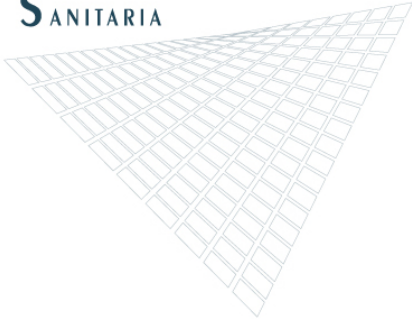


I NSTITUTO de
E FECTIVIDAD
C LÍNICA Y
S ANITARIA



Conducting Research at the Institute for Clinical Effectiveness and Health Policy in Buenos Aires

A handbook for visiting health researchers

Dear visiting researcher,

We are very happy that you chose the Institute for Clinical Effectiveness and Health Policy (IECS) for undertaking your research activities and heartily welcome you.

This manual should serve as an orientation aid before and during your stay in Buenos Aires. It contains information about the Institute for Clinical Effectiveness and Health Policy, its different areas of work and selected ongoing research projects (June 2008), together with information about housing, language training and health and safety issues as well as more general information about Buenos Aires, entertainment and travel options.

If you have any further question, please do not hesitate to contact your mentor or contact person or the executive coordinator at IECS:

Ms. Grisel Jordan: gjordan@iecs.org.ar or

Ms. Claudia Arizaga: carizaga@iecs.org.ar

This handbook was developed by Ms. Miriam Mlczoch. If you have any comments, suggestions or updates, please do not hesitate to contact her: mmlczoch@iecs.org.ar

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1 Research and Development in Argentina

Scientific research and development activities in Argentina are strong and the country's R&D structure is well-integrated in international collaborations.

Apart from Argentina's active involvement in international research collaborations, Buenos Aires is the chosen venue for world congresses of medical specialties such as cardiology, dermatology or intensive care, which gather 10,000-15,000 attendants.

Please find some helpful and health related information on Argentina from the World Health Organization: <http://www.who.int/countries/arg/en/> and the Pan American Health Organization: http://www.paho.org/English/DD/AIS/cp_032.htm.

2 The Institute for Clinical Effectiveness and Health Policy

The Institute for Clinical Effectiveness and Health Policy (IECS) is an independent, non-profit organization created by professionals from the medical and social sciences devoted to research, education and technical cooperation with the main goal of improving the efficiency, equity, quality and sustainability of health care systems and policies.

IECS aims to develop, conduct and promote research and evaluation projects to generate scientific and epidemiological knowledge based on scientifically grounded criteria of efficacy, safety, effectiveness and efficiency. One of its main aims is to promote the development of research and the use of scientific recommendations at the local level, working together with health care professionals and other decision makers, both from public and private sectors, to narrow the gap between clinical and health services research and the decision making process.

IECS collaborates with public and private institutions in the elaboration of clinical practice guidelines, health technology assessments and economic evaluations in order to promote evidence based clinical practice according to the needs of the region, with the aim to improve the accessibility and quality of care, to foster the appropriate use of technologies and the reduction of unnecessary expenditures.

IECS is composed of one president, one executive director, 12 full-time and 13 part-time investigators, two research fellows, one grant officer, one librarian and four administrative personnel for clerical work and project management. IECS has a multidisciplinary professional staff including physicians, statisticians, epidemiologists, health economists, policy experts and social scientists. They conduct clinical, epidemiological and health services research studies, economic evaluations, systematic reviews, qualitative research studies and validation of instruments and cross-cultural adaptation of questionnaires in non-communicable diseases that are priorities in Argentina, including maternal and child health research.

IECS has strong professional links with local, regional and international institutions and participates in various regional and international research collaborations. Most of our staff has studied at renowned universities abroad and moreover IECS participates in various international exchange programs.

IECS is an Argentine Coordinating Centre of the Ibero American Cochrane Network, Cochrane Collaboration (<http://www.cochrane.org/>) and is a Clinical Epidemiology Research and Training Centre (CERTC) of the International Clinical Epidemiology Network (INCLIN; <http://www.inclintrust.org/>). IECS is also a member of the Latin American Network for Health Economic Evaluations (NEVALAT; <http://www.nevalat.org/>) and the Initiative for Cardiovascular Health Research in the Developing Countries (IC HEALTH; <http://www.ichealth.org/>).

During the last five years, IECS staff has published more than 65 papers in peer-reviewed journals and have produced more than 170 health technology assessments reports and economic evaluations. Additionally, investigators have given more than 40 presentations at international meetings and conferences over the last three years.

The institute is a large facility, located within walking distance of the Faculty of Medicine and the School of Public Health, in the medical campus of the University of Buenos Aires (UBA) with offices and appropriate space to accommodate all professional and administrative staff, including a conference room for 50 people. Other resources for research include a librarian, computer support staff, research assistants, programmers, secretarial and administrative staff and audio-visual equipment. The facilities have Wi-Fi internet and are equipped with 30 IBM compatible personal computers with LAN and WAN networks; communication via electronic mail is routine.

3 Areas of Activity of IECS

Our activities are centered in three general areas:

- Research
- Education
- Technical Cooperation

3.1 Research

IECS conducts clinical, epidemiological, qualitative, health services research studies, economic evaluations, and systematic reviews on non-communicable diseases (especially smoking and other cardiovascular risk factors), mother and child health, implementation science and health care quality improvement. Additionally, IECS performs cross-cultural adaptation and validation of questionnaires on non-communicable diseases and studies on health related quality of life. Staff has experience in using different applied research methods and designs, such as individual and cluster randomized clinical trials, observational studies, epidemiologic surveillance, qualitative research and evaluation of the effectiveness of health care interventions. In addition, staff is specialized in data management, including the design of input templates and data entry, database preparation, management of clinical research forms, multiple validations and administration of queries.

Main Research Areas

Mother and Child Health Research

The Department of Mother and Child Health Research (MCHR) aims to improve the health of mothers and their children by engaging in global research. Its specific objectives are: 1) to contribute to the setting of health priorities through designing and conducting observational studies and epidemiological surveillance; 2) to identify effective health care interventions for preventing or treating priority problems by designing and performing systematic reviews; 3) to find original healthcare interventions for unsolved priority problems through the design and performance of rigorous clinical trials; 4) to promote the use of humane, evidence-based healthcare among health providers and users; and 5) to train health providers in research methods and in evidence-based clinical practices.

The research team, led by Dr. José Belizán and coordinated by Dr. Fernando Althabe, has extensive experience in conducting research in developing countries. They have led or participated in the design and conduction of 11 multi-centric randomized controlled trials in maternal and perinatal issues since 1990. These trials have involved more than 190,000 women giving birth in more than 40 hospitals in six Latin American countries and have addressed major health problems like the prevention and treatment of postpartum hemorrhage, preeclampsia/eclampsia, preterm birth and low birth weight, antenatal care, and delivery care (cesarean section and episiotomy). Results of these studies have been published in major medical journals.

The research group is part of the Global Network for Women's and Children's Health Research (<http://gn.rti.org/>) of the National Institutes of Child Health and Human Development (NICHD) (U01HD40477), together with the Center for Evidence-Based Global Health of the Tulane SPHTM. The SPHTM and the Department for Mother and Child Health are also jointly participating in an active Fogarty International Center Training Grant (ICOHRTA, International Clinical, Operational and Health Services Research and Training Award) (D43TW007784).

