



VISITING MEXICO CITY

A short guide

Mexico City is the capital city of Mexico. It has a **POPULATION** of around 20 million people, which means your visit is going to be crowded. The **WEATHER** is subtropical with temperatures ranging around 15 degrees and, at times, rainy. It is a good idea to visit the webpage for [National Meteorological Service](#) for better weather predictions. With an **ALTITUDE** of 2,240 metres people may suffer dizziness or headaches. Importantly, remember to enjoy the experience of visiting one of the biggest cities in the world and open your hearts and minds to the Mexican people. Moreover, that even though the country may suffer problems, Mexicans will try to help you in any way they can.

ANA LAURA CHÁVEZ TINAJERO
PATARA MCKEEEN
R. LEOPOLDO CRUZ BALBUENA





P ractical Information	2
A rrivals & Departures	2
T ransportation	2
A ccommodation	2
E tiquette	3
L ife Hacks	3
C ontacts	4
E mergency Numbers	4
H ospitals	4
E mbassies	4
S afety	6
S cams	6
S ecurity	6
F un	8
F ood	8
P laces of Interest	9
M useums	10
O utside the City	11
T ourist Dictionary	13
G reetings	13
I nformation	13
D ays of the week	13
H otel	14
D rinks	14
R estaurant	14



Touch the ribbon to go back to the index

IP RACTICAL INFORMATION

A RRIVALS & DEPARTURES

Mexico City is big, crowded and suffers traffic congestion. The congress will be taking place in one of the most beautiful places in the city, yet it is occupied by tourists from every corner of the world. The *Angel de la Independencia* roundabout is also a hotbed for political and social protests, demonstrations, parades and several different types of events – be careful. In addition, *Av. Paseo de la Reforma* is the financial centre of the country, therefore their hours of operation are good to keep in mind. Our recommendation for **ARRIVALS** is to avoid coming from the airport to the conference between 08:00 to 10:00; from 13:00 to

15:00 and from 18:00 to 22:00. This could save you a couple of hours of traffic.

For **DEPARTURES**, the time between 18:00 to 22:00 should to be avoided. It is important to keep in mind that *Av. Paseo de la Reforma* could possibly close at any time, any day, because of demonstrations (we will personally monitor that and send an alert via Oñati Community).

If you plan to **ARRIVE ON SUNDAY**, in the morning *Av. Paseo de la Reforma* remains closed for cars, becoming a bicycle track. Also, some highways are used to make a bicycle circuit; this could be a nightmare, especially if you plan to drive from the airport.

T RANSPORTATION

these transportation methods are cheaper and safer than traditional means (even cheaper than airport taxi service). In case you do not have/use Uber or Cabify, below are links to download them on your smartphone: [Uber for android](#), [Uber for iOS](#), [Cabify for android](#), [Cabify for iOS](#)

If you plan to rent a car, be aware that there are road restrictions and the emergency pollution program may prevent its use, please ask your rental car provider.

A CCOMMODATION

➲ Polanco

We do not recommend booking at any hostel establishment in Mexico City. They could be dangerous, inside and out. These establishments are where criminal groups like to observe tourists.

As you know, Mexico City is big, therefore, looking for a place to stay during the congress is going to be vital. Our recommendation is to stay at the following places in order of proximity to the event:

- ➲ Cuauhtémoc;
- ➲ Juárez;
- ➲ Anzures; and,



Our recommendation for hotels are:

- ➲ [Hotel City Express - Reforma El Ángel](#);
- ➲ [Marriott Mexico City Reforma](#);
- ➲ [The St. Regis Mexico City](#);
- ➲ [Four Seasons México](#); and,
- ➲ [Camino Real Polanco](#).

Ask before taking a **PICTURE** of someone. The **BILL** is paid 'by hand', by custom you should give the waiter money or your credit card straight into their hand. It is considered contemptuous to leave money or the card on the table. Tips are usually not included in the total, so you may leave, depending on the service, a tip (it is common to add an additional 15-20% to the total).

When arriving to Benito Juárez Airport, go to Terminal 1 – the national flights area. The **EXCHANGE** rate is always better in the airport, especially if you ask at banks, you will get more pesos (Mexican currency) for your money. Be aware that there is only a limited sum of currency that you can exchange, and some banks do not do exchanges unless you have an account at that institution.

