

“3rd ITU Regional Frequency Coordination Meeting for Central America and the Caribbean Region on the use of the VHF (174-216 MHz) and the UHF (470-806 MHz) bands, 7-11 May 2018, Panama City, Panama”

PRACTICAL INFORMATION

A. Meeting Information

1. MEETING DATE AND VENUE

Dates: 7 -11May 2018

Place: **Centro de Capacitación e investigación de la Procuraduría de la Administración**

Address: Diana Moran Street, Llanos de Curundu
Corregimiento de Ancon
City of Panama
Tel: + (507) 504-3259

2. REGISTRATION

Registration for the event is to be carried out exclusively online: <https://www.itu.int/en/ITU-R/information/events/Pages/online-info.aspx>

B. Contacts

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C. Formalities of entry to Panama

3. REQUIREMENTS

All foreign visitors, who enter the Republic of Panama, must have a valid passport (at least 3 months prior to its expiration date), the return ticket to their country of origin or residence and economic solvency.

4. VISA

Citizens from countries that require a visa should apply for a visa to the nearest Panama Embassy or Consulate at least four weeks in advance of the departure.

The requirements for obtaining visa in these cases are:

- Passport valid for 90 days
- Passport photocopy with the general information and passport photo
- Complete visa application form

For more information visit: <http://www.migracion.gob.pa/index.php/permisos-y-requisitos-para-visas/permisos-migratorios>

D. Transportation services

5. AIRPORT:

The Tocumen International Airport is located on Domingo Díaz Avenue, just 30 minutes from Panama City.

6. TRANSFERS TO PARTICIPANTS:

ASEP will offer free airport-hotel-airport transportation to all participants to the Meeting, which is why we would appreciate sending your itinerary of entry and exit to Panama City, no later than Wednesday, April 25, 2018, to contacts of the ASEP, in order to coordinate the transfers efficiently.

Likewise, the ASEP will provide transportation hotel-Training Center-hotel for attendance at the Meetings.

Please note that this service can be offered only for the Hotels indicated on the list in Section E.

7. TAXI AT THE AIRPORT:

There is a taxi stand in the area outside the airport once you go through Customs. The 30-minute ride from Tocumen Airport to Panama City can cost around \$25 (1 to 2 people), collective (3 or more people) \$10.00 per person. It is recommended to check the rate before the service is provided.

8. TAXI IN THE CITY OF PANAMA:

Local taxis are yellow and the rates are based on a zone system. It is recommended to ask/check the rate before you take the cab.

9. METRO DE PANAMA:

The Metro line starts at the Albrook Transportation Terminal (in front of Albrook Mall) and ends at the Los Andes Shopping Center. To use this service, you must purchase the Metro Card whose price is US \$2.00. The cost per trip in the Metro is 35 cents. Operates on a regular schedule from 5:00 a.m. at 10:00 p.m. from Monday to Saturday, and from 7:00 a.m. at 10:00 p.m. Sundays.



E. Hotels Information

HOTEL	TARIFA	OBSERVACIONES	CONTACTO
TRIP BY WYNDHAM Albrook Mall ★★★★★ Distance from the meeting site: 1.9 Km	Single room US\$159.00 Double room US\$159.00	Taxes included Free WiFi Breakfast included	Tel:(507) 307-0300 Fax: (507) 307-0399 Email: reservations@wyndhampanamahotel-am.com
DOUBLETREE BY HILTON PANAMA CITY Vía España & Federico Boyd ★★★★★ Distance from the meeting site: 4.9 Km	Single room US\$86.00 Double room US\$93.00	+ 10% Tax Free WiFi Breakfast included	Tel: (507) 395-9100 Fax: (507) 395-9101 Email: reservas@doubletreepanama.com
HYATT PLACE PANAMA CITY/DOWNTOWN Aquilino de la Guardia Avenue ★★★★★ Distance from the meeting site: 5.8 Km	Single room US\$83.00 Double room US\$98.00	+ 10% Tax Free WiFi Breakfast included	Tel: (507) 307-1234 Fax: (507) 307-1235 Email: panamacitydowntown.place@hyatt.com
RIANDE GRANADA URBAN HOTEL El Cangrejo, Eusebio A. Morales Street ★★★★★ Distance from the meeting site: 5.11 Km	Single room US\$72.00 Double room US\$72.00	+ 10% Tax Free WiFi Breakfast included	Tel: (507) 204-4444 Email: granada@riandehoteles.com
HOTEL MARBELLA Street D, El Cangrejo, behind Collins Store, Vía España. ★★★★★★ Distance from the meeting site: 7.7 Km	Single room US\$70.00 Double room US\$71.50	+ 10% Tax Free WiFi	Tel: (507) 263-2220 Email: reservas@thesabahotel.com
WYNDHAM GARDEN PANAMA CENTRO Street D, El Cangrejo ★★★★★★ Distance from the meeting site: 5.2 Km	Suites / Executive Room (1 King Bed)\$55.00 Suites / Executive Room (2 Queen Beds)\$65.00	+ 10% Tax Free WiFi Breakfast included	Tel: (507) 263-7274 Email: reservaswcentro@hoteleswyndhamgardenpty.com

Please consider that prices may vary as the date of the event approaches. All reservations, without exception, must be made as soon as possible individually directly with the hotel of your choice, and will be subject to the availability of hotel rooms.