The Department for Mother and Child Health is also partner in a project funded by the European Commission to develop tools to facilitate the conduction of pragmatic randomized trials and the dissemination of evidence-based health information to policy makers (Supporting Policy Relevant Reviews and Trials, SUPPORT Project).

Most of the maternal and perinatal research studies are conducted in two regional networks:

The Metropolitan Hospitals Perinatal Network (Red Perinatal AMBA; www.redperinatalamba.org.ar) is a network of 30 public hospitals in the Metropolitan Area of Buenos Aires, assembled to conduct research and health care quality improvement activities.

The network attends approximately 90,000 births per year and is coordinated by an IECS staff member, Dr Ariel Karolinski.

The NICHD Global Network for Women's and Children's Health Research studies are conducted in a network of 16 communities in two northern provinces of Argentina, Corrientes and Santiago del Estero, which are among the most deprived provinces in the country. The communities are provincial departments (counties) that have between

200 and 1,200 births per year, most of which are concentrated in one public second-level hospital.

Health Technology Assessment and Economic Evaluations (HTA/EE)

This area focuses on the analyses of clinical, economic and social impacts resulting from the use of drugs, devices, practices and health care services. Since 2000, IECS has worked as a health technology assessment agency. In 2005, IECS became a member of INAHTA (International Network of Agencies for Health Technology Assessment, <http://www.inahta.org/>), a network which includes 43 health technology assessment agencies in 21 countries. IECS collaborates with the Argentinean Ministry of Health by providing technical support for the definition of coverage policies for the mandatory package of health services. Consulting, technical cooperation and research activities are developed together with international agencies.

The area of HTA/EE produces more than 30 health technology assessments and economic evaluations per year. These documents, which assess effectiveness, safety, cost and cost-effectiveness, are intended to assist decision and policy makers, politicians, health professionals, patients and the population in general in defining coverage policies and in the purchase, selection and use of health technologies. Abstracts from all of the documents prepared may be consulted free of charge on the IECS website and are indexed in the United Kingdom health system CRD (Centre for Reviews and Dissemination, UK).

Health Care Policy and Research

This area of IECS develops consulting, assessment and research activities in the organization and financing of health systems and services. Research and technical cooperation projects are conducted with different national and international institutions and focus on the study of characteristics of primary care oriented healthcare systems in developing countries, the development of human resources in primary care, the influence of economic evidence on resource-allocation decision making, systematic reviews of health care interventions regarding organization and financing of health services, the burden of cardiovascular disease, risk factors and cost-effectiveness of preventive interventions, and the financial impact and burden of cardiovascular disease on households.

Quality Improvement in Health Care and Patient Safety

This area of IECS is devoted to the assessment and implementation of quality improvement projects. It promotes a systemic view of processes, user participation and search for improvement opportunities. Among the key aspects of its projects are: user satisfaction, implementation of clinical practice guidelines, development of a set of indicators of clinical effectiveness to apply in the region and models to evaluate health systems performance and patient safety.

3.2 Education

The main educational activity of IECS is the master's degree program in clinical effectiveness (PCE) of the School of Public Health of the University of Buenos Aires, a program implemented since 1999 by IECS with the support of the Italian Hospital of Buenos Aires and participating faculty from the Harvard School of Public Health.

The course is targeted to health professionals from different areas holding leadership positions within their institutions (medical doctors, nurses, managers or health officials from public or private agencies, such as ministries, hospitals, universities and research institutes), who will have the opportunity to apply the newly acquired knowledge in their professional settings. The program offers training in the quantitative methods and analytical skills necessary for the design, implementation and assessment of health programs and policies, as well as for clinical and epidemiological research in Latin America. The program's main areas of training are clinical and epidemiological research, health policy and management, evidence-based medicine, biostatistics and health economics.

To date, 216 health care professionals from different fields have graduated from the program, including individuals from Bolivia, Cuba, Colombia, Mexico and Peru. Currently, there are 56 students enrolled in their first and second years.

In a survey administered among graduates of the program, 86% of the graduates agree that having realized the master's program has improved their employment situation. Whereas only 3% were working in research before completing the master's course, 40% were doing so after completion of the course. This major change in professional dedication confirms the impact that the master's program has on expanding research productivity in the region.

The Program's faculty is constituted by 16 staff members plus approximately 20 prestigious local and international guest lecturers, most of them trained at renowned U.S. and Canadian schools such as Columbia University, Harvard University, McMaster University, San Diego State University, Stanford University, and others.

Other activities offered at IECS include postgraduate courses in research methods, economic evaluations, management of health care organizations and quality of health care. All research personnel at IECS take part in academic activities to train health professionals in research and clinical effectiveness.

To date, more than 400 students from Argentina, Bolivia, Brazil, Colombia, Chile, Cuba, Ecuador, Mexico, Peru, Spain, Uruguay and the U.S. have participated in the different courses offered by IECS (please find a more detailed description of the courses below).

In addition to the master's course in clinical effectiveness, other educational activities of IECS comprise courses, workshops and distance learning courses through a virtual campus in the field of clinical epidemiology, health services research, evidence-based medicine, systematic reviews and meta-analysis.

Courses at IECS

Research Methodology

This course provides the elements needed to understand and be able to plan the structure of a clinical research project. At the end of the course, students will have acquired the basic theoretical foundations for the design and implementation of a research protocol.

Economic Evaluations of Health Care Programs and Health Technology Assessment

An introduction to the concepts of economic evaluation of health care programs and guidelines for the allocation of health care resources. Topics include cost analysis, cost-effectiveness analysis: theoretical basis, design of a cost-effectiveness study, identification of outcomes and utilities, cost estimation, application of economic analysis in the decision making process, resource allocation and design of packages of "essential services" in developing countries.

Health Care Programs and Policies

An introduction to the concepts of financing of health care, access to care, health equity, the health policy cycle and the evaluation of population health. Topics include evaluation and implementation of health care programs, assessment of the impact of interventions, health technology assessment, policy issues related to physician payment, prescription drugs, organization of health care in the public, private and social security systems, and different forms of managed care.

Health Care Quality and Quality Improvement

This course explores the theoretical foundations of quality improvement, with a strong emphasis on practical applications in clinical and health services settings, both from the perspective of the provider and the consumer of those services. Topics include: concepts of quality in health care, structure, process and outcomes; organization of quality improvement strategies; effective team work; and identification of problems. Students working in small groups will develop, carry out, and report on a project of quality improvement and will interact with patients to learn the elements of customer-focused process design.

Evidence-Based Medicine

This course provides the tools necessary for the implementation of efficient literature searches and the critical appraisal of the evidence that supports and assists the decision making process of both clinical practice and health policy.

Systematic Reviews and Meta-Analysis

This course updates and promotes systematic reviews on health interventions. Students conduct Cochrane systematic reviews and projects integrated with other areas of IECS.

Epidemiology

This course covers the main aspects of study design and epidemiologic concepts applied in clinical/epidemiological research. Topics include advantages and disadvantages of experimental designs and observational studies, such as cohort, case control and cross sectional, aspects of the design, implementation and interpretation of

different research projects. Other topics include identification and minimization of biases, control of confounding, effect modification, screening, design and implementation of clinical practice guidelines.