Traveling always involves the need to be connected to home, modernity gives us the chance to be connected at all time through our cell phones. Public **INTERNET** is only available in some neighbourhoods, such as Polanco. To be connected without the need of getting a data plan you can always connect at places such as Starbucks, McDonald's, or Burger King. The internet password is usually printed in the receipts, so just buy a coffee and connect your cell phone.

In case you need to **PRINT** something or you have an emergency and have to use a computer, the big stationery shops have printing facilities, as well as computers to work, and can be rented for hour or

For more discreet budgets, we recommend using the app of **AIRBNB** available for [Android](#) and [iOS](#)

E TIQUETTE

The most common **GREETING** in Mexico is with a strong handshake and a pat on the shoulder. Women are usually greeted with an extended arm. The handshake is valid for both presentations and farewells.

HANDS IN POCKETS is considerate a lack of respect when talking to someone. Try to keep your hands out of your pockets.

LIFE HACKS

fraction really cheap. Near to the event you can find [Office Depot](#); [Office Depot Express](#); [Office Max](#); and, [Office Max Express](#).

Fortunately, the whole world seems to be conducting a crusade against **TOBACCO**, and Mexico City is an exception. If you are a smoker remember that you cannot do it in closed public spaces as hotels, restaurants, bars, hospitals, taxis and public transportation. Be aware that some terraces do not allow people to smoke, even when the place is open.

TIPPING is always hazardous when visiting a new country, in Mexico City we tip in restaurants between 15-20%, we also tip the bellboy around 10 to 20 Euros when he takes us to our hotel room. We do not tip taxi drivers.

When **WALKING** on the street, always watch your steps, you could find an open drain, gum, dog poop, you name it.

You must know that Mexico City has no public **RESTROOMS**, therefore, if you are in the street and you really need to go, you can always use the restroom of different restaurants and coffee shops, Mexicans



usually use Sanborns, Starbucks, McDonald's, among others.

C ONTACTS

E MERGENCY NUMBERS

TELEPHONE NUMBER	SERVICE
911	EMERGENCY Telephone Number
060	Police and other Emergency Services
061	Police Detectives
065	Ambulance
068	Fire Department
5658-111	Locatel (emergencies, missing persons, information)
5229-5600	Human Rights Commission
5250-8221	TOURIST-AID POLICE
01-800-440-3690	Federal Preventive Police
5677-2227	Federal Highway Police
5568-8722	Federal Consumer-Affairs Commission

H OSPITALS

Here are some hospitals near to the conference:

- ⌚ [Centro Médico ABC](#)
- ⌚ [Centro Médico Nacional Siglo XXI](#)
- ⌚ [Cruz Roja Mexicana](#)
- ⌚ [Hospital Ángeles Lomas](#)
- ⌚ [Hospital Español](#)

E MBASSIES

COUNTRY	ADDRESS	TELEPHONE NUMBER
Argentina	Paseo de las Palmas 1670, Col. Lomas de Chapultepec, C.P. 11000, Del. Miguel Hidalgo, CDMX	+52 (55) 5520 9430 to 32
Australia	Rubén Dario 55, Col. Polanco, C.P. 11560, Del. Miguel Hidalgo, CDMX	+52 (55) 1101 2200
Brazil	Lope de Armendáriz 130, Col. Lomas Virreyes, C.P. 11000, Del. Miguel Hidalgo, CDMX	(04455) 3455-3991 +52 (55) 5201-4531
Canada	Calle Schiller 529, Col. Polanco, C.P. 11580, Del. Miguel Hidalgo, CDMX	+52 (55) 5724-7900
China	San Jerónimo 217 b, Col. La Otra Banda, C.P. 01090, Del. Álvaro Obregón, CDMX	+52 (55) 5616-0609
Colombia	Paseo de la Reforma 360, Col. Cuauhtémoc, C.P. 06600, Del. Cuauhtémoc, CDMX	+52 (55) 8531-5104