E. Services for the attendees

- **Internet Wireless:** Access to Internet wireless will be available during the event.
- **Translation English/Spanish:** The event will count with interpretation services.

- **Security:** All the participants should wear permanently the badges for the meeting.

10. COFFEE BREAKS AND LUNCHESES

The host will offer coffee breaks in the morning and in the evening.

Lunches will be free. The lunches will be the responsibility of each participant - There will be 1 hour to go out for lunch. ASEP will provide transportation to move participants to the group of restaurants of the Albrook Mall Food Court, located 5 minutes from the meeting site.

G. General information

11. CLIMATE:

The climate is tropical in Panama. The temperatures are relatively high but vary during the year. In the West Temperatures in Panama City range between 26° and 34° C and 70-85% relative humidity during the event

12. ELECTRICITY:

Panama uses electrical plugs type A and B.



Type A



Type B

The electrical voltage in Panama is 110V – 120V and the frequency is 60Hz.

13. CURRENCY:

The official currency of the Republic of Panama is the Balboa. However circulating paper currency is the American dollar. The US dollar circulates freely being the rate of change 1 Balboa = 1 Dollar.

H. Places to visit

- 14. MIRAFLORES VISITOR CENTER:** Located on the east side of the Miraflores locks. It is the ideal place to observe the operations of the Canal. It has large balconies that allow visitors to appreciate when locks are opened and closed, as ships begin or end their transit through the Canal. Hours: Monday through Sunday, including holidays from 9:00 a.m. - 5:00 pm. Ticket office: 9:00 a.m. - 4:30 pm. (<http://www.panacanal.com/eng/acp/cvm/>) Exhibition halls and souvenir shop: 9:00 a.m. - 4:30 pm. Restaurant: 12:00 p.m. - 11:30 p.m. The metro bus terminal of Albrook-Miraflores locks, operates from Monday to Sunday from 6:00 a.m. Until 5:00 p.m.



- 15. CASCO ANTIGUO - OLD TOWN:** The Old Town of Panama City, where the old and the modern combine in harmony, making your visit an unforgettable and pleasant experience. Declared a Historical Monument by UNESCO, it is a place to taste different types of food and drinks in its outdoor cafes. In addition to delighting with music and varied shows that offer their restaurants and bars fill the atmosphere of culture, music and entertainment. You will also find boutiques that sell replicas of indigenous jewelry and fine crafts. The nightlife in Casco Viejo is a fun that does not stop, added to the attraction of being in an environment surrounded by the architectures of the ancient city of Panama.



16. LA CINTA COSTERA: The Cinta Costera of Panama City is a place to enjoy the greenery of its areas while you are inside the city. It communicates Bordering the Bay of Panama, Punta Paitilla in the modern sector with the Casco Antiguo, the colonial part of the city. As you walk the modern city moves away at one end and approaches the colonial city in another.



17. MALLS: In Panama City we can mention four commercial and a large, eye-catching attraction for tourism Malls: Multicentro, Multiplaza, Albrook Mall and Metromall.

- **Multicentro:** Located on Ave. Balboa, Paitilla. It has 100 shops, a world-class casino, 9 state-of-the-art movie theaters, and entertainment centers for children, a Food Court for 1,000 people, two restaurants and 3,000 free parking spaces under the roof.

Hours: Monday to Thursday: 10:00 a.m. - 8:00 pm.; Friday and Saturday: 10:00 a.m. - 9:00 pm.; Sundays and National or Holiday days: 11:00 a.m. - 7:00 p.m.



- **Multiplaza Pacific:** Located in Punta Pacifica. With 60 thousand m2 of commercial area, it has more than 300 establishments that include department and luxury stores, as well as modern movie theaters and more than 50 restaurants and cafes, which adapt to every taste and budget. It is a unique place to enjoy the most prestigious brands of the fashion industry such as Louis Vuitton, Chanel, Cartier, Carolina Herrera, Bvlgari, Hermés, among others.

Hours: Monday to Saturday 10:00 a.m. - 8:00 pm. Sunday 11:00 a.m. - 7:00 p.m.



- **Albrook Mall:** This monumental center, located between the Marcos A. Gelabert International Airport and the Grand National Transportation Terminal, has **more than 700 shops** of all kinds, including clothing, accessories, jewelry, technology, handicrafts and sporting goods stores. It has 100 restaurants, a cinema complex, a bowling alley, video games room and more.

Hours: Monday to Saturday: 10:00 a.m. - 9:00 pm.; Sundays: 11:00 a.m. - 8:00 pm.; Holidays and National Days: 11:00 a.m. - 7:00 p.m.



- **Metromall:** Located just 10 km from the International Airport of Tocumen, at Domingo Diaz Avenue. It has 280 shops, 40 restaurants, 10 cinemas and most important banks, pharmacies and supermarkets. It offers "from - to the airport" Free transport. Metromall is strategically positioned to offer pricing options to passengers purchasing "in transit" and all other visitors. **Hours:** Monday to Saturday 10:00 a.m. to 8:00 pm; Sunday 11:00 a.m. - 07:00 p.m.