Biostatistics and Applied Computing

This course provides a detailed introduction to the theory and application of statistical techniques that commonly are used in clinical and health services research. Topics include probability distributions, significance testing, confidence intervals, sample size calculation and power, measures of association, tests for continuous and categorical data, chi-square tests, stratified analyses, t-tests, non-parametric analyses, analysis of variance and analysis of paired data.

Questionnaire Development and Outcomes Research

This course emphasizes concepts, methods, and practical procedures for developing questionnaires for assessing patients' health status and the outcomes of care. The course reviews qualitative and quantitative approaches to developing measurement tools. Other topics include: psychometric characteristics of the instruments, validity and reliability; questionnaires of satisfaction; generic and specific instruments to measure health; and statistical methods needed to construct and use scales and indices.

Decision Sciences Applied to Health Decision Making

An introduction to the methods and applications of decision analysis, cost-effectiveness analysis, and cost-benefit analysis in medical decision making and health resource allocation. The course provides a technical understanding of the methods and an appreciation of the uses and limitations of these methods in decision making at the levels of national policy, health care organizations, and individual patient care.

Organization and Management of Health Care Services

An introduction to the challenges of the administration and management of health services and other organizations. Topics include disease management, introduction to strategy, leadership and strategic planning, concepts of macro and microeconomics, and financing of health services.

Randomized Clinical Trials Workshop

An introduction to the methods and applications of randomized controlled trials (RCT), which are primarily used in testing healthcare interventions. The workshop intends that in 40 hours, the students develop a protocol of a RCT, working on a research question provided by the tutors.

3.3. Technical Cooperation

IECS provides technical support to public and non-governmental organizations and private institutions, such as social security providers, pre-paid health care companies and pharmaceutical companies in different parts of Argentina. IECS offers technical assistance to identify strategies to improve the accessibility and quality of health care, to promote the efficient utilization of health care technologies and to reduce unnecessary expenditures.

IECS closely cooperates with federal and provincial Ministries of Health in Argentina and the Ministries of Health in Uruguay, Brazil and Peru, as well as with the Regulating Agency for Drugs and Technologies in Brazil (ANVISA) and social and private insurance companies and other health care organizations. IECS has strong regional links and cooperation with institutions in most of the Latin American countries.

For more information about IECS please visit: www.iecs.org.ar

4 Visiting Trainee Researchers

Since 2003, IECS has received more than 30 research trainees from different countries and within the frame of different programs. This has generally been a very enriching experience for the institution, since the incoming scholars allow for the exchange of knowledge and experiences, as well as the establishment of ongoing personal and professional relationships.

IECS uses the “learning by doing” approach, which includes active involvement and participation in research in low and middle income countries. Training experiences are adapted to different scholars from different regions, depending on factors such as training time available, educational levels and individual expectations and expertise. Incoming scholars usually work on their own complementary or ongoing research projects in all phases of research execution (design, implementation and analysis). Given that IECS’ experiences with incoming trainees have been very positive, future plans are to increase mentorship activities in order to continue contributing to the training of global health professionals.

5 Ongoing Research Projects (as for June 2008)

Global Network for Women’s and Children’s Health Research (NICHD) Projects
Evidence-Based Global Health Interventions for Mothers and Children, Argentina
In consortium with Dr Pierre Buekens (Center for Evidence-Based Global Health of the Tulane SPHTM), IECS has served as one of the Global Network (GN) Sites since 2001 (NIH/NICHD, U01HD40477). The GN designs innovative interventions to improve maternal and neonatal health, and evaluates their effectiveness through international cluster randomized trials in some or all seven African, Asian, and Latin American GN participating countries.

There are three primary funded research projects within the Global Network with participation of the Site in Argentina:

Title: *Guidelines Trial*

Principal Investigator: Pierre Buekens

Senior Foreign Investigator: José Belizán

Funding Source: NIH/NICHD

Project Description: A multi-center international cluster randomized trial in 24 public maternity hospitals in Argentina and Uruguay, to evaluate a multifaceted behavioral intervention to facilitate the development and implementation of evidence-based clinical guidelines on the prevention of post partum hemorrhage and the use of episiotomy,

compared to usual training activities. Main results of this trial have been recently published in the *New England Journal of Medicine* (2008; 358:1929-1940). IECS is currently preparing a series of analyses to test post-hoc hypothesis and to describe the intervention process. These studies will be performed between 2008 and 2010.

Title: *Emergency Obstetrics and Neonatal Care Trial (EmONC Trial)*

Principal Investigator: Pierre Buekens

Senior Foreign Investigator: José Belizán

Funding Source: NIH/NICHD

Project Description: A multi-faceted EmONC intervention consisting of: 1) training of birth attendants to detect, refer and treat emergency obstetrical and neonatal complications; and 2) training and mobilizing the community of pregnant women to facilitate timely detection and referral of emergency complications, will be introduced by an EmONC team in intervention clusters, to reduce maternal and perinatal mortality. This cluster randomized trial will be conducted from July 2008 to mid 2010. In Argentina, six Provincial counties in Corrientes and Santiago del Estero will participate.

Title: *Antenatal Corticosteroids Trial (ACT)*

Principal Investigator: Pierre Buekens

Senior Foreign Investigator: José Belizán

Funding Source: NIH/ NICHD

Project Description: Antenatal Corticosteroids (AC) is the most powerful intervention to reduce neonatal mortality related to preterm birth. However, it is not widely used in developing countries. IECS will evaluate if an innovative intervention is effective to increase the use of AC and reduce neonatal mortality. The intervention will consist of: 1) improving the identification of women at high risk of preterm birth by measuring uterine height with a color-coded tape to estimate gestational age in women with specific risk factors and unknown gestational age; and 2) providing antenatal corticosteroids kits containing betamethasone filled Uniject devices and instructions for administration. The trial (cluster randomized trial) is currently in its preparatory phase and will be conducted between 2010 and 2011. In Argentina, the six Provincial counties in Corrientes and Santiago del Estero will participate.

As mentioned above, IECS also participates in the Training for Evidence-Based Healthcare Research, Argentina grant (D43 TW007784). This training program in research methods is oriented to maternal and infant health and is conducted in collaboration with the Center for Evidence Based Global Health at the Tulane SPHTM and the Program of Clinical Effectiveness of the University of Buenos Aires, Argentina. Twenty health professionals will be trained to a master's level in four years (two 2-year cycles of 10 trainees), and two post-doctoral trainees will be trained at Tulane and IECS during two years each.

Under the mentorship of IECS's and Tulane's researchers, the trainees have developed research proposals as their thesis projects. As stated in the program protocol, the best three proposals to the judgment of the program advisory committee will be awarded with research grants to cover basic research costs. The developed research proposals of the first group of trainees are on the following topics:

- Cesarean section: determinants and consequences:

- Women's preferences about mode of delivery
 - Consequences of elective cesarean section on maternal-child bonding
 - Quality of neonatal health care:
 - Prevalence of beneficial practices and technologies for neonatal care in public hospitals
 - Calcium intake to prevent preeclampsia
 - Epidemiological study about calcium intake in populations of Argentina
 - Feasibility of food calcium fortification for the prevention of hypertensive diseases.
- The post-doc re-entry grant will fund a project on congenital Chagas disease prevention.