Ethiopia (Consulate)	Presa Palmito 43, Int. 603, Col. Irrigación, C.P. 06600, Del. Miguel Hidalgo, CDMX	+52 (55) 5207-2483
France	Campos Elíseos 339, Col. Polanco, C.P. 11560, Del. Miguel Hidalgo, CDMX	+52 (55) 9171-9700
Germany	Horacio 1506, Col. Los Morales, C.P. 11530, Del. Miguel Hidalgo, CDMX	+52 (55) 5283 2200
India	A. Musset 325, Col. Polanco, C.P. 11550, Del. Miguel Hidalgo, CDMX	+52 (55) 5254-0417
Indonesia	Julio Verne 27, Col. Polanco, C.P. 11560, Del. Miguel Hidalgo, CDMX	+52 (55) 5280-6363
Italy	Paseo de las Palmas 1994, Col. Lomas de Chapultepec, C.P. 1100, Del. Miguel Hidalgo, CDMX	+52 (55) 5596-3655
Japan	Paseo de la Reforma 243, Piso 9, Col. Cuauhtémoc, C.P. 06500 Del. Cuauhtémoc, CDMX	+52 (55) 5211-0028
New Zealand	Jaime Balmes 8, Piso 4, Col. Los Morales, C.P. 11510, Del. Miguel Hidalgo, CDMX	+52 (55) 528 39460
Nigeria	Prado Sur 465, Col. Lomas de Chapultepec, C.P. 11000, Del. Miguel Hidalgo, CDMX	+52 (55) 5245 1487 to 89
Pakistan	Hegel 512, Col. Polanco, C.P. 11550, Del. Miguel Hidalgo, CDMX	+52 (55) 5203-3636
Poland	Cracovia 40, Col. San Ángel, C.P. 01000, Del. Álvaro Obregón, CDMX	+52 (55) 5481-2050
South Africa	Andrés Bello 10, Piso 9, Col. Polanco, C.P. 11560, Del. Miguel Hidalgo, CDMX	+52 (55) 1100-4970
Spain	Galileo 114, Col. Polanco, C.P. 11550, Del. Miguel Hidalgo, CDMX	+52 (55) 5280-4508
United Kingdom	Río Lerma 71 Col. Cuauhtémoc, CP. 06500, Del. Cuauhtémoc, CDMX	+52 (55) 1670 3200
United States of America	Paseo de la Reforma 305, Col. Cuauhtémoc, C.P. 06500, Del. Cuauhtémoc, CDMX	+52 (55) 5080-2000
Euskal Etxea	Aristóteles 239, Col. Polanco, C.P. 11560, Del. Miguel Hidalgo, CDMX	+52 (55) 5531 6526
Delegation of Euskadi in Mexico	Horacio 1213, Col. Polanco, C.P. 11550, Del. Miguel Hidalgo, CDMX	+52 (55) 5254 1552 +52 (55) 5254 8517



S AFETY

S CAMS

Mexico City is a big city. As any big city, Mexico has dangers and tourists are the favourite target for scams. The most dangerous involves the **TAXIS**. Taxis can charge more than they are supposed to charge by modifying the computer that calculates the fair; they can also take the longest road to get to your destination. If you decide to take a taxi you need to be sure that it is a real taxi and a real taxi driver. To know this, you must look at the colour of the car, must be Mexican pink with white also the plate must look like this: also the driver should show on the passenger window his license and their picture must be the same as the driver. Also, you can take secure site taxis, but we encourage you to use the [apps](#) described above.

Another common scam is made at the **ATMs**. Do not allow anyone to help you when you are at an ATM and try to hide your pin when you are inputting it. The ATMs can also be hacked, check that there is nothing interfering the card or the

Mexico is the second most dangerous place on the planet, even with that strong statement we encourage people to visit the country and the capital city. You just must follow the safety rules, and hopefully everything will be fine. Always **BE ALERT**, if someone is following you, approach a police officer and ask for directions. Mexico City has a special police department known as **TOURISTIC POLICE**, its officers can speak several languages and are specially trained to help foreigners. They are easily recognizable because their orange hat and orange insignias. Near to

money slide. Also check that there is not a fake mask over the ATM. We suggest using the ATMs inside stores like [Sanborns](#) or malls.

Whenever you receive **MONEY**, be aware that bills could be fake, the National Bank made a [note](#) to know when are those bills real or not. By now is enough to say that **20** and **50** pesos are plastic; and, **100, 200, 500** and **1,000** are paper bills.

Another common scam is made in restaurants and stores, when paying with **CARDS**. Never allow the waiter to take your card, they should bring the equipment to charge you. If the payment is unsuccessful the place must provide a copy of the failure.

