

TRAINING IN SATELLITE TELECOMMUNICATIONS

ASUNCIÓN – PARAGUAY FROM 22 TO 26 APRIL 2019

PRACTICAL INFORMATION

1. VENUE

The "ITU-ITSO Training in Satellite Telecommunications" will be carried out in:



CONATEL

Pte. Franco Nº 780 y Ayolas.

Edificio Ayfra – 2nd floor

www.conatel.gov.py

Date: Monday 22 to Friday 26 April.

Schedule: 08:30 to 18:00 hrs.

Lunch: 12:30 to 14:00 hrs.

Coffee breaks: 10:15 to 10:45 / 15:45 to 16:15.

Registry: 2nd floor Foyer, from 8:00 to 8:30 Monday 4 June.

2. SUGGESTED HOTELS

HOTEL (DISTANCE TO THE VENUE)

CONTACT / REFERENCIAL COSTS (NIGHT)

Las Margaritas

www.lasmargaritas.com.py

15 de Agosto y Estrella

5 blocks

American Buffet Breakfast

informaciones@lasmargaritas.com.py

+595 21 448 765

"CONATEL" must be mentioned in the email:

Standard: SGL 445.000 Gs / .DBL 475.000 Gs

Suite Junior: SGL 510.000 Gs / DBL 540.000 Gs

Suite Executive: SGL 540.000 Gs / DBL 570.000 Gs

Reservations @granadospark.com.py

+595 21 497 921

"CONATEL" must be mentioned in the email

Suite Junior: SGL 80 USD / DBL 100 USD

Suite Lujo: 110 USD

Suite Premium: 145 USD

Granados Park

www.granadospark.com.py

Estrella 480 y 15 de Agosto

5 blocks

American Buffet Breakfast

Guaraní Asunción

www.hotelguarani.com.py

Oliva esq. Independencia Nacional 10 cuadras

American Buffet Breakfast

ventas@hotelguarani.com.py

+595 21 452 099 / 190

SGL 72 USD

DBL 89 USD

Sabe Center

www.sabecenterhotel.com.py

25 de Mayo and México

12 blocks

American Buffet Breakfast

reservas@sabecenterhotel.com.py

+595 21 450 093

"CONATEL" must be mentioned in the email

Simple Deluxe: 378.000 Gs

Double Deluxe: 432.000 Gs

Suite Studio: 700.000 Gs

Crowne Plaza Asuncion

www.crowneasuncion.com.py

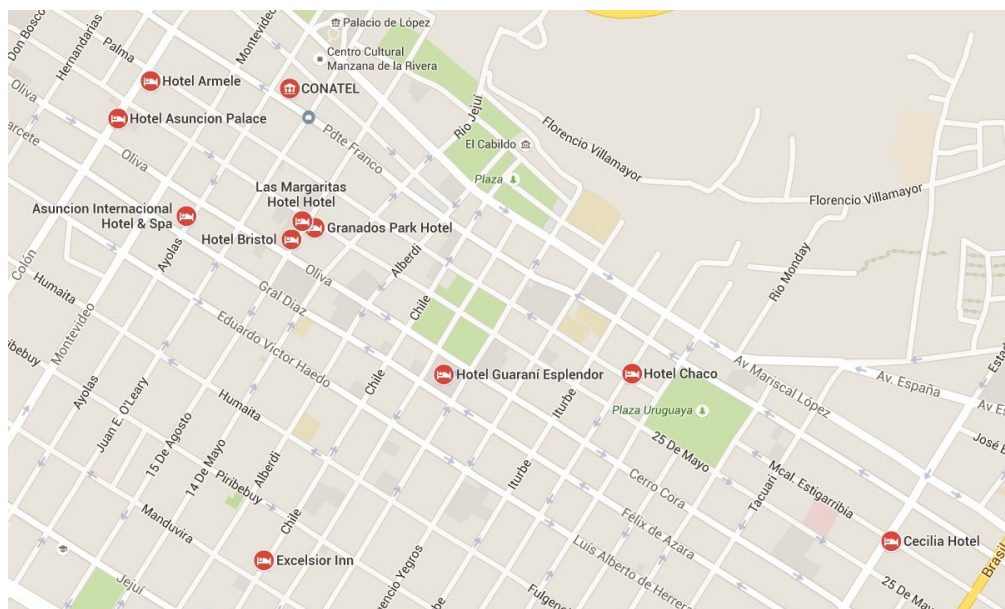
Cerro Corá 939 and Estados Unidos 20 blocks

Buffet Breakfast

reservas@crowneasuncion.com.py

+595 21 452.682

SGL 120 USD



3. TRANSPORT AND ACCESS

At the airport terminal exit, you could find a taxi and remises stop, they connect the airport with Asuncion downtown.

