scam, it is strongly recommended that you choose an authorized taxi service. Only taxis approved by Secretaría de Comunicaciones y Transportes (the Secretariat of Communications and Transportation or SCT) are authorized to provide services at the airport. These are taxis operated by the following companies: Porto Taxi, Sitio 300, Nueva Imagen, Excelencia, Confort and Yellow Cab.

It is also recommended that you have the name of your destination with you, written down. Furthermore, please be aware of the distances and approximate times involved before you use taxi services in Mexico City.

Fares to and from Mexico City International Airport are regulated by the SCT and posted in a visible place next to the taxi ranks. The usual fare to get to Mexico City downtown is MX$250.00-300.00. You can purchase your ticket at the authorized booths in the arrival hall in the walkway area.

If you have a complaint about taxis, please contact the airport’s taxi authority at quejastaxis@aicm.com.mx.

Transfers

If you wish to transfer to and from Mexico City International Airport on your own, several transfer companies are available within the airport premises. You can book your transfer here: https://www.mexico-airport.com/transfers.php.

GETTING AROUND THE CITY

Using public transport

Public transport is available within Mexico City. However, conference organizers recommend using licenced taxis or hotel-associated vehicle services where possible. The conference offers free shuttles between the venue and the official conference hotels.

On foot

Mexico City has areas that are best explored on foot. However, it is not recommended that you walk to the conference venue, no matter how close your hotel may seem on the map. The road approaching the venue has limited pedestrian walkways and delegates are encouraged to use the conference shuttles.

If you choose to walk or jog, please be cautious, especially before sunrise and after sundown or in quiet areas. If you are unfamiliar with Mexico City, it is recommended that you seek local advice on suitable areas to visit (ask at your hotel or tourist information). Move around in groups where possible.

During IAS 2019, sunrise will be at about 07:10 and sunset at around 20:15.
Arriving at the conference venue, Centro Citibanamex

Centro Citibanamex
Avenida del Conscripto 311, Lomas de Sotelo, 11200
Miguel Hidalgo, CDMX

Bus transportation will be provided every morning and evening between official conference hotels and the conference venue, Centro Citibanamex. The transportation schedule, including times and pickup points, can be found here http://ias2019.org/Transportation.

Note: To use the conference transfers, show your delegate badge. If you have not picked up your conference badge, show your IAS 2019 Registration Confirmation or proof of submission.

Security and safety

Delegates should be aware that there is a risk of crime and security threats in Mexico City. However, you can manage this risk with sensible precautions, awareness and security measures. Here are some tips:

- Be aware of your surroundings and actions. Be alert to those paying attention to you and avoid being distracted by using your mobile phone in a public place. Avoid wearing jewellery and expensive-looking watches. Carry your camera in a bag, rather than around your neck. Street crime is a serious problem in tourist areas.
- Don’t keep your wallet and purse in a pocket that criminals can easily reach. Pickpocketing is common in Mexico City.
- Take care when withdrawing money from ATMs or exchanging money at a bureau de change. Try to use only the ATMs in your hotel, a bank, shops or malls during daylight hours.
- Delegates may be targeted by scam artists. Take off your conference badge when you leave the venue. Be wary of strangers approaching you or contacting you by phone asking for personal information or financial help.
- Keep copies of important documents with you, not the originals.
REGISTRATION INFORMATION

The registration area is located on the Exhibition Level between Sala A (plenary room) and the exhibition area. Registration opening hours are:

- **Sunday, 21 July**: 07:00 – 20:00
- **Monday, 22 July – Tuesday, 23 July**: 06:30 – 18:30
- **Wednesday, 24 July**: 08:00 – 16:30

PAYMENT

If you have paid by bank transfer but not received an invoice/registration confirmation, please bring a proof of payment/bank transfer slip with you to the conference.

On-site payments can be made either by credit card (up to an amount of US$7,000) or with cash. On-site payments will be accepted only in US dollars. Personal, company and Euro cheques will not be accepted.

REGISTRATION PROCESS

Please check your delegate status and then follow the relevant process listed below.

