



Info-Bulletin

8th Gathering of the ParlAmericas Parliamentary Network on Climate Change and Sustainability

16th Gathering of the ParlAmericas Parliamentary Network for Gender Equality

IX Meeting of the Interparliamentary Commission on Women's Rights and Gender Equity of the

Forum of Presidents of the Legislative Bodies of Central America and the Caribbean (FOPREL)

Migration in the Context of Socio-Environmental Challenges

San José, Costa Rica | October 23-25, 2024

[PRELIMINARY AGENDA](#)

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Visas:

All travelers must have a valid passport and, in certain cases, a [visa is required to enter Costa Rica](#). Participants are responsible for confirming with their respective consular authorities the documents they require to enter Costa Rica, as well as for any other country through which they will transit.

Recommended hotel: Crowne Plaza San José La Sabana

- Address: contiguo al Parque Metropolitano La Sabana, Sabana Norte, San José Province, San José, 10108, Costa Rica
- Group name: PARLAMERICAS
- Preferential rate - Single room: USD \$110 + tax (13%), breakfast included
- Hotel policy: Check-in: 15:00 / Check-out: 12:00
- Contact: natalia.alvarado@corobicicp.co.cr. Please copy Mr. Natán Iorcansky in correspondences at natan.iorcansky@parlAmericas.org

Reservations are subject to hotel availability, so we recommend contacting the hotel as soon as possible. Please note that you must have a credit card to guarantee your reservation.

Transportation:

Transportation between the airport and the official hotel will be offered by the Legislative Assembly of the Republic of Costa Rica. To use this service, please send your flight itinerary by **October 16th** by email to natan.iorcansky@parlAmericas.org.

Health Insurance:

All participants are advised to obtain health insurance.

Currency:

The national currency of Costa Rica is the *Colón costarricense* and is represented by the symbol ₡ or CRC. Foreign currency can be exchanged at most banks and at exchange offices in the airport and in most shopping malls. The official exchange rate is approximately ₡ 518 per \$1 USD (US dollar).

Electricity:

The standard electricity voltage in Costa Rica is 120 volts. In Costa Rica, type A and B plugs and sockets are used.

Yellow Fever Vaccine:

It is recommended to verify with your country's health authorities whether you require the yellow fever vaccine for travel to or from Costa Rica.

Food Restrictions:

We kindly ask that any food restriction be communicated to the ParlAmericas International Secretariat upon [registration](#).

Contact at the International Secretariat of ParlAmericas:

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