The studies will be carried out in a network of 30 public maternity hospitals in the Buenos Aires Metropolitan Area that collectively attend approximately 90,000 deliveries per year and in several public hospitals in Northern Argentina. The field activities of these studies will be conducted during the second half of 2008 and the first half of 2009.

Title: Comparative study of cardiovascular disease (CVD) impact in household economy in selected countries

Principal Investigator: Andrés Pichon-Riviere

Funding Source: World Bank - Initiative for Cardiovascular Health Research in the Developing Countries (IC-HEALTH, a partnership program of Global Forum for Health Research and the World Health Organization)

Project Description: The objective of this study is to examine the effect of CVD incidents and related disability experienced by households on their economic well-being. This study specifically examines the following, with respect to CVD treatment and care - (a) health care spending, (b) financing mechanisms used by households, (c) the impoverishing effects of health expenditures, and (d) the effect of CVD on household income, productivity and functional limitations. The study will focus on India, China, Argentina, Poland, Tanzania and the United States of America. Two different sources of data will be utilized. The first will involve the use of nationally representative household survey data containing information on morbidity and health expenditures; and the second will involve collection of primary data from outpatient clinics in hospitals.

Title: Towards an Evidence-based Policy in Tobacco Dependence Treatment: Development and Validation of a Micro-simulation Economic Model to Evaluate the Disease Burden Associated with Smoking and the Cost-Effectiveness of Tobacco Control Interventions in Latin America

Principal Investigator: Andrés Pichon-Riviere

Funding Source: International Clinical Epidemiology Network (INCLIN Trust), Initiative for Cardiovascular Health Research in the Developing Countries (IC-HEALTH, a partnership program of Global Forum for Health Research and the World Health Organization), International Development Research Centre (IDRC), Canadian Tobacco Control Research Initiative (CTCRI), American Cancer Society (ACS), Cancer Research UK, Institut National du Cancer France, Department for International Development UK (DFID).

Project Description: This project constitutes a multi-country collaboration among seven countries in Latin America (Argentina-Bolivia-Brazil-Chile-Colombia-Mexico-Peru) that

explores each country's context (decision maker's attitudes, availability and quality of epidemiological data, and spectrum of interventions coverage) in order to elaborate a common health economic evaluation model suitable to be applied in the participant countries. Objective: To evaluate the cost-effectiveness of smoking cessation interventions (SCI) in order to aid local decision makers to develop evidence based coverage policies. The results of the economic evaluation will allow decision makers in the participating Latin American countries to tailor coverage policies for tobacco cessation interventions based on the best evidence available and the local cost-effectiveness in their setting. The model will also be suitable for future analysis of new interventions in tobacco control.

Title: *Tobacco Control Research and Training in South America Project (R01 DA024877-06)*; NIH/Fogarty International Center. (in consortium with Department of General Internal Medicine, University of California at San Francisco (UCSF).

Principal Investigator: Eliseo Perez-Stable

Principal Investigator at IECS: PI at IECS: Raul Mejía; Co-PI at IECS: Verónica Schoj

Funding Source: FIC/NIH

Project Description: This is a randomized controlled cluster trial aimed at implementing and evaluating a system-based smoking cessation behavioural intervention program targeted to physicians and other health care professionals at public and private primary care clinics in Buenos Aires, to promote quit attempts and smoking abstinence in their smoking patients over a the period of one year.

Title: *Estimation of the burden of cardiovascular disease attributable to modifiable risk factors and sectoral economic evaluation of preventive interventions to reduce cardiovascular disease in Argentina*

Principal Investigator: Adolfo Rubinstein

Funding Source: Health Research Commission, Argentine Ministry of Health

Project Description: The objective of this project is to provide information on disease burden associated with modifiable risk factors (MRF) of cardiovascular disease (CVD) in Argentina, including health effects, economic impact and cost-effectiveness (CE) of different evidence-based population and clinical interventions aimed at reducing cardiovascular disease.

6 Location of IECS

The Institute for Clinical Effectiveness and Health Policy is located in Viamonte 2146 - 3^o floor, two blocks away from the School of Public Health of the University of Buenos Aires, located at Marcelo T. de Alvear 2202.

IECS is one block away from the underground or "subte" D, station "Facultad de Medicina", and easily reachable by different bus lines ("colectivos") or on foot.

An essential guide through the city is the "Guia T" or any other city map, available from street vendors or at newspaper stands (small city guide for about 5 AR \$).

For online maps, please see:

<http://mapa.buenosaires.gov.ar/sig/index.phtml>

<http://www.animap.com.ar/>

7 Your Stay in Buenos Aires

Scholars will be provided with a checklist before coming to Buenos Aires, including an indicative time-table for the necessary organizational steps before departure.

7.1 Estimation of Monthly Costs for Room, Board, and Transportation

In U.S.\$

1. Apartment rental \$700
 2. Meals \$500
 3. Transportation \$20
 4. Other expenditures \$80
- TOTAL \$1,300

1. Monthly rentals range from \$700 to \$1,000 US \$, depending on the location.
2. Costs for meals (lunch and dinner) are estimated at \$20 per day. This price may vary, depending on the restaurant and the neighborhood.
3. It is very economical to travel in Buenos Aires and there are many transportation options, please see below.
4. Other expenditures may include items such as photocopies, book purchases and personal effects.

7.2 Housing

Type of Housing Available

Buenos Aires hosts a variety of housing options in different price ranges. IECS will assist the scholars in organizing suitable and reliable housing in a secure area of the city.

Distance from Research Facility and Plans to Facilitate Transportation

The distance to IECS varies according to the location of the residence, but generally all accommodations are within the city centre, which is easily explored by foot or public transportation. IECS is situated one block from the underground "D" train, the Faculty of Medicine and the School of Public Health of the University of Buenos Aires.

Housing options:

TANGO Apart HOTEL is located one block from IECS's office.

Website: <http://www.hotel-buenos-aires-argentina.paginadigital.com.ar/index.asp?idioma=en>

Craigslist offers info on apartments, shared housing and other practical things:

<http://buenosaires.en.craigslist.org/>

ByT Argentina Travel & Housing is a Search Engine for apartments

Website: www.bytagentina.com

Baires Apartments

<http://www.bairesapartments.com/>

Piso compartido - shared flats:

www.pisocompartido.com.ar

University Residence Alpha 2000

Website: <http://www.alfa2000.com.ar/index-us.php>

Other options of University residences:

Website: http://www.buenosaires.com.ar/residencias_universitarias_2.html

Palermo Soho House

Website: <http://www.palermosoho-house.com.ar/>

Milonga B&B Hostel Hostel

Website: <http://www.milongahostel.com.ar/welcome/>

7.3 Language Training

Project-related meetings could be held in English, but the weekly team meetings are held in Spanish, for which basic Spanish skills are necessary. Field activities could be accompanied by a Spanish speaking partner, if necessary. Generally, IECS expects that candidates will have basic Spanish skills so as to enhance understanding, communication and cooperation.

Language training is available at several different language institutes. We can recommend ECELA Language School and Spanish courses offered by the University of Buenos Aires and the Centro Universitario de Idiomas.