The rate from the airport to hotels in downtown is around USD 30 and the trip takes approximately 30 minutes.

For further services information, please visit the following website [aeropuerto Silvio Pettirossi](http://aeropuerto.silviopettirossi.com.py)

4. PASAPORT & VISA

Participants from the following countries do not require a Visa:

- Argentina, Bolivia, Brasil, Chile, Colombia, Perú, Uruguay, Venezuela, Costa Rica, Ecuador, El Salvador, Guatemala, Honduras, México, Nicaragua, Panamá, Alemania, Austria, Bélgica, Bulgaria, Chipre, Croacia, Dinamarca, España, Eslovenia, Estonia, Finlandia, Francia, Grecia, Hungría, Italia, Irlanda, Islandia, Letonia, Liechtenstein, Lituania, Luxemburgo, Malta, Noruega, Países Bajos, Polonia, Portugal, Principado de Andorra, Reino Unido, Rep. Checa, Rep. Eslovaca, Rumania, Rusia, Suecia, Suiza, Turquía, Ucrania, Corea, Israel, Japón, Sudáfrica.
- All other countries require a Visa. If you need help with the visa, please immediately contact CONATEL.
- However, please verify Paraguay entry conditions at the Paraguayan Embassy or visiting the page of the Ministry of Foreign Affairs www.mre.gov.py.

5. VACCINATION

Travelers from Yellow Fever endemic areas are required to obtain a certificate of vaccination.

6. CURRENCY AND BANKS

The official currency is the Guaraní (Gs). Detailed information on bills and coins is available on the Central Bank of Paraguay webpage (www.bcp.gov.py).

BILLS

2.000 (Two thousand Guaraníes) – Polymer



5.000 (Five thousand Guaraníes) – Paper and Polymer



10.000 (Ten thousand Guaraníes) - Paper



20.000 (Twenty thousand Guaraníes) – Paper



50.000 (Fifty thousand Guaraníes) - Paper



100.000 (Hundred thousand Guaraníes) - Paper



Coins

The most commonly coins used are 1,000 (Thousand), 500 (Five Hundred), 100 (One Hundred) and 50 (Fifty) Guaraníes.



The American Dollar (USD) is generally accepted.

Currency exchange could be done in banks (from 8:30 am to 1:30 pm) and exchange offices (from: 8 am to 6 pm).

Exchange rate is fluctuating, however, you can obtain a reference quote on the BCP website (www.bcp.gov.py) or at the National Tourism Secretariat (www.senatur.gov.py).

The exchange rate is approximately USD 1,00 = 5.450 Guaraníes.

The most frequent accepted credit cards are American Express, Visa and MasterCard.

7. LANGUAGE

Official languages are Spanish and Guarani.

8. LOCAL TIME

GMT-4.

9. TIPS

It is used to leave a 10% of the bill, at cafeterias and restaurants, and also to give a tip to bellboys.

10. PRICES AND TAXES

Most of the goods and services are taxed with 10% VAT (Value Added Tax). In some cases VAT is included.

11. SHOPPING CENTERS

- Mariscal López Shopping
Address: Quesada 5050 y Charles de Gaulle
Telephone: 595 21 611 272
Website: www.mariscallopez.com.py
- Shopping del Sol
Address: Aviadores del Chaco
Telephone: 595 21 611780
Website: www.shoppingdelsol.com.py
- Shopping Paseo La Galería
Address: Avenida Santa Teresa casi Aviadores del Chaco
Telephone: 595 21 6594000
Website: <http://www.paseolagaleria.com.py/>

12.CLIMATE

Paraguay, located in the heart of South America, is a Mediterranean country, between parallels 19° 18' and 27° 36' south latitude, and meridians 59° 19' and 62° 38' west longitude. It borders to the north with Brazil and Bolivia, to the east with Brazil and Argentina, to the south with Argentina and to the west with Argentina and Bolivia.

