

## ARGENTINA

### ENTRY REQUIREMENTS:

#### **Passport validity**

Your passport should be valid for the proposed duration of your stay. No additional period of validity beyond this is required.

#### **Proof of onward travel**

You may need to provide proof of onward travel in the form of a return ticket. You should make all flight reservations before departing for Argentina. Airlines have sometimes refused to board passengers travelling to Argentina without proof of onward travel.

#### **Visas**

You do not need a visa to enter Argentina as a tourist unless you are travelling on an Emergency Travel Document. On presentation of a valid British passport you will be granted a 90-day stay in the country.

#### **Emergency Travel Documents (ETD)**

UK ETDs are accepted for entry, airside transit and exit from Argentina. However, holders of an ETD must apply for the appropriate Argentine visa to enter the country.

For entry into Argentina, your ETD should be valid for the proposed duration of your stay. No additional period of validity beyond this is required.

## HEALTH & SAFETY

Country specific information and advice is published by the National Travel Health Network and Centre (NaTHNaC). Please find below some main points of interest from them. Please check their website for more detailed information ([www.nathnac.org](http://www.nathnac.org)) and please note some health risks apply to travellers to all countries.

### Vaccinations

The risks to health whilst travelling will vary between individuals and many issues need to be taken into account, e.g. activities abroad, length of stay and general health of the traveller.

It is recommended that you consult with your General Practitioner or Practice Nurse **8-10 weeks** in advance of travel. They will assess your particular health risks before recommending any vaccinations or other preventive measures. It is generally recommended that travellers should be up to date with routinely UK recommended vaccinations

For your reference the areas in Argentina you will be travelling are:

BUENOS AIRES  
MENDOZA  
JUNIN  
ROSARIO  
IGUAZU FALLS

### ***Malaria***

Malaria prevention advice for this country follows Public Health England, [Advisory Committee on Malaria Prevention \(ACMP\) guidelines](#).

There is a low risk of malaria in low altitude areas of Salta province bordering Bolivia and in Chaco, Corrientes and Misiones provinces close to the border with Brazil and Paraguay. There is no risk of malaria in the rest of Argentina, including Iguazu Falls.

Mosquitos are still present throughout Argentina and travellers may wish to pack insect repellent for prevention of bites

### ***Dengue Fever***

There is a risk of dengue in the provinces north of and including the province of Buenos Aires. Dengue is transmitted via the bite of an infected *Aedes aegypti* mosquito which feed predominantly during daylight hours and are most abundant in urban or peri-urban settings. All travellers to dengue areas are at risk.

Travellers should take mosquito bite avoidance measures. *Aedes* mosquitoes feed predominantly during daylight hours however there is no vaccination or medication to prevent dengue.

### ***Yellow Fever***

There is a risk of yellow fever transmission in Corrientes and Misiones Provinces including the Iguazu Falls.

- There is a low potential for exposure to yellow fever in Formosa Province and designated areas of Chaco, Jujuy and Salta Provinces (see link to map below).
- There is no risk of yellow fever transmission in other areas of Argentina.
- [View the WHO yellow fever vaccine recommendation map for Americas](#)
- **Exposure** - Yellow fever is transmitted via the bite of an infected *Aedes* mosquito (or other related species). *Aedes* mosquitoes feed predominantly during daylight hours.

There are specific contraindications and adverse events associated with yellow fever vaccine. A careful risk assessment should be made before administration and specialist advice sought as appropriate.

Under International Health Regulations (2005), there are no yellow fever vaccination requirements for any traveller visiting this country. A yellow fever vaccination certificate is not required. However, this does NOT mean that there is no risk of yellow fever infection.

### **Safety Precautions**

Argentina safety precautions are not unlike those recommended when travelling to other countries and major cities. More common sense than hard and fast measures, safety precautions in Argentina mostly require vigilance on behalf of the traveller and sound travel preparation.

Important Argentine safety advice includes avoiding deserted areas at night; securing valuables such as photographic equipment and wallets on your person; and leaving expensive, flashy jewellery in your hotel safe while out and about.

The most common crimes are distraction theft and bag snatching. Take particular care in restaurants and internet cafes, on public transport and in the Buenos Aires tourist areas of San Telmo, La Boca and Retiro. Keep a close eye on your personal possessions at all times. Avoid carrying large amounts of cash or wearing expensive jewellery. Avoid isolated or poorly lit areas at night.

### ***Other safety precautions you may want to consider include:***

- Being vigilant of your luggage and other belongings even when checking in to hotels (never leave them unattended).
- Storing valuables in your hotel safe including passport.
- Limit the amount of money you carry on your person. Also, do not accept offers of assistance at ATMs and keep your pin numbers secure.