ECELA Language School offers language courses and housing:

<http://www.latinimmersion.com/argentina.htm>

Language Centre of the University of Buenos Aires:

<http://www.idiomas.filo.uba.ar/>

Centro Universitario de Idiomas:

<http://www.cui.edu.ar/secretaria/espanol/>

7.4 Health and Safety Issues

Traffic accidents are probably the biggest threat to safety in Argentina, especially in the larger cities. Vehicles are driven at excessive speed and traffic laws are often ignored; thus, pedestrians should exercise great caution when crossing the streets. Public transportation is generally safe; however, underground connections at late hours should be avoided. When traveling by taxi, visitors should stop only radio taxis.

Street crime in the larger cities is a problem for residents and visitors alike. Visitors are advised not to display expensive jewelry or to carry large amounts of money or travel documents. In case of robbery, scholars will be instructed to hand over their valuables without resistance so as to avoid the use of violence.

Thus far, there has been only one case of theft of the more than 30 interns IECS has hosted since 2003.

Before traveling, visitors should update their routine vaccines, if necessary. Recommended vaccinations for Argentina according to the Centre for Disease Control include typhoid and hepatitis A and B and, if traveling to the Northern provinces, rabies and yellow fever. Please see:

<http://wwwn.cdc.gov/travel/destinationArgentina.aspx#vaccines>.

IECS will provide the scholar with a personal family physician from the Italian Hospital, who can be contacted 24 hours per day.

The staff at IECS will be happy to assist visiting scholars in every way possible.

8 Information about Buenos Aires

Buenos Aires, the capital city of Argentina, is also the cultural capital of South America and one of the most important and dynamic business points of the region.

Home to grand European architecture, it has a relaxed culture and intellectual sophistication that nurtures a vibrant and cosmopolitan ethos.

8.1 General Information

Geography

Buenos Aires is the capital of the Republic of Argentina. It is located on the coast of the River Plate, the rivers Río de la Plata and Riachuelo being the natural borders of the city on the east and south, respectively. The rest of the metropolitan perimeter is surrounded by the Avenue General Paz from north to west. This avenue provides a fast connection between the city and Greater Buenos Aires, a densely populated area with important business and industrial activity.

Weather

Buenos Aires has a humid, moderate climate and rather benign weather all year round.

However, it reaches sporadic peaks of 110 °F/43°C from January to March. In winter, the coldest month is July, when average temperature ranges from 37°F/3°C to 50°F/10°C.



Seasons

Spring: From September 21 to December 21. Average temperature: 64°F/17°C.

Summer: From December 21 to March 21. Average temperature: 76°F/24°C.

Autumn: From March 21 to July 21. Average temperature: 66°F/18°C.

Winter: From July 21 to September 21. Average temperature: 40°F/4°C.

Language

The official language of Argentina is Spanish. English and Portuguese are spoken by the majority of people involved in tourism.

Currency and Exchange

The Peso (\$) is the currency of Argentina. Bill denominations include \$100, \$50, \$20, \$10, \$5 and \$2 and coins are \$1.00, \$0.50, \$0.25, \$0.10 and \$0.05.

The American dollar is the major international currency. It can be exchanged in banks or foreign exchange offices, where it is necessary to show a passport. Credit cards and American dollars are accepted in shopping malls and stores.

Electricity

Argentina operates at 220 volts/50 cycles of alternating current. Sockets have two cylindrical holes or two flat holes with grounding. It is recommended to bring an adaptor for these sockets.

Schedules

The Buenos Aires time zone corresponds to GMT-3, and it may change during the summer months. Business hours in Buenos Aires begin between 9AM and 10AM in the morning and end late at night. Banks are open from 10AM to 3PM. Withdrawals of money and other transactions can be made at ATMs, which operate 24 hours a day. Stores are open Monday through Friday from 9AM to 8PM and Saturdays from 9AM to 1PM, although the main stores remain open until about 10PM on weekends and holidays.

Meals: Breakfast and lunch times vary, and dinner is generally at around 9PM.

Visa

Visitors from countries such as the United States, Canada and the EU do not need a visa to enter Argentina for up to 90 days, but a valid passport is required. If you are planning to stay in Argentina more than 3 months, you must go to the Argentine Consulate in the United States with a letter from your host institution to obtain permission to reside in Argentina.

For more information, please visit:

http://www.mrecic.gov.ar/portal/temas_consulares/visas.html

Healthcare Services

The water is potable in Buenos Aires and most of the country, but if traveling to other provinces, but make sure to ask local health personnel if tap water is potable. Bottled water is available everywhere.

Public hospitals have free emergency services 24 hours a day, freely available for tourists. There is also a free ambulance emergency service (SAME). If you prefer private health services it is best to purchase a private health insurance or travel insurance policy before arrival, although this is not a requisite for entry.

Newspapers

In English:

<http://www.buenosairesherald.com/>

In Spanish:

www.pagina12.com.ar

www.lanacion.com.ar

www.clarin.com

The Argentinimes is a fortnightly publication for youth, distributed freely throughout Buenos Aires:

<http://www.theargentimes.com/es/distribution/>

8.2 Moving around the City

Transport to and from IECS

The Institute for Clinical Effectiveness and Health Policy is located at Viamonte 2146 – 3rd floor, two blocks away from the School of Public Health of the University of Buenos Aires, located at Marcelo T. de Alvear 2202 in the neighborhood of Recoleta.

Transportation from the Airports

Ezeiza International Airport: international visitors arrive at this airport, located thirty minutes from downtown. There are taxis, shuttles and buses operating 24 hours a day, 7 days a week. However, the scholars will be picked up at the airport with transportation scheduled by IECS.

Buses

The bus (colectivo) is a fast and inexpensive means of transport in the capital. There are more than 180 lines going through the city, providing connection to all districts in Greater Buenos Aires. Service is available at regular intervals. Sometimes, streets may be blocked in the downtown area due to traffic jams. Within the city, there are two

fares: 0.90 cents and 1 peso. Tickets are sold on the bus, and only coins are accepted.
Hours: Bus service is available all day, but its frequency decreases after 12 a.m. (Exchange rate 1 dollar = 3 pesos)

Subways

This is the fastest and easiest way to reach your destination. The five subway lines (commonly known as “subtes”) are connected with the main avenues and railway and bus stations and converge upon downtown, the main tourist area and the hotel area. Maps showing the subway lines in different colors may be obtained at the ticket offices located in every station. Information boards showing each line’s routes and transfer stations between lines are available in all stations. These connections that allow passengers to use more than one line are called “combinación.” The service runs Mondays through Saturdays, from 5 a.m. to 10 p.m., and undays and holidays from 8 a.m. to 10 p.m.

Taxis

Taxis can be requested by phone, or you may hail them on the street. Radio-taxis (equipped with radio systems) are considered safest. There are a great number of taxis in the city – getting a taxi near the tourist areas is easy at any time of day or night. Usually, you will wait no longer than a few minutes.

Taxis can be easily recognized by their colors – black and yellow. In addition, a red light on the taximeter indicates that they are available.

Remises

This is a hired car service that can be requested by phone from many of the numerous agencies spread throughout the city. These cars are not identified with a special color. The minimum fare is between \$6 and \$10; the total fare varies, according to the kilometers covered and the time elapsed.