REGISTERED DELEGATES

- **If your registration is confirmed**, please bring your printed registration confirmation to the badge print terminals in the registration area and print your name badge. After printing your name badge, please proceed to the bag pick-up counters in the exhibition area where you will receive your conference bag (if applicable).

- **If your registration is pending**, please go to the registered delegate counter in the registration area to complete your registration.

  Note: Any missing media credentials must be provided and approved by the IAS Secretariat before your media registration is completed. We cannot guarantee approval of pending media registrations on site.

REGISTERED SPEAKERS

- In addition, remember to check in at the speaker centre (Palacios Level, in Palacio de la Canal 9) at least four hours before the start of your session. The opening hours are:

  - **Sunday, 21 July – Wednesday, 24 July**: 08:00 – 18:30

MEDIA DELEGATES

- **If your registration is confirmed**, please bring your registration confirmation to the badge print terminals in the registration area and print your name badge.

- **If your registration is pending**, please go to the registered media counter in the registration area to complete your registration.
REGISTERED SCHOLARSHIP RECIPIENTS

- Please bring your printed registration confirmation to the badge print terminals in the registration area and print your name badge. After printing your name badge, please proceed to the bag pick-up counters in the exhibition area where you will receive your conference bag.

- For matters related to the IAS 2019 Scholarship Programme and IAS Educational Fund Scholarship Programme, go to the scholarship desk in the registration area on the Exhibition Level between Sala A (plenary room) and the exhibition area. The opening hours are:

  Sunday, 21 July                      08:00 – 19:00
  Mon, 22 July – Wed, 24 July         10:00 – 15:00

DELEGATES REGISTERED AS PART OF A GROUP

- If you are registered as part of a group by a pharmaceutical company or another organization, please check with your group manager about when and where you will receive your name badge and conference bag (if applicable).
INSIDE THE VENUE

ACCESSIBILITY

IAS is committed to accommodating the needs of individuals with disabilities. This year the following services are provided:

- Information desk for assistance, located in the registration area.
- Wheelchairs (upon request).

ACCOMMODATION

For hotel bookings and changes, please go to the hotels counter in the registration area.

Note: We are aware that companies (such as Business Travel Management and those using acronyms like AIDS 2019) are targeting conference speakers and attendees, via email, phone or websites, and falsely indicating that they are the official accommodation supplier for IAS 2019. Please be cautious when making a booking or providing details. You can find all information on booking accommodation via the official conference accommodation supplier at http://www.ias2019.org/About/Practical-information/Accommodation or email accommodation@ias2019.org.

BANKING FACILITIES

ATMs can be found near the conference centre’s main entrance on the Palacios Level, as well as at the entrances to Sala A and the exhibition area.

CERTIFICATE OF ATTENDANCE

Participants who are entitled to receive a certificate of attendance will receive it by email from the IAS 2019 Registration Department after the conference and following completion of the post-conference evaluation.

CLOAKROOM

A cloakroom is available on the concourse near the entrance to Sala C. Only modest-sized handbags and laptop bags are allowed into the venue; anything larger must be checked into the cloakroom. All bags are subject to being searched. Therefore, you are advised to limit the number and size of bags you bring with you.

FIRST AID

There is a first aid room to the right of the poster area within the exhibition area.

IAS BOOTH

At the IAS exhibition booth, delegates can learn more about the IAS and its conferences, the activities of HIV Programmes and Advocacy, including the Journal of the International AIDS Society (JIAS), membership updates and campaigns. Visitors will have the opportunity to collect information, meet IAS staff and network with IAS Members and representatives of the IAS Governing Council. Delegates can also apply for or renew their IAS membership. A number of events will take place at the IAS booth. The IAS booth is in the exhibition area (Booth 209).

INFORMATION COUNTER

For general enquiries related to the conference, please go to the information counter in the registration area.

INTERPRETERS

Simultaneous interpretation from English to Spanish will be provided for all sessions (except satellite sessions) taking place in Sala A and Palacio de Valparaíso 2.
MEALS AND SNACKS

In addition to the many food outlets and buffet restaurants in the exhibition area, you will also find catering concessions, offering light snacks and beverages, and a restaurant in the Exhibition Level concourse. There is a coffee cart near the centre’s main entrance on the Palacios Level.