If you are planning to explore the **NIGHT LIFE** in the city, be aware of your beverage, some gangs may put drugs in it to steal or, in worst cases, kidnap customers. A good way to avoid being drugged is to consume beer or ask the beverage to be served at the table, which means the waiter will bring the bottle of beverage to serve it to you.

S ECURITY

the conference is the USA Embassy, that is a safe place to run in in case of danger. Never leave your **HANDBAG** unattended or in the back of your seat if you are at a restaurant or coffee shop. And try to avoid using **CELL PHONES** or other electronic devices in the street. It is also important to avoid the use of **JEWELLERY** or watches that can bring the attention of thieves. Try to keep your important **DOCUMENTS** in a safe box at the hotel and scan and upload them to the cloud.

There are other security issues you should be aware of. Mexico City is in a zone of high

tectonic activity. Fortunately, the city has invested in a great alarm system. The alarm will sound at every **EARTHQUAKE** that could be strong enough to be felt by

humans. In case of an earthquake, do not run, do not push, and do not shout. The safe zones are identified by the following sign:





JF
UN

F
OOD

[El Bajío](#)
MEXICAN | Breakfast & Lunch



[El Café Tacuba](#)
MEXICAN | Breakfast



[El Cardenal](#)
MEXICAN | Breakfast



[San Ángel Inn](#)
MEXICAN | Breakfast



[Sanborns](#)
MEXICAN | Everytime



[El Balcón del Zócalo](#)
MEXICAN | Everytime



[El Mayor, Librería Porrúa](#)
MEXICAN | Breakfast & Lunch



[La Coyoacana](#)
BAR | Lunch



[Los Danzantes](#)
OAXACAN | Lunch



[Nube 7](#)
INTERNATIONAL | Lunch



[La No.20 Cantina](#)
BAR | Dinner



[Azul Histórico](#)
MEXICAN | Dinner



[El Huequito](#)
TACOS | Dinner



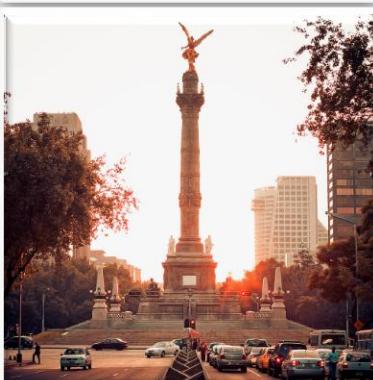
[Cantina de Piedra](#)
BAR | Dinner



[Pujol](#)
MEXICAN | Dinner



Please touch the pictures to get directions to the place



Please touch the pictures to get directions to the place



Museo del Templo Mayor



Antiguo Colegio de San Ildefonso



Museo Nacional de San Carlos



Museo del Estanquillo



Museo del Memoria y Tolerancia



Museo Franz Mayer



Museo Mural Diego Rivera



Museo Nacional de Arte



Museo Universitario de Arte Contemporáneo



Castillo de Chapultepec



Museo del Caracol



Museo Nacional de Antropología e Historia



Museo Soumaya



Museo Frida Kahlo



Casa Estudio Diego Rivera



Museo Anahuacalli



Museo Nacional de Culturas Populares



Museo Casa de León Trotsky



Museo de Arte Contemporáneo Tamayo



Museo Dolores Olmedo



 **OUTSIDE THE CITY**

Please touch the pictures to get directions to the place



*Near the
City*





Please touch the pictures to get directions to the place



T OURIST DICTIONARY

GREETINGS

ENGLISH	SPANISH
My name is Mary	Me llamo María
Hello! How are you?	¡Hola! ¿Cómo está?
I'm very well, and you?	Yo muy bien, ¿y usted?
Very well, thank you	Muy bien, gracias
Good morning	Buenos días
Good afternoon	Buenas tardes
Good night	Buenas noches
Welcome	Bienvenido
Hello!	¡Hola!
Bye	Adiós
I see you later	Hasta luego
Thank you	Gracias
Please	Por favor
Excuse me!	¡Perdón!
Yes	Sí
No	No