Renting a car

Renting a car is an option for those wishing to be more comfortable and independent during their stay in the city. Buenos Aires has a wide variety of car rental services that provide modern vehicles of different makes and types.

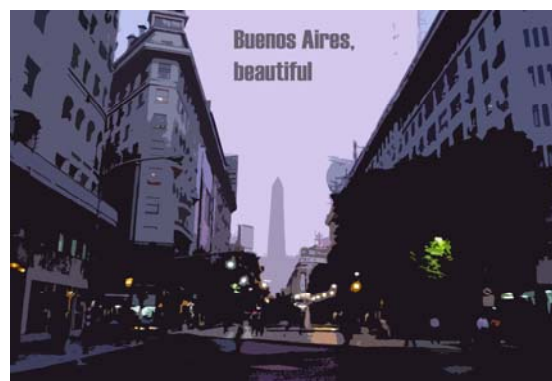
To rent a car, you must be at least 21 years old, possess a valid driver’s license issued at least two years prior, and provide a credit card authorized to cover rental and guarantee expenses. Garage or parking areas are available for rent by the fraction of an hour, a full hour or a day. Prices range between \$12 and \$15 per hour.

Trains

If you want to visit areas outside the capital, such as the delta or neighborhoods distant from downtown, the railways provide an affordable service. Several lines allow access to the center of the city.

8.3 Things to Do in Buenos Aires

Over the last years, Buenos Aires has been the most visited city in South America, chosen destination for hundreds of thousands tourists from all over the world. It combines beautiful and diverse architecture with numerous cultural attractions plus a wide taste for food, from and exquisite European style gastronomy to typical specialties from different regions and his famous top quality meat. World-wide known for its passion for tango and its cultural diversity, Buenos Aires is currently an extremely convenient destination for travellers both from Europe and the States, due to the favourable exchange rate between the local currency (peso) and dollars/euros.



Some useful links to online information about Buenos Aires and Argentina:

<http://wikitravel.org/en/Argentina>

<http://www.lonelyplanet.com/worldguide/argentina/>

<http://www.timeout.com/travel/buenosaires/>

Organizing Your Free Time

The Centro Cultural Rojas is the Cultural Centre of the University of Buenos Aires and offers a variety of courses (dance and theatre classes, arts, languages):

<http://www.rojas.uba.ar/>

Cinema program (screenings change every Thursday):

<http://www.lanacion.com.ar/entretenimientos/cartelera/index.asp>

Theatre program (screenings change every Thursday):

<http://www.lanacion.com.ar/entretenimientos/cartelera/ObraBuscador.asp>

Cultural agenda provided by the government of the city of Buenos Aires:

<http://www.buenosaires.gov.ar/agenda/>

Museums

Museo de Arte Latinoamericano de Buenos Aires (MALBA)

Modern-arts museum with changing exhibitions, movie screenings and more

Avenida Figueroa Alcorta 3415

Tel: 4808 6500

Open: Sun to Wed 9am to 9pm, Thu to Sat 9am to 1am

Entry: around 10 AR pesos.

<http://www.malba.org.ar/web/en/mission/index.php>

Museo Nacional de Bellas Artes

Argentina's top fine arts museum

Avenida del Libertador 1473

Tel: 4803 0802

Open: Tue to Fri 12.30 to 7.30 pm and Sat, Sun and holidays 9.30 to 7.30 pm

Free admission

http://www.aamnba.com.ar/eng_home.htm

Fundacion PROA

The museum is currently under renovation, but will reopen at the end of 2008.

Av. Pedro de Mendoza 1929

Tel: 4104 1000

<http://www.proa.org/indexEng.php>

Centro Cultural Borges

Cultural Centre hosting diverse events and exhibitions, situated within the shopping mall Galerías Pacifico (see below)

Viamonte and San Martín

Tel: 5555 5359

Open: Mon to Sat 10am to 9pm, Sun 12 noon to 9pm

Entry: 10 AR \$, student reduction

<http://www.ccborges.org.ar/indexi.htm>

Centro Cultural Recoleta

Cultural Centre has a variety of facilities: museum, cinema, exhibition halls

Junín 1930

Tel: 4803 1041

Open: Tue to Fri 2pm to 9pm, Sat and Sun 10am to 9pm

Entry: Donation

<http://www.centroculturalrecoleta.org/in/web-ccr.htm>

This site offers a directory of museums in Argentina:

<http://www.museosargentinos.org.ar/>

Street Markets

Feria Plaza Francia

Plaza Intendente Alvear

Daily 10am to 7pm

Feria Plaza Serrano en Palermo

Plaza Dorrego

Fri, Sat and Sun noon to 7pm

Feria de San Telmo

Plaza Dorrego

Sun 10am to 5pm

Feria de Mataderos

Avenidas Lisandro de la Torre and de los Corrales

Sun and holidays 11am to 9pm from Apr to Nov, Sun 6pm to midnight Dec to Mar

Tel: 4687 5602

<http://www.feriademataderos.com.ar/>

Shopping

Alto Palermo is a good spot to shop for more independent brands, San Telmo for antiques and Avenida Santa Fe (1000 to 3000) for common brands.

Shopping Centers

Note that shopping malls get very crowded on weekends and holidays.

Abasto de Buenos Aires

More than 200 shops, food stall and cinema

Avenida Corrientes 3247

www.abasto-shopping.com.ar

Alto Palermo

The oldest shopping mall of Buenos Aires

Avenida Santa Fe 3253

www.altopalermo.com.ar

Galerias Pacifico

Right in the centre, housing famous international brands

Florida 737

www.galeriaspacifico.com.ar

Books and Music

Avenida Corrientes (1000 to 2000) hosts a lot of bookshops with new and second hand books. Good brands of bookstores are Yenny or Cuspide.

Ateneo Grand Splendid

The largest bookstore in South America, has a choice of English books and a café

Avenida Santa Fe 1860

Tel: 4811 6104

Open: Mon to Thu 9am to 10pm, Fri and Sat 9am to midnight and Sun noon to 10pm

Ghandi Galerna

An intellectual bookstore; also has music and movies, a café and hosts music venues upstairs, does NOT have English books.

Avenida Corrientes 1743

Tel: 4374 7501

Open: Mon to Thu 10 am to 10pm, Fri and Sat 10am to midnight and Sun 4pm to 10pm

Kel Ediciones

The biggest English bookstore in town, several branches in the city, the centre branch is in:

Marcelo T. de Alvear 1369

Tel: 4814 3788

<http://www.kelediciones.com/>

El Libro Francés

French bookstore

Esmeralda 861

1007 – Buenos Aires

Tél. (54-11) 4311-0363

www.librofrances.com

Zivals's

Specialist music and bookstore

Callao 395

Tel: 4371 7500

Open: Mon to Sat 9.30 to 10pm

<http://www.zivals.com/>

Notorius

Music store, café and venue for jazz music

Av. Callao 966

Tel: 4813-6888

www.notorious.com.ar

Milongas and Tango Classes

La Catedral

Sarmiento 4006

Hip and trendy milonga in an old warehouse.

