

LOGISTIC NOTE

Midwives meeting and Intercultural Regional Symposium of the Americas on Maternal Health of Indigenous Women
October 28-30, 2024
Mexico City

Dear Participants,

"Welcome to Mexico City!" We are pleased to provide you with the following information for the Midwives meeting and the Intercultural Regional Symposium of the Americas on Maternal Health of Indigenous Women, to be held in Mexico City. We trust that this information will be useful and help you prepare for your trip.



1. MEETING VENUE:

The meeting will take place in Mexico City in the Bel Air Hotel,
Dakota 95, Nápoles, Benito Juárez, 03810 Ciudad de México, CDMX
Tel: 161 998 43752
Hotel Tel: 551 164 1164
Email: ventas1@hoteldemexico.com

2. ARRIVAL AND DEPARTURE

Participants are expected to arrive in Mexico City, D.F. on Sunday, October 27, 2024, and depart on Thursday, October 31, 2024.

The Midwives' Meeting will take place on Monday, October 28, 2024, the same day a Field Visit will take place in the Morelos Municipality, and the Intercultural Regional Symposium of the Americas on Maternal Health of Indigenous Women will be held from October 29 to 30, 2024.

3. ACCOMMODATION:



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UNFPA will cover your airfare, accommodation (single room), meals (breakfast and lunch), and will make all necessary reservations. Hotel amenities include:

- Buffet breakfast
- Wi-Fi

4. LANGUAGE

The language of the meeting will be Spanish. Simultaneous translation into English will be available.

5. TRANSPORT

Each participant is responsible for arranging their own transportation to and from the airport. However, UNFPA will provide each participant with a transportation allowance, which will be deposited into the bank account they specify.

Mexico City's airport is located within the city limits. Visitors requiring transportation from the airport to downtown are advised to use official taxis available at the airport, or to utilize ride-sharing services such as those offered by platforms for the AICM.

For transportation within the city, it is recommended to use hotel taxis, radio taxi services (which the hotel can provide), or ride-sharing platforms like Uber or Didi. It is important to remember that using unauthorized taxis (those circulating freely on the streets) increases the risk of express kidnapping.

At the airport: Once you have cleared customs, as a security measure, if you need a taxi, only board airport-authorized taxis, not those circulating freely on the street. It is not advisable to use public transportation due to the high rate of theft, especially buses or vans within the city.

6. MEALS, INCIDENTALS AND TERMINAL EXPENSES

Meals:

- Accommodation for each participant includes breakfast.
- Lunch and coffee breaks will be provided during the event.
- Please note that UNFPA will provide each participant with a per diem allowance for dinners, incidentals, and terminal fees, in accordance with its travel policy.
- **This allowance will be deposited into the bank account provided by each participant. Please note that it is not possible for the organization to provide this allowance in cash or by check in Mexico City.**

The following details the process for these expenses



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Date	Lunch	Dinner	Incidentals	Total
27/10/2024	44.04	44.04	73.40	183.50
28/10/2024		44.04	73.40	117.44
29/10/2024		44.04	73.40	117.44
30/10/2024		44.04	73.40	117.44
Total				USD\$535.82
Terminals expenses				
Date	Destination		Amount	
27/10/2024	Residence	Airport	63.00	Payment including the Terminal Expenses USD\$787.82
27/10/2023	Airport	Hotel	63.00	
31/10/2024	Hotel	Airport	63.00	
31/10/2024	Airport	Residence	63.00	
Total			USD\$252.00	

7. MEXICO VISA:

Most citizens from Latin American countries can enter Mexico as tourists without a visa, only requiring a valid passport. However, it is crucial to verify the specific requirements for your nationality on the official website of the National Institute of Migration of Mexico:

<https://www.inm.gob.mx/gobmx/word/index.php/paises-requieren-visa-para-mexico/>

Note: It is recommended to have travel health insurance.

8. TIME ZONE:

Mexico is located in the UTC-6 time zone

<http://www.timeanddate.com/worldclock/converter.html>



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9. WEATHER CONDITION:

Mexico City in October enjoys a delightfully mild climate, making it a fantastic time to visit.

October weather in Mexico City:

- **Temperatures:** Expect pleasant temperatures, with highs around 22°C (72°F) and lows dipping to a comfortable 10°C (50°F). Enjoy sunny days and warm afternoons, but pack a light jacket for cooler evenings.
- **Rainfall:** Rainfall is infrequent in October, so you can look forward to mostly sunny skies and clear days.
- **Wind:** Gentle breezes contribute to the city's pleasant climate.