### **Water**

Drinking water in Argentina is considered safe to drink and cook with when taken from taps but can be heavily chlorinated. You may prefer to err on the side of caution especially in rural areas and opt for bottled water.

### **Food**

Standards of hygiene in relation to food health and safety in Argentina are generally high in hotels and restaurants.

It is recommended not to eat fruits or vegetables unless they have been peeled or cooked and to avoid food and beverages obtained from street vendors as food safety in such instances cannot always be guaranteed. It is considered safe to put ice in your drinks (although please see note above).

### **Medical Facilities**

Medical facilities are good, but can be expensive. Public hospitals tend to be crowded. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation. If you have a specific condition you should bring a sufficient quantity of medical supplies and medicines with you.

Asthma, sinus and bronchial problems can be aggravated by the polluted atmosphere in the major cities. Dengue Fever can occur throughout the year. If you need emergency medical assistance during your trip, dial 107 or 911 and ask for an ambulance. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.



**Disclaimer**

*The travel health information contained in these pages is intended for a guide to assess travel health needs. This document is not a complete medical guide for travellers and as such travellers should consult with a health professional for specific information related to your travel and medical history. While every care has been taken to ensure the accuracy and timeliness of the travel health information, GB Sports Tours cannot accept any liability for injury, loss or damage arising in any respect of any statement contained therein.*



## PRACTICAL INFORMATION

### Language

The official language of Argentina is Spanish, which is also the official language of business. English is spoken widely in large cities and tourist centres.

### Electricity

- The Argentina electricity supply is 220 volts, 50 HZ.
- Old buildings use two-pin, round-pronged plugs, whereas newer buildings use three-pin, flat-pronged plugs.

### Telecommunication

You can get a prepaid Movistar / Claro / Personal SIM card for a few pesos / free at phone shops, all you pay is about ARS20 (about USD5) for your initial credits. Inserting the SIM card into your unlocked mobile phone should work, although to register the SIM you have to enter your passport (or any 9 digit) number - you then have your personal Argentinian phone number, which is very useful to keep in touch with other travellers, either by calling or by writing text messages. Calls cost around ARS1 per minute.

Receiving calls is usually free, **except for international calls**, and some cross network / inter-city calls - hence buying a SIM card purely to keep in touch with people overseas may not be worth it.

Useful information on dialling codes:

- For outgoing international calls, dial 00 plus the country and area codes of the destination concerned. Refer to telephone directories for international dialling codes, UK is +44
- For incoming international calls, the code is +54 followed by the city code or cellphone code, dropping the first 0.

### Argentina Weather & Climate

Argentina's location in the southern hemisphere means it has seasons that are opposite to those in Europe and North America. Argentina is a long country and its climate ranges from subtropics to subpolar regions in the south, characterised by the heat and rains in the north, a fine temperate climate in the central regions and subpolar cold in the south.

In Buenos Aires summer during November to February is hot and in January in particular the heat is at its peak it can be hot and intense, the months of September to November and February to March are popular months to visit the city and enjoy the best in the weather. Visitors coming for a skiing trip would find the best months are June to October.

Lightweight cotton and linen clothing can be worn for most of the year in the north, rain coats and water proof clothing are advisable in most areas. In the south visitors are advised to come with layers and will need warm clothing; in the winter additional layers and warmer clothing are required in the central area too.

### Money and Budget

The official currency of Argentina is the peso (ARS), which is divided into 100 centavos. Coins come in 5, 10, 25 and 50 centavo and pesos come in values of 2, 5, 10, 20, 50 and 100

ATMs are widely available. Major credit cards are accepted in most hotels and major shops and restaurants. Photo ID may be required. Travellers' cheques are not always accepted.

The Government of Argentina has in the past imposed restrictions on the purchase of foreign currency in Argentina. You should monitor the media for updates on these restrictions as they are subject to regular change.



In many places you can pay with American Dollars (and, more rarely, in Euros), you will find that the exchange rate might not be the most convenient for you, unless you ask for the "informal" exchange rate that local people use if they want to buy dollars (because of currency restrictions and controls imposed by the government). Purchasing something at a store and paying with dollars in excess of the purchase amount might be a reasonably safe way of getting change in pesos at a realistic exchange rate.

As of September 2014, the "informal" rate is about 60-70% higher than the official exchange rate. Try to get some pesos as soon as you get to Argentina. Taxis and shops might accept U.S. dollars, and they should give you a realistic exchange rate, but that can involve some negotiating.