Tropical to subtropical: the average temperature is 25° to 35° Celsius in summer and 10° to 20° Celsius in winter. For better information, visit the website of the National Directorate of Meteorology and Hydrology of the National Directorate of Civil Aeronautics: <http://www.meteorologia.gov.py/>

13.VOLTAGE

There will be availability of plugs in the meeting room.

Electricity in Paraguay is 220 Volts, 50 Hz. Power sockets type C are the standard, although sockets type A and B can also be found.



Type C, Europlug



Type A, NEMA 1, 2 poles



Type B, NEMA 5, 3 poles

14.EMERGENCY TELEPHONES

- National Police Emergencies: 911.
- Medical emergency service: 141.
- Police Fire Brigade: 131.
- Volunteer Fire Department of Paraguay: 132.
- Complaint of Violence against Women: 137.

15.BRIEF HISTORY OF PARAGUAY

Paraguay was discovered in 1524 by the Spanish scout, Alejo Garcia, who established the Giant Indies Province. The most famous names relative to the discovery and subsequent settlement of Paraguay at that time were Sebastian Gaboto, Pedro de Mendoza, Alvar Núñez Cabeza de Vaca, Juan de Salazar de Espinoza, Juan de Ayolas, Domingo Martinez de Irala and others, who played a major role in building forts and towns and, in an alliance with the first-nation communities, started the process of social assimilation marked by the driving force of the conquistadores and the evangelism of the Catholic Church. The first missionaries were from the order of St. Francis of Assisi, and later came the priests of the Society of Jesus, the Jesuits. Both orders left a considerable and rich cultural heritage in Paraguay.

Spanish domain came to an end in 1811 with the revolution of 14 May, when a group of patriots decided to forge an independent sovereign country.

In 1844, the new republic adopted a constitutional government with Don Carlos Antonio López and enjoyed a period of astonishing economic, technical and social development. At that time, services such as the railway, merchant marine, and telegraph were established. Large handsome buildings were constructed, a shipbuilding yard was installed, and the first steel plant in the Americas was built.

At present, Paraguay is a unitary presidential constitutional republic governed by the democratic rule of law, in which the power is split into three branches: the executive, the legislative and the judiciary. The territory is divided into 17 departments each with a governor and a department council, and each district has its own local government headed by a municipal mayor.

The multiculturalism prevailing in Paraguay makes the country unique and different, constantly progressing. The country's first-nation peoples comprise five different linguistic groups, although the most important is

Guaraní. Immigrants from many countries of the world have contributed to the initial Spanish-Guaraní ethnic mix, providing an extraordinary cultural wealth.

16.GASTRONOMY AND TERERÉ

Paraguay's national gastronomy is based on local farm products and beef. The most important ingredients are maize, cassava, and peanuts and the most famous dishes are Paraguayan soup and different varieties of chipá (cheese buns), including chipá candói, chipá mbejú, chipá guasú, and chipá kaburé. Beef is important for the following dishes: so'ómbichy, chastaca, chipá so'o, soyo, bife pupú, locro and others. International cuisine holds a special place on menus, with fine dishes and delicious desserts, in addition to a wide variety of fruits available almost all year round.

Paraguayan gastronomy has pre-Columbian origins from the Guaraní ethnic group and also Spanish heritage from colonization by the Spaniards.

Typical Paraguay food is the result of a combination of Hispanic culinary techniques and the use of native products and other products introduced and acclimatized by the Spaniards, such as green vegetables, rice, beef, etc.

The staple product of Paraguayan dishes is maize, whether ground, cooked or fermented, a key ingredient for many dishes and foods.

Paraguay's flagship dish is Paraguayan soup, which is a stew made by mixing and boiling corn flour with eggs, fresh cheese, diced onions and sour milk.

Paraguay's gastronomy has elements common to all of America, such as the use of maize, cassava, peanuts and vegetables, but in addition, because of local natural resources and the legacy left by the Guaraní culture and its fusion with European culture, the country has a gastronomical tradition that is different from the rest of Latin America, even from the other countries of MERCOSUR.