I NFORMATION

ENGLISH	SPANISH
Straight	Derecho
To the left	A la izquierda
To the right	A la derecho
Municipal Police	Policía Municipal
Bank	Banco
Book shop	Librería
Library	Biblioteca
Art Gallery	Sala de arte
Pharmacy	Farmacia
Bus stop	Parada de autobús
Train station	Estación de tren
Post Office	Correos
Hospital	Hospital
Church	Iglesia
Hotel	Hotel
Youth Hostel	Albergue
Square	Plaza
Cinema	Cine
Pub	Bar
Restaurant	Restaurante
Discotheque	Antro

D AYS OF THE WEEK

ENGLISH	SPANISH
Monday	Lunes
Tuesday	Martes
Wednesday	Miércoles



Thursday	Jueves
Friday	Viernes
Saturday	Sábado
Sunday	Domingo
Yesterday	Ayer
Today	Hoy
Tomorrow	Mañana
Morning	Mañana
Afternoon	Tarde
Night	Noche
Day	Día
Week	Semana

H OTEL

ENGLISH	SPANISH
Good morning, I want one room	Buenos días, quiero una habitación
Room	Habitación
Double room	Habitación doble
Bed	Cama
Toilet	Baño
Restroom	Baño
Key	Llave
Blanket	Cobija
Towel	Toalla
Sheet	Sábana
Breakfast	Desayuno
Lunch	Comida
Dinner	Cena

D RINKS

ENGLISH	SPANISH
Pub	Bar
Coffee	Café
Three coffees	Tres cafés
Milk	Leche
Coffee and milk	Café con leche
Tea	Té
Wine	Vino
Two wines	Dos Vinos
White wine	Vino blanco
Beer	Cerveza
One beer	Una cerveza
Water	Aqua

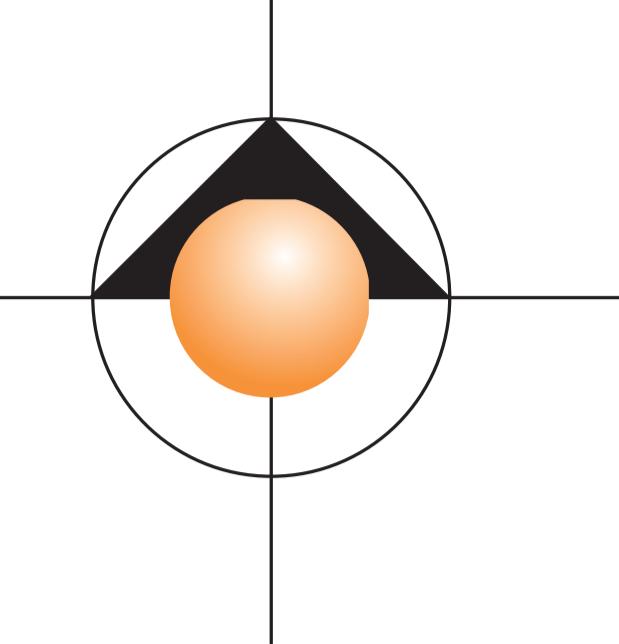
R ESTAURANT

ENGLISH	SPANISH
Restaurant	Restaurante
The menu, please!	La carta, ¡por favor!
Where can we sit?	¿Dónde podemos sentarnos?
It was very good. The bill, please!	Estaba muy bueno. ¡La cuenta por favor!