### **Banks & Currency exchange**

Currency can be exchanged in most Banks (open from 10 am to 3 pm) and exchange companies "casas de cambio" operating in the same time-range, but only at the official exchange rate. Be careful exchanging your money with people in the street, operating mainly in the downtown area (called "arbolitos" -little trees- by locals, since they are right beside the road and are full of "green" leaves) even though they will quote you the higher "informal" exchange rate. If you do use them, try to exchange a small even number such as \$100 to make calculations easier (some are known to use "fixed" calculators in order to pay you less money). If you arrive to Buenos Aires by plane, there is a branch of the Banco de La Nación (state owned bank) located in the arrivals area of the airport which will exchange your currency at the official rate.

You can always exchange dollars at the official rate in several Banco de La Nación branches or at exchange bureaus across town. Another alternative is to get local money from your account using the ATMs spread all over the city, but again, you will then get the official (much lower) rate. ATMs are found not only in banks but also in Shopping Centers (such as Alto Palermo, Paseo Alcorta, Unicenter, etc.) and many large supermarkets (Jumbo, Disco, etc.). The largest network of ATMs is Banelco. Be advised not to exchange more money than you will need, because it has become almost impossible to exchange any leftover Pesos when leaving the country.

### **Black Market Currency**

Due to problems with inflation and the fact that the locals find it very difficult to obtain \$ dollars there is a flourishing black market for \$ dollar bills. The \$50 dollar bill is the most popular and gets the best rate, they are not interested in anything lower than \$20. In many places you will find shops and restaurants that will offer you a better exchange rate if you pay in dollars. Often restaurants will have a dollar rate pasted inside the wallet that comes with the bill. If booking through your hotel just ask the person booking to find out if the restaurant has a dollar rate and what it is.

Black market dealers are called *arbolitos* ("little trees") and they operate from *cuevas* ("caves") and you will hear the calls of "cambio, cambio" from numerous people offering to change money. They can be found everywhere, with Florida St in Buenos Aires being particularly notorious. If you choose to go down this route, remember that this is illegal although more open than people may think, so take all possible precautions to avoid getting ripped off and remember that your money may be confiscated if you are busted by the police.

### **Tiping**

**Restaurants** - While not mandatory, is desirable. Locals will tell you 10% (or less) is standard and tourists will normally tip more.

**Taxis** - Taxi drivers do not expect to be tipped unless they perform some extra service such as carrying your bags or luggage to your hotel entrance, etc. But almost everybody leaves them some. Usually the coins change.

**Hotels** - A minimum of one peso per baggage for taking luggage to your room. But with that minimum you are not gaining any further service. Better make the minimum a 2 pesos bill.

**Bus** - If you take a long distance bus and you have luggage to put in the hold, remember to tip the baggage handler a peso per bag when your bags are put in or taken out of the hold.

**Food**

Argentinian breakfasts are somewhat light compared to what travellers from English-speaking countries are accustomed to. Typically, it consists of a hot drink (coffee, tea, milk) with some toasts, medialunas (croissants, literally "halfmoons"), or bread.

Hotels typically provide a free buffet consisting of coffee, tea, drinkable yogurt, assorted pastries and toast, fruit, and perhaps cereal. These kinds of breakfasts are also readily available in the many cafes.

Lunch is a big meal in Argentina, typically taken in the early afternoon. Lunch is so big because dinner is not until late: 20:30 to 21:00 at the earliest, more commonly at 22:00 or even later. Most restaurants do not serve food until then except for pastries or small ham-and-cheese toasted sandwiches (tostados), for afternoon tea 18:00-20:00. Tea is the one meal that is rarely skipped. A few cafés do offer heartier fare all day long, but don't expect anything more substantial than pizza or a milanesa (breaded meat fillets) or a lomito (steak sandwiches) outside of normal Argentine mealtimes. Dinner is usually eaten at 22:00 and typically consists of appetizers, a main course, and desserts.

Given that a large portion of Argentines are of Italian, Spanish and French descent, such fare is very widespread and of high quality; pizzerias and specialized restaurants are very common. Take note that a convention observed in Argentina is to treat the pasta and sauce as separate items; some travellers have found out what they thought was cheap pasta only to find that they were not getting any sauce. You will see the pastas for one price and then the sauces for an additional charge.

**Disclaimer:** The information given on these pages is given in good faith and to the best of our knowledge. If there are any discrepancies in no way do we intend to mislead. Important travel details and arrangements should be confirmed and verified with the relevant authorities.