

### Meals

During the IV Congress (August 20 - 22), participants will receive refreshments and lunch on August 20 and 21.

The Parliament of Uruguay will be offering a welcome dinner to the participants on August 20 and a farewell lunch on August 22 (places to be defined).

The dinner on August 21 will be borne by each participant with his or her own travel allowance.

### Language

The official language of Uruguay is Spanish.

### Visas and entry requirements to the country

To enter Uruguay, participants must have a passport which should not expire within six (6) months after their travel date.

Participants from countries that require a visa to enter Uruguay, are responsible to request a visa at the Embassy or Consulate of Uruguay in their respective countries with a minimum of 20 days in advance.

**To find out if you require a visa, please check the website of the National Immigration Office, which keeps an updated list with the information:**  
[https://migracion.minterior.gub.uy/index.php?option=com\\_content&view=article&id=1280](https://migracion.minterior.gub.uy/index.php?option=com_content&view=article&id=1280)

### Simultaneous Interpretation

**The IV Congress will have simultaneous interpretation (English to Spanish and Spanish to English).**

### Security

Montevideo is a safe city. However, keep in mind the following recommendations:

- Do not wear jewelry when you are planning to leave the hotel
- Leave your passport, air ticket and other valuables in the safety deposit box of your hotel room. Only carry the necessary cash, credit card and identification card.

- Please take care of your carry-on luggage, especially your personal laptop at all times.

### Medical assistance

**Participants need to obtain their own travel medical insurance.**

### Local currency

The local currency is the Uruguayan peso (\$). The current exchange rate is \$ 31.10 pesos per dollar (Source: Central Bank - average value in July 2018).

You can find currency exchange facilities at the airport or in the area near the Four Points Hotel

### Weather

**The event will be held during the winter of Uruguay. The average temperature ranges from 9 ° C to 15 ° C (48.2°F to 59°F).** The month of August is characterized by being rainy and at night the temperature drops, so it is recommended that you bring warm clothes.

### Voltage

**The electricity in Uruguay is 220 volts.** The types of plugs that are used are: schuko models, two and three in line.

### Local time

UTC / GMT -3 hours.

### CONTACTS IN URUGUAY

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