SISTEMA DE TRANSPORTE COLECTIVO

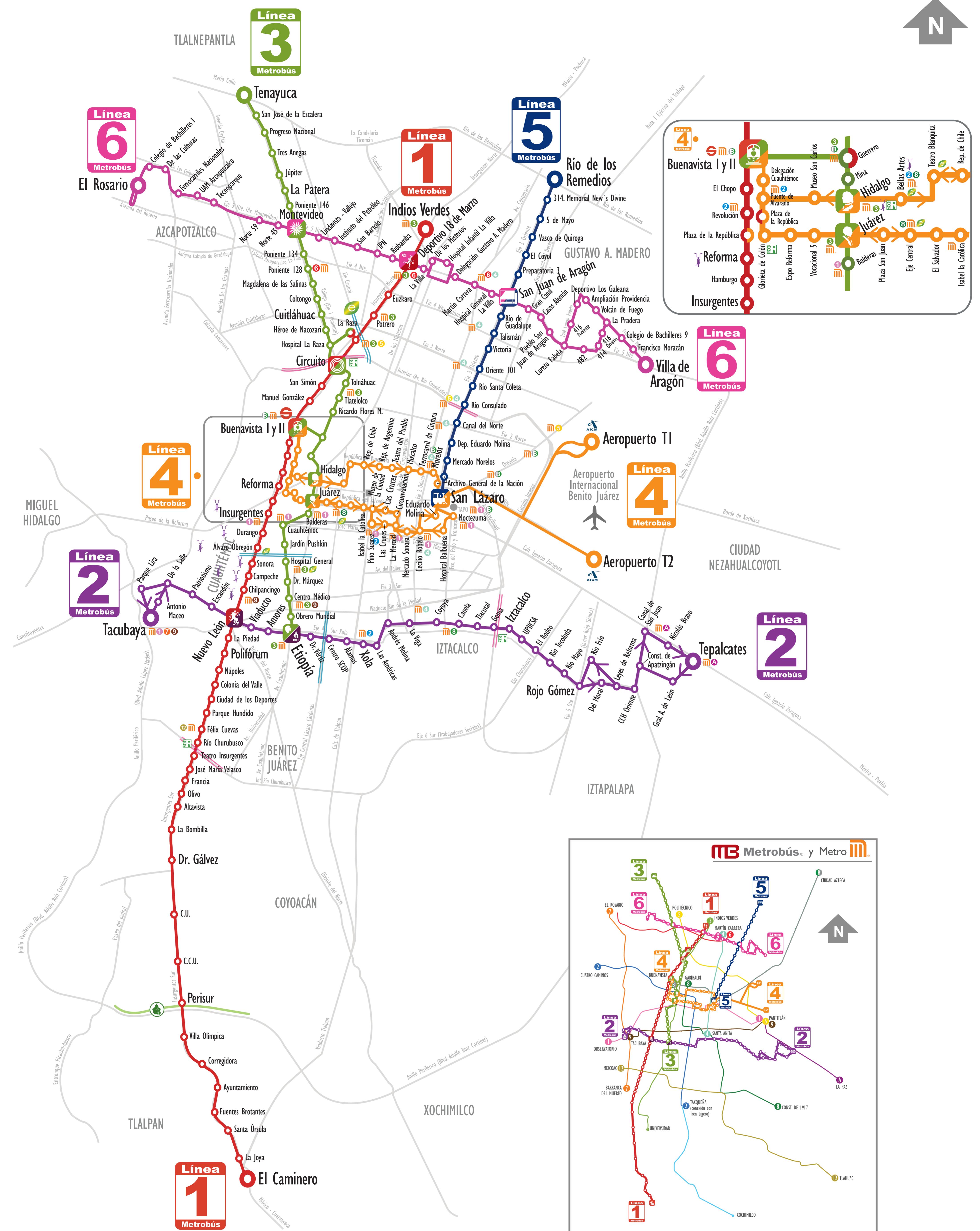
Red del Metro

N



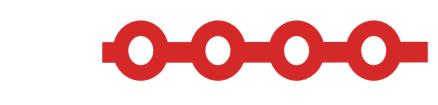
CDMX
CIUDAD DE MÉXICO





Los nombres de estaciones de **6** están sujetas a cambio

Simbología



Metrobús

Línea 1 Línea 2 Línea 3 Línea 4 Línea 5 Línea 6

1 2 3 4 5 6 7 8 9 10 11 12 13

Sistema de Transporte Colectivo Metro

Tren Suburbano

T Tren Suburbano

Cero Emisiones

Reforma Bicentenario

Circuito Periférico

EcoBici Cicloestación

REGLAS DE TRANSBORDO:

- Entre el ingreso y el transbordo **NO** hagas ninguna recarga o consulta de saldo.
- En la estación de transbordo o autobús (Línea 4) presenta tu tarjeta en el validador.
- El transbordo es válido durante **2 horas** en una sola dirección de viaje.

Atención a usuarios

www.metrobus.df.gob.mx

57 61 68 60, ext. 121 y 136
atencion_usuarios@metrobus.df.gob.mx

Horario de Servicio

Lunes a sábado de 4:30 a 00:00 horas
Domingo y días festivos de 5:00 a 00:00 horas

@MetrobusCDMX /MetrobusCDMX