MEDIA CENTRE

The IAS 2019 media centre is located on the Casas Level in Casa Montejo 2. Media centre opening hours are:

- **Sunday, 21 July – Wednesday, 24 July** 08:00–19:00

The media centre will be staffed from 08:00 each day.

Only accredited journalists are allowed to enter and use the media centre.

For more information, visit [www.ias2019.org/media-centre](http://www.ias2019.org/media-centre) or send an email to media@iasociety.org. The IAS 2019 media kit, which includes guidelines and practical information, will be available on the media centre page on the IAS 2019 website.

POCKET PROGRAMME

The Pocket Programme is a reference guide to the conference and is provided to all delegates at registration. It includes basic information about sessions, satellite symposia, the exhibition area and poster area. It also includes information on additional services offered at the conference, together with a conference venue map.

For the most up-to-date information about the programme, delegates are encouraged to consult the mobile app, available for download via Google Play or Apple Store.

POSITIVE LOUNGE

The Positive Lounge is designed to be a place of rest, support and networking for delegates living with HIV. The lounge provides an opportunity to meet and talk with other people living with HIV from across the globe in a relaxed and nurturing environment. Limited complimentary snacks and spaces for informal meetings are provided. The Positive Lounge is intended only for delegates living with HIV.

The opening hours are:
- **Sunday, 21 July** 16:00 – 18:30
- **Monday, 22 July – Wednesday, 24 July** 08:30–18:00

PRAYER ROOM

The prayer room is within Centro de Negocios on the Palacios Level.

SMOKING POLICY

It is prohibited to smoke anywhere within the Centro Citibanamex.

WATER

Purified water coolers are available for delegates throughout the venue. Delegates are requested to bring their own water bottles to reduce waste.

WI-FI AND INTERNET CAFÉ

Wi-Fi is available free of charge to delegates throughout the conference venue under the name, IAS2019. There will also be an Internet café available to all delegates. It is located in the exhibition area and consists of six free-to-use laptops, Internet hook-ups (cabled and wireless) and a black and white printer.

The Internet café is open at the following times:
- **Sunday, 21 July** 12:00 – 18:30
- **Monday, 22 July – Tuesday, 23 July** 10:00 – 18:30
- **Wednesday, 24 July** 10:00 – 18:00
OTHER PRACTICAL INFORMATION

BANKS AND CURRENCY

Mexico’s currency is the Mexican Peso. The symbol for the Mexican Peso is $ and to distinguish it from the US dollar, it is often written as MX$, or the value is accompanied by the letters, MN, after it (such as $100 MN). MN stands for Moneda Nacional.

- MX$1 is divided into 100 Mexican cents (centavos).
- Mexican bank notes are printed in denominations of $20, $50, $100, $200, $500 and $1,000.
- Mexican coins are minted in denominations of 5, 10, 20 and 50 centavo pieces. However, it is very rare to see coins of less than 50 centavos these days. Mexican coins of $1, $2, $5 and $10 are used frequently in Mexico, especially to pay small tips.

Getting change is rather complicated in Mexico as many smaller traders do not have change at hand. It is advisable to get as much change as possible by spending larger denomination notes in big stores; you will need smaller notes and coins for taxis, local buses and other small purchases.

There are institutions in all main towns and cities where you can exchange major currency bank notes for Mexican Pesos. Most exchange houses and banks do not charge commission to exchange currency, but make money through the difference between the rate at which they sell pesos and the rate at which they buy them. In tourist hotspots, where there are plenty of exchange houses, it is worth checking several to see which offers the best rate. The exchange houses at Mexico City International Airport offer very competitive and attractive foreign currency exchange rates.

Casa de cambio: If you need to change your currency bank notes, look for the words, casa de cambio.

Banks

Most banks are not “foreign-exchange friendly”: the procedures and time it takes to exchange foreign cash at a bank in Mexico are considerably more cumbersome than doing the same thing at a bureau de change (casa de cambio).