10. TRAVEL REQUIREMENT FOR MEXICO CITY:

- A passport valid for at least six months.
- A return flight ticket.
- Your accommodation details and reason for your trip.
- You'll need to fill out a free immigration form upon arrival.

11. SAFETY CONSIDERATIONS:

During your stay, please observe the following precautions:

- Avoid walking in isolated or dark areas.
- Refrain from wearing jewelry when venturing outside of the hotel.
- Leave your passport, airline ticket, and other valuables in the hotel safe.
- Carry only the necessary cash and an identification card. Mexico now has the Apple Pay electronic payment system for iOS devices and Apple Watch.
- Please take care of your personal laptop at all times.

Earthquakes

Mexico is located in one of the most seismically active regions in the world, within the Pacific Ring of Fire where most of the planet's seismic activity is concentrated. Mexico City is particularly susceptible to earthquakes due to the soil conditions in certain areas. When the earthquake alarm sounds, remain calm and if you are on a low floor, evacuate the building following the designated evacuation routes. If you are on an upper floor and do not have time to evacuate (50 seconds), take shelter in the safest area indicated in the building. If you are unfamiliar with the evacuation routes or safe zones, follow the instructions of Civil Protection authorities and building staff. Do not run, as many accidents occur during chaotic evacuations. Do not shout, as this can cause panic and chaos during an evacuation. Do not push, as you may injure others. Give people time to evacuate.



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COVID-19 Currently, there are no restrictions on movement or mask mandates due to COVID-19.

12. LOCAL CURRENCY:

The official currency of Mexico is the Mexican peso (MXN). The exchange rate against the US dollar fluctuates. It is recommended to use exchange bureaus located within the airport. Please note that ATMs have daily withdrawal limits ranging from \$6,000 to \$9,000 MXN, depending on the bank.

13. POWER SUPPLY:

The standard electrical voltage in Mexico is 127 volts..

For questions about logistics or anything else event-related, please contact

Name	Organization	Mobile	E-mail
Alejandra Alzerreca	UNFPA Oficina Regional	(507) 60431868	alzerreca@unfpa.org
Gabriela Rivera	UNFPA México	(52) 55 16035885	grivera@unfpa.org
Iris Ocampo	UNFPA México	(52) 55 36802552	iocampo@unfpa.org
Lilian Landau	UNFPA Oficina Regional	(507) 6352-6014	landau@unfpa.org

14. UNFPA – MEXICO SECURITY CONTACT INFORMATION:

Emergency phone numbers

United Nation Department of Safety and Security (UNDSS)	Mr. Adolfo Quintana, Security Advisor	adolfo.quintana@un.org +52 55 2955 1817
Local Security Associate (LSA) de UNDSS	Ms. Berenice Gallardo Field Security Associate	berenice.gallardohuerta@un.org

15. EMERGENCY ATTENTION:

Doctors

Jacobo Fursyfer Mostwo	UN Doctor	Office. +5255 5540 7205 Mobile +5255 1952 0202
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Alberto Lifshitz	UN Doctor	Office +5255 3687 9087 Mobile +52 55 5073 4457
Ana Paola Carvallo	UN Doctor	Office +5255 5294 4558 Mobile +52 55 2561 9982

Hospitals

ABC Hospital	+52 55 5230 800	Av. Sur 136 No. 116 Álvaro Obregón, Las Américas, 01120 Ciudad de México
Los Ángeles - Pedregal Hospital	+52 55 5552 6987 +52 55 5449 5500 +52 55 5568 1540	Camino a Sta. Teresa 1055, Magdalena Contreras, Héroes de Padierna, 10700 Ciudad de Mexico,
Los Ángeles - Lomas Hospital	+52 55 5243 5092 +52 55 5246 5093 +52 55 5246 5000	Av. Vialidad de la Barranca 240, Valle de las Palmas, 52763 Huixquilucan de Degollado, MEX
Español Hospital	+52 55 5255 9645 +52 55 5255 9700 +52 55 5255 9600	Av. Ejército Nacional 613, Miguel Hidalgo, Granada, 11520 Ciudad de México
Mocel Hospital	+52 55 5277 3020 +52 55 5278 2300	Calle Gobernador Gregorio Villa Gelati 29, Miguel Hidalgo, San Miguel Chapultepec I Secc, 11850 Ciudad de México