La Viruta

Armenia 1366

Tel: 4774 6357

AR \$ 13 for a tango class

<http://www.lavirutatango.com/>

Restaurants and Bars

Buenos Aires is known for the high quality of its cuisine. There are foods from different regions and indigenous specialties, Argentine steaks and wines are famous worldwide. Tips are generally not included in the price and should be about 10%.

Restaurants

<p>Argentine Steak</p> <p><i>El Desnivel</i> Defensa 855 Tel: 4300 9081</p> <p>Open: Noon – 4p.m. and 7.30 p.m. daily Main courses: 6-14 AR \$ Famous for its steak in its various forms!</p>	<p>Argentine Steak</p> <p><i>La Cabrera</i> Cabrera 5099 Tel: 4831 7002</p> <p>Open: Mon: 8p.m. – 1a.m. Tue – Sun: 12.30 – 4p.m. and 8p.m. – 1a.m. Main courses: 22-28 AR \$</p> <p>http://www.parrillalacabrera.com.ar</p>
<p>Argentine Steak</p> <p><i>Siga la vaca</i> Avenida Alicia Moreau de Justo 1714 Tel: 4315 6801</p> <p>Delicious all you can eat steak house</p> <p>http://www.sigalavaca.com/</p>	<p>Peruvian kitchen</p> <p><i>Status</i> Virrey Cevallos 178 Tel: 43828531</p> <p>Open: Mon-Thu: noon-5 p.m. and 8p.m. -1 a.m. Fri-Sun: noon- 1a.m. Main courses: 8-20 AR\$ Famous for its ceviche, lomo saltado, papas a la huancaína and pisco sour!</p> <p>www.restaurantstatus.com.ar</p>
<p>Northern Argentine cuisine</p> <p><i>Las Cholas</i> Arce 306 Tel: 4899-0094</p> <p>Open: daily midday until late Main courses: 15- 30 AR \$</p>	<p>Italian</p> <p><i>Filo</i> San Martin 975 Tel: 4311 0312</p> <p>Open: from noon daily Main courses: 12 - 20 AR \$ Famous for its pizza!</p>
<p>Vegetarian</p> <p><i>Krishna</i> Malabia 1833 Tel: 4833 4618</p> <p>Open: Tue: noon- 5p.m. Wed- Sun: noon- midnight Main courses: 10 – 14 AR \$</p>	<p>Middle Eastern</p> <p><i>Sarkis</i> Thames 1101 Tel: 4772 4911</p> <p>Open: noon- 3p.m. and from 8p.m. daily Main courses: 10 - 20 AR \$ Famous for its humus and beef sticks with onions and sauce</p>

<p>South-East Asian</p> <p>Empire Thai Tres Sargentos 427 Tel: 4312 5706</p> <p>Open: Make sure to call and check for opening times! Main Courses: 16-20 AR \$</p>	<p>Indian</p> <p>Tandoor Laprida 1293 Tel: 4821-3676</p> <p>Open: Mon - Sat from 8 p.m. Main courses: 30 – 40 AR \$ Try the chicken tandoori</p> <p>www.tandoor.com.ar</p>
<p>Mediterranean Haute cuisine</p> <p>Malba Figueroa Alcorta, Av. 3415 Tel: 4808-6500</p> <p>Open: Sun to Wed 9 a.m. – 9 p.m. Thu – Sat 7 p.m. – 1 a.m. Main courses: 30 AR \$ and more</p>	<p>Pizza</p> <p>El Majo Juramento 2781 - Ciudad de Buenos Aires Tel: 4896-0660</p> <p>Open: daily Main courses: 20- 30 AR \$ Pizza from the stone oven</p>

Cafes & Bars

<p>Café Tortoni</p> <p>Av. de Mayo 825 Tel: 4342-4328</p> <p>Open: Mon – Sat 8 a.m. – 3.30 p.m. Sun 8 a.m. – 1 p.m. The most traditional café in Buenos Aires</p> <p>http://www.cafetortoni.com.ar/</p>	<p>Café de Los Angelitos</p> <p>Av. Rivadavia 2100 Tel: 4952-2320</p> <p>Open: daily 10 a.m. – 10 p.m. Renovated old café, they also have tango shows (expensive)</p> <p>http://www.cafedelosangelitos.com/</p>
<p>Café Boutique del libro</p> <p>Thames 1762 Tel: 4833-6637</p> <p>Café, bookstore and music Patio & WI-FI</p> <p>http://www.boutiquedelibro.com.ar/</p>	<p>Café El Gato Negro</p> <p>Av. Corrientes 1669 Tel: 4374-1730 / 4371-6942</p> <p>Old style café</p>
<p>Bar La Cigale</p> <p>25 de Mayo 722 Tel: 4312-8275</p> <p>Cocktail happy hour French evenings</p>	<p>Bar Dadá</p> <p>San Martín 941 Tel: 4314-4787</p> <p>Open: Mon – Sat noon – 3 a.m. Bar Restaurant</p>

<p>Bar Acabar</p> <p>Honduras 5733 Tel: 4805-6794</p> <p>Open: 8 p.m. – 4 a.m. daily Table games</p>	<p>Bar Carnal</p> <p>Niceto Vega 5511 Tel: 4772 7582</p> <p>Open: Tue, Wed 9 p.m. – 3 a.m. Thu – Sat 9 p.m. - late Roof-top terrace</p>
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Green Spaces in the City

Buenos Aires offers some nice parks and a nature reserve if in need of a bit of green within the city, taking a stroll and breathing real air.

Reserva Ecológica Costanera Sur

The city's jungle and paradise for walking, running, bird watching and drinking mate
Bicycle rental on weekends and holidays (around 6 AR \$ per hour).

Bring insect repellent during the summer months!

Avenida Tristan Achaval Rodriguez 1550

Tel: 4893 1588

Open: April to Sept Tue to Sun 8am to 6pm and Oct to Mar Tue to Sun 8am to 7pm

Free entry

Jardín Botánico

The botanical garden houses a lot of cats and was one of the favorite places of the famous Argentine writer Jorge Luis Borges.

Avenida Santa Fe 3800

Free entry

Jardín Japonés

The Japanese Garden, also offering cultural activities

Avenida Casares and Berro

Tel: 4804 4922

Entry: around 10 AR \$

<http://www.jardinjapones.org.ar/portada.htm>

9 Travels

Argentina is an excellent destination for traveling, as it offers everything from spectacular nature, diverse flora and fauna to beautiful and culturally rich cities, while it is easy and relatively cheap to get around.

A very helpful page when planning your trip is:

http://www.welcomeargentina.com/index_i.html

Every province also has a tourist site with very helpful information about accommodation and travel routes, for example: www.turismo.mendoza.com.ar

9.1 Short trips

Tigre

Tigre is famous for its beautiful river delta, its many canals and islands and the “puerto de frutos”, a handicraft market. You can do a boat tour or take a “lancha” at the Estación Fluvial and visit one of the islands (a popular island to visit is “Tres bocas”, 30 minutes ride by boat). Or take a stroll along the Paseo Victoria to the Museo de Bellas Artes and stop for lunch or coffee in one of the riverside cafes. Don't forget to bring insect repellent when planning to go to the islands, mosquitoes are numerous.