Using ATMs in Mexico

Cash machines are now widespread in Mexico and they are almost always open. Exchange rates at ATMs are generally favourable as you will get a rate based on the wholesale exchange rate minus a percentage (usually between 2% and 4%), instead of the tourist rate at the bank itself, which could be not in your favour. Your bank may charge additional fees per transaction: check with your bank to find out what these are. Because of the way banks charge for foreign ATM withdrawals, it’s better to take out larger sums in one transaction than several smaller sums.

Note that currency conversion and transaction fees for cash advances drawn from credit cards tend to be higher than those where money is drawn from savings or current/cheque accounts.

Take care when withdrawing money from ATMs or exchanging money at a bureau de change. Try to use only the ATMs in your hotel, a bank, shops or malls during daylight hours.

CLIMATE

July is considered to be a rainy month in Mexico City, with temperatures ranging from 12°C to 25°C. It will be warm during the day, but do carry a coat to wear at night.

For more information about the weather in Mexico City, go to: https://weatherspark.com/m/5674/7/Average-Weather-in-July-in-Mexico-City-Mexico.
DRUG LAWS

Although possession of illegal drugs is generally a crime under Mexican law, possession of the following narcotics is not criminally punishable in amounts that do not exceed the listed quantities. These small amounts of narcotics are considered by law to be for immediate and personal consumption, which is not criminally punishable, provided that such possession takes place outside of certain places, including educational institutions and prisons.

<table>
<thead>
<tr>
<th>Narcotic</th>
<th>Maximum amount for immediate and personal consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opium</td>
<td>2g</td>
</tr>
<tr>
<td>Heroin or diacetylmorphine</td>
<td>50mg</td>
</tr>
<tr>
<td>Cannabis</td>
<td>5g</td>
</tr>
<tr>
<td>Cocaine</td>
<td>500mg</td>
</tr>
<tr>
<td>LSD</td>
<td>0.015mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Powder</th>
<th>Capsules or tablets</th>
</tr>
</thead>
<tbody>
<tr>
<td>MDA, methylenedioxyamphetamine</td>
<td>40mg</td>
</tr>
<tr>
<td>MDMA, 3,4- methylenedioxyamphetamine</td>
<td>40mg</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>40mg</td>
</tr>
</tbody>
</table>


ELECTRICITY

In Mexico, the power plugs and sockets are of type A and B. The standard voltage is 127 V and the standard frequency is 60 Hz.

If you are travelling from the United States, you do not need a plug adapter in Mexico.

Please check this website for more information on the type of adapter you need based on the country you come from: https://www.power-plugs-sockets.com/ch/mexico/.

FOOD AND DRINKS SAFETY

Street food is very popular in Mexico, but be cautious when selecting a stall to buy food from. Use bottled or purified water and avoid adding ice cubes to your drinks. Most hotels will provide bottled water for guests. Water coolers will be available in the conference venue.
HEALTH SERVICES

Mexican healthcare system

In Mexico, public and private healthcare plans come with their own doctors, pharmacies, physicians and healthcare centres. All these operate independently and people are generally only able to use health services within their network.

- Private healthcare: The private healthcare system is the best in Mexico, but it is also the most expensive. Care in this system is paid through health insurance. The doctors often speak English and are well qualified.
- Public healthcare: Treatment in a Mexico City public hospital can be quite basic and subject to long waiting lists.

The average cost of an emergency room visit varies widely depending on the doctor, the hospital and the seriousness of the situation. However, you can expect to pay a basic sum of between MX$350 and MX$500 (US$18-26) for a visit to the emergency room.

A trip to the doctor’s office will cost you roughly the same amount as a trip to the emergency room – about MX$400 (US$20).

Call 911 for emergency medical attention.

Locatel is a 24-hour hotline providing access to a wide range of resources and support lines. To contact Locatel, call +52 55 5658 1111 and ask to be transferred to the appropriate line.

- Línea IAPA – support for drug users and their families.
- Línea No Discriminación – to report sexual, racial, social or other forms of discrimination.

Pharmacies

Pharmacies in Mexico fit into two basic groups: segunda clase and primera clase. Segunda clase stores are more common, both in cities and towns. However, these stores are not allowed to sell regulated medicines. Medicines are labelled as regulated when they pose a high risk of abuse.

Primera clase pharmacies, on the other hand, can be a little harder to find, but you will be able to find any drug you have prescription for.