The more traditional foods such as the chipá, or Paraguayan cheese bread, Paraguayan soup and a wide variety of desserts are a delight for all those interested in tasting our dishes.

In Paraguay, there are three types of yerba mate, which are infused herbal beverages widely used at all times: the first is the mate (ka'ay), which consists of pouring the herbs into a small gourd, brewing them in hot water and sipping the infusion with a metal straw; the second is the mate cocido, simply called the cocido (cooked mate), which involves pouring hot water onto a bunch of herbs previously scorched over hot embers, letting them brew and then drinking the beverage like coffee or tea. The third way of preparing the beverage is the most popular and authentically Paraguayan: it is the Tereré, an onomatopoeic word that identifies the cold or frozen mate that is prepared by adding medicinal yuyos (herbs) that are crushed so they can release their sap into the water.

There is no reliable information about the origins of the Tereré. Certain researchers claim that yerba mate was being used before the Spanish Conquest and refer to the drink as mate, indicating that at the time it was better to drink it slowly from a sugar cane reed, even with cold water. This leads us to believe that this practice was not very different from what, over the centuries, would be called Tereré.

In Paraguay, Tereré is usually taken together in social groups, with family, amongst friends and co-workers or with a visitor. The brew is not denied to anyone. A round of Tereré (Tereré jere) can last from a few minutes to hours, and if the yerba becomes much diluted, it is changed and the drinking session continues.

Many people say that a round of Tereré makes it easy for people to talk together, because while someone is drinking another person talks and all the others listen, and then everybody takes turns participating in the conversation. Furthermore, this beverage is a common legacy belonging to all Paraguayans, men and women, rich and poor, intellectuals and illiterates, young and old: everybody loves this beverage.

The Tereré broke the traditional molds of its consumption. Nowadays, beautiful portable conservators are manufactured, that allow to have the most adequate equipment to enjoy it while traveling, or watching a football game, while fishing or just when a long walk is undertaken. For all and for all times, the Tereré is the best company.

17.CRAFTS

Paraguayan arts and crafts have two styles: indigenous crafts and mixed crafts, which assimilate the culture of the colonizers. In the former case, the use of natural elements prevails, such as feathers and animal skins, roots, leaves and reeds for producing woven, wooden and clay objects.

Paraguayan arts and crafts also use elements introduced by the Spanish Conquest, including fibers, metal, wood and machinery. Cotton and wool threads, woven fabrics, leather goods, stone and wood carvings, jewellery, pottery and ceramic can be seen in apparel and household linen, such as the ñandutí, ao-poí, ponchos, hammocks, and tablecloths, gold and silver filigree, images, and the manufacture of musical instruments, among others.

18.PLACES TO VISIT

The [Secretaría Nacional de Turismo](#) (SENATUR) has information available if you wish to go on a tour, visit sites and take advantage of your stay in Paraguay.



The Palace of López

19.LUNCH IN DOWNTOWN

- El Migrante - Montevideo y Paraguay Independiente.
- Rodizio - Palma 591.
- Todo Rico - J E Oleary y Estrella.
- Lido Bar - Palma esquina Chile.
- Bolsi - Estrella 399.
- La Vienesá - Alberdi y Oliva.
- T. G. I. Friday's - Alberdi & Estrella.
- Ña Eustaquia (Palma) - Palma entre Alberdi y 15 de Mayo.
- Bellini - Palma c/ 14 de Mayo.
- Hard Rock Café Asunción – Independencia Nacional entre Oliva y Gral. Díaz.
- Taberna Española - Ayolas entre General Díaz y Eduardo V. Haedo.
- Panadería La Negrita S.R.L. Ayolas (Centro) - Gral. Díaz 802 esquina Ayolas.



- Rivera Club - Estrella 442.
 - Bendita's Empanadas Gourmet – Oliva entre Aberdi y Chile.
 - McDonald's – Palma casi 14 de Mayo.
 - Burger King (Palma) - Palma casi 15 de Agosto.
 - Cristal Restaurant Gourmet - Piso1 - Hotel Internacional - Juan Ayolas 510.
 - Medimark Restaurant Tailandés Vegano por kilo – Presidente Franco entre Oleari y Ayolas.
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