Please find more information about Tigre:

<http://www.tigre.gov.ar/mainsite/turismo-english.html>

How to get there:

By bus Nr. 60 from the centre of the city (takes between 1,5 and 2 hours, ask the bus driver which bus to take since there are different routes for bus NR.60)

By train from “Retiro” train station (30-40 minutes)

San Antonio de Areco

San Antonio de Areco is a small and wealthy “Gaucha” (Argentine cowboy) village in the northwest of the capital and a nice weekend destination. Take a stroll through the village and along the river Areco and make sure to eat meat at one of the riverside “parillas” (grill house) for an “asado criollo”.



Please find more information about San Antonio de Areco:

<http://www.welcomeargentina.com/sanantoniodeareco/index.html>

<http://www.arecogaucha.com.ar/>

How to get there:

By bus from Retiro bus terminal with the bus company Chevallier (two hours ride, 20 - 25 AR\$)

<http://www.nuevachevallier.com/>

Montevideo

The capital of Uruguay is easy to reach and a good destination for spending a weekend. Montevideo is a charming and quiet city with a nice riverfront and lots of things to do. A nice way to explore the city is on bicycle,



which can be rented in various hostels across the city, for example: <http://www.montevideohostel.com.uy/tarifas.html>.

Another must-do is a visit of the “Mercado del Puerto” at lunchtime for a good steak (be aware of pickpockets and don't leave the main streets) and the Teatro Solis for a theater play in the evening: www.teatrosolis.org.uy

Please find more info on Montevideo and Uruguay:
<http://www.welcomeuruguay.com/montevideo/>

How to get there:

The ferry Buquebus takes you there directly in only three hours (between AR \$ 450 and 500 in the direct ferry, less if you take the ferry and then the bus, also provided by Buquebus) <http://www.buquebus.com/cache/HomeARG.html>.

9.2 Long Distance Journeys

Iguazu

Puerto Iguazu is the Argentine town close to the beautiful Falls of Iguazu on the border with Brazil and Paraguay. The National Park Iguazu on the Argentine side offers great walks and a ride in a small train to the gorge of the falls. There are boat rides, which are fun, but be prepared to be wet all over. Do not feed or annoy the animals and bring insect repellent. If you wish to visit the park two or more days make sure to stamp the ticket at the exit, so will only pay 50% of the entrance (around 30 AR\$). The Brazilian side is not as impressive, but offers the more photogenic views of the falls. Short helicopter rides above the falls are offered on this side of the falls.



Please find more information about the falls:
<http://www.iguazuargentina.com/>
<http://www.fallsworld.com/>

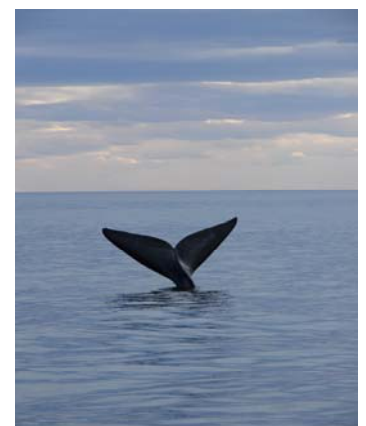
How to get there:

By bus with Via Bariloche (17 -19 hours, 160 -190 AR \$ one way)
<http://www.viabariloche.com.ar/english/>

By plane with Aerolineas Argentinas
<http://www.aerolineas.com.ar>

Península Valdez

Península Valdez is home to the southern right whales, Magellanic penguins, southern sea lions, killer whales, Commerson's dolphins, southern elephant seals, guanacos, armadillos, lots of sheep and many more. The whales breed near the coast of the village Puerto



Piramides on Península Valdez from June to mid-December. There are a few whale watching tours offered, we recommend: <http://www.whalesargentina.com.ar/>
Puerto Madryn is the closest city to Península Valdez and a good strategic location if you want to do different tours in the area. Staying in Puerto Piramides and listening to the whales sing will make your stay an unforgettable experience. Entrance to the national park costs around AR \$30.
Puerto Madryn has an excellent museum on the region's flora and fauna, which should not be missed: <http://www.ecocentro.org.ar/>

Please find more information on Península Valdez:
<http://www.welcomeargentina.com/puertopiramides/index.html>
<http://www.deptomadryn.com.ar/peninsula-valdez.asp>

Please find more information on Puerto Madryn:
<http://www.welcomeargentina.com/puertomadryn/index.html>

How to get there:
By bus with Don Otto (17-19 hours, 190-260 AR\$ one way)
<http://www.donotto.com.ar/>
By plane with Aerolíneas Argentinas:
<http://www.aerolineas.com.ar/home.asp>

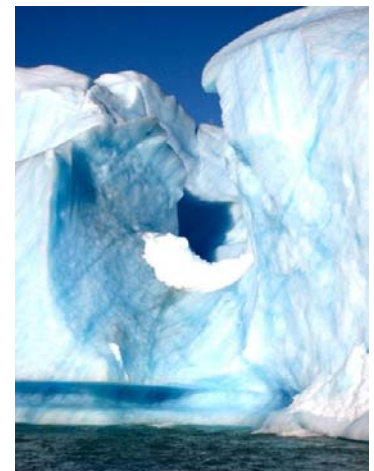
Patagonia

Perito Moreno is an impressive active glacier in Southern Patagonia and one of the mayor attractions in Argentina. You can do a boat tour or do a glacier climbing and trekking tour, offered by Fitz Roy Expediciones, <http://www.fitzroyexpediciones.com.ar/>.
El Calafate is the closest village to the glacier and offers a variety of tourist services.
If you wish to hike the Fitz Roy range, a good place to stay is El Chalten, a small village in the National Park Los Glaciares.

Please find more information on El Calafate:
<http://www.welcomeargentina.com/elcalafate/index.html>

Please find more information on El Chalten:
<http://www.welcomeargentina.com/elchalten/index.html>

How to get there:
<http://www.aerolineas.com.ar/home.asp>



10 Basic Spanish Vocabulary

Hello – hola

Good morning – Buenos días

Good afternoon – Buenas tardes

OK – está bien

Yes – sí

No – no

Maybe – tal vez/quizás

How are you? – Cómo le va? Or cómo te va?

How's it going – Cómo anda? Or cómo andás?

Sir/Mr. – Señor

Madam/Mrs. – Señora

Please – por favor

Thanks – gracias

Thank you very much – Muchas gracias

You're welcome – De nada

Sorry – perdón

Excuse me – permiso

Do you speak English? – Habla Ingles or Hablas Ingles?

I don't speak Spanish – No hablo castellano.

I don't understand – No entiendo

Speak more slowly please – Hable más despacio por favor

Leave me alone (quite forceful) – déjeme! O dejame

Good/well – bien

Bad/badly – mal

Small – pequeño/chico

Big – grande

Beautiful – hermoso/lindo

A bit – un poco

A lot/very – mucho

With – con

Without – sin

Also – también

And – y

Or – o

Because – porque

What? – que?

Who? – quien?

When? – cuando?

Which? – cual?

Why? – por qué?

How? – cómo?

Where? – donde?

Forbidden – prohibido

Help – auxilio! Ayuda!

I'm sick – Estoy enfermo

I need a doctor/policeman/hospital – Necesito un medico/un policía/ un hospital

There's a fire – hay un incendio!