Find more information at: https://www.expatsinmexico.com/understanding-how-pharmacies-work-in-mexico/

HIV treatment centres

Clínica Especializada Condesa
Benjamin Hill 24
Col. Condesa, Del. Cuauhtémoc
CP. 06140
México, D.F.
+52 5515 8311
http://www.condesadf.mx/

PROFIN VIH
Calle: Nicolas San Juan # 456-A
Col. Del Valle. C.P. 03100
+52 55 53 99 36 71
profinvih@prodigy.net.mx
https://www.profinvh.org/

CENSIDA
Homero 213
Chapultepec Morales, Delegación Miguel Hidalgo, Ciudad de México. C.P. 11570
+52 2000 3400/3500/5263-9150
https://www.gob.mx/censida
LOCAL CHARITABLE GIVING PROGRAMME

The IAS Local Charitable Giving Programme financially supports a local project each year in the city that is hosting the conference. Delegates contribute to the programme by ticking a box on the registration form and choosing an amount to donate (US$5, $15, $25 or $50). The funds collected are transferred to the organization or programme after the conference.

Red Mexicana de Personas que Viven con VIH/SIDA, A.C. (Red de PVVS) has been selected for the IAS 2019 Local Charitable Giving Programme.

People living with HIV and supporters of the HIV response founded Red de PVVS in Mexico in 1999. It is committed to improving the quality of life of people living with and vulnerable to HIV by providing professional, comprehensive health services. The association addresses the implications of living with HIV. It provides support, initiates changes needed to strengthen the response to HIV and develops strategies that provide time and space for people living with HIV to get involved in the response in a meaningful way. Visit https://redpvvs.org.mx for more information.

IAS 2019 Donation Programme

Please note that if you have any material that you do not wish to take home (such as delegate bags, pens, pads, stationery or clothes), you can leave them in the donation box, in the exhibition area, next to the bag pick-up counters.

All collected items will be donated to Red Mexicana de Personas que Viven con VIH/SIDA A.C (Red de PVVS). Red Mexicana is committed to improving the quality of life of people living with and vulnerable to HIV by providing professional, comprehensive health services. For further information, please visit its website: https://redpvvs.org.mx

Thank you very much for your donations.

NATIONAL AND INTERNATIONAL PHONE CALLS

If you are calling internationally from Mexico, dial 00 plus the code of the country you wish to call. When calling Mexico City from abroad, dial 0052 for Mexico and 55 for Mexico City: 0052 55 (number).

Regarding mobile phone calls, while most international SIM cards can operate on Mexican networks, it is also possible to purchase a prepaid SIM card from supermarkets, kiosks, drug stores and official stores, as well as at the Mexico City International Airport and other airports. Contact your mobile phone operator, who will confirm if your mobile is compatible with the Mexican network. Also, ask the operator to explain how you will be charged for calls received from your own country or that you make while abroad (local and international calls).

TAXES

Mexico has a range of value-added tax (VAT) rates. These are:
- Standard VAT rate of 16%
- Zero rating for foodstuff, water, agricultural supplies, books and magazines.

TIME ZONE

Mexico City is in the Central Daylight Time (DST) zone. Find more information at: https://www.timeanddate.com/worldclock/mexico/mexico-city.
TIPPING

Tipping in Mexico is common. Employees typically earn very modest wages and rely on tips to supplement their income. Do remember to get some money changed into coins and small denomination notes.

Rules on when and how much to tip in Mexico are not set in stone, but here are some guidelines:

- Service is not included in all restaurant bills (although this may vary by location or for a larger group). It is customary to tip 15% to 20% of the total bill.
- At a bar, it is acceptable to tip MX$10 to MX$20 per drink or 10% to 15% of the total bill.
- In grocery stores, it is common for baggers to work solely for tips. You could give them MX$1 to MX$2 per bag and MX$10 to MX$20 if they help you carry your bags to your car.
- Taxi drivers do not expect a tip, but feel free to tip MX$10 if they help you with your luggage.
- It is customary to tip bellhops MX$25 to MX$50 when they show you to your room and help with your luggage.

SMOKING LAWS

Smoking is completely prohibited indoors at Centro Citibanamex. In all other public places and workplaces, isolated indoor areas exclusively for smoking may be provided. Sub-national jurisdictions may enact smoke-free laws that are more stringent than the national law.

The sale of tobacco products is prohibited to people under the age of 18.
EXPERIENCE MEXICO CITY

BUSINESS AND SHOPPING HOURS

Shopping hours in Mexico vary depending on the type of store and the size of the town or city. Generally speaking, Mexican stores offer shoppers extended opening hours and many stores are open on Sundays too.

Regular shopping hours in Mexico City are from 09:00/10:00 to 21:00/22:00. The larger department stores remain open until late into the evening. Smaller stores often close between 14:00 and 16:00 and then reopen until 20:00.

Mexico City’s tourist attractions are open daily, staying open until late, and most museums and attractions in Mexico City are open on public holidays, although opening hours may vary.

ENGAGEMENT TOURS

The engagement tours provide delegates with unique learning experiences through interactive site visits to community-based organizations in Mexico City. The goal is to exchange knowledge, best practices, successes, challenges and innovative solutions through dialogue and hands-on activities.

Tours are available to conference delegates at no cost. Registration will take place on a first-come, first-served basis. Tours are limited to one per delegate. As demand for the tours is high, space cannot be guaranteed for all interested delegates.

EATING OUT

Mexico City’s food is accessible and affordable, with plenty of eating options in every corner of the city. Restaurants are very affordable, with prices ranging from US$5 for a full meal in a fast-food outlet to around US$15 for a full meal in a restaurant.

Find more information on the best restaurants in Mexico City here: [https://www.timeoutmexico.mx/ciudad-de-mexico/restaurante...](https://www.timeoutmexico.mx/ciudad-de-mexico/restaurante...).

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TOURIST SUGGESTIONS

10 things for first-time visitors to do in Mexico City

1. Visit the historic centre of the city, a World Heritage Site. Stroll from the Alameda to the Zocalo. End the day with a drink at one of the terraces overlooking the Zocalo.
2. Go up the skyscraper, Torre Latino: it has the best panoramic views of the city.
3. Eat local food. Choose from tacos de canasta (potluck tacos), guajolatas (a bun with a tamal), carnitas (cubed, fried pork), chilaquiles (fried tortilla drenched in green tomato sauce), pozole (meat stew with hominy), esquites (sweetcorn) and quesadillas (tortillas with a variety of fillings).
4. Take a tour on a tourist bus. If you haven’t got much time, would like a quick visit or want to get your bearings before exploring the city, hop on a Turibus or Capital Bus.
5. Buy Mexican crafts. Try the San Jacinto market on Saturdays in San Ángel. The MAP stores carry quality handicrafts. If you like markets, go to La Ciudadela or San Juan.
6. Visit the National Museum of Anthropology and the Chapultepec Forest, one of the largest parks in Latin America.
7. Try different flavours. Sample pulque at traditional places, such as Las Duelistas or La Risa, and visit the mezcalerías in colonia Roma.
8. Watch a wrestling match at the Arena México or Arena Coliseo.
9. Ride on a trajinera (river boat) in Xochimilco on Sundays.
10. Take up cycling to explore the city; there is a bike rental service. Sunday is the best day to cycle along Reforma as the main road is closed to traffic.

For more information, visit: http://cdmxtravel.com/en/

LANGUAGES AND HELPFUL PHRASES

The official language in Mexico City is Spanish and it can sometimes be hard to find someone who speak English. It is helpful to learn few basic words and expressions in Spanish, such as these:

- Do you speak English? ¿Habla Inglés?
- Hello Hola
- Good morning Buenos días
- Good afternoon Buenas tardes
- Good evening Buenas tardes
- See you later Hasta luego
- Goodbye adiós
- Excuse me Perdóneme
- Thank you Gracias
- Cheers Salud
- How are you? ¿Cómo estás?
- Please Por favor
- Yes Sí
- No No
- Entrance Entrada
- Exit Salida
- My name is Me llamo...
- To eat Comer
- To drink Beber
- To shop Comprar

We look forward to welcoming you to the 10th IAS Conference on HIV Science in Mexico City this July!