



International Civil Aviation Organization
ICAO South American Regional Office
Fatigue Risk Management Systems (FRMS) Seminar
(Lima, Peru, 26 – 27 June 2012)

GENERAL INFORMATION

(Presented by the Secretariat)

1. Place and date

The **Fatigue Risk Management Systems (FRMS) Seminar**, organized by the International Civil Aviation Organization (ICAO) in association with the International Air Transport Association (IATA) and the International Federation of Airline Pilots' Associations (IFALPA), will be held in the premises of the ICAO South American Regional Office in Lima, Peru, from 26 to 27 June 2012.

2. Address of the ICAO South American Office

Av. Víctor Andrés Belaúnde 147
Principal No.102
Centro Empresarial Real, Torre Cuatro, Piso 4
San Isidro, Lima
Telephone: +51 1 611-8686
Fax: +51 1 611-8689
E-mail: mail@lima.icao.int

3. Coordinator

Mr. Marcelo Ureña, Flight Safety Regional Officer
ICAO SAM Regional Office
Tel: +511 611-8686
Fax: +511 611-8689
E-mail: mail@lima.icao.int
murena@lima.icao.int

4. Opening session

The Opening session will take place on Monday, 26 June 2012 from 09:00 to 09:15 hrs on the conference room of the fourth floor of ICAO SAM Regional Office.

5. Participants registration and Documentation Link

The registration of delegates should be made on-line at ICAO Headquarters FRMS Website, where you can access through the SAM Regional Office website <http://www.lima.icao.int/>. Due to space limitations, it is suggested that participants register as soon as possible.

The documentation for the Seminar will be posted in ICAO Headquarters FRMS Website, participants should check this website frequently to download the documentation. All participants must

bring their own set of documentation to the seminar venue (hard copy or electronically in a laptop), since there will be no hard copies available for distribution.

6. **Languages**

The event will be carried out in English, with simultaneous interpretation services.

7. **Temperature**

Temperature in Lima during the month of October varies from 16°C to 24°C (61 – 75 °F). The average humidity is of 80%.

8. **Transportation from/to the airport**

There are authorized taxis services at the Jorge Chavez International Airport.

The rate to Miraflores or San Isidro (hotel area) is of approximately US\$ 25.00. This rate can be confirmed in counters at the Airport's international arrivals area.

Taking into account the increase in assaults against persons who travel in the route to and from the airport, the following taxi companies are suggested:

Eurocar	Tel: +511 222-1010
	E-mail: ventas@eurocarperu.com
CMV Servicio Ejecutivo	Tel: +511 422-4838
	E-mail: cmv@exalmar.com.pe

9. **Transportations to and from the site of the event**

Participants can take a taxi or walk to the SAM Regional Office, depending on the location of the selected hotel, and vice versa.

In the city, there are independent or informal taxi drivers. In view of the fact that they do not belong to a company, they do not provide any safety or guarantee. In case of taking an informal taxi, please consider that you may be at a high risk.

Companies recommended for transfers within the city:

Alo Taxi	+51 1 225-4355
Lima Remisse	+51 1 224-5529 / 99965-6639
Taxi Planet	+51 1 794-4864 / 781-7988
Tata Taxi	+51 1 274-5151
Taxi Real	+51 1 470-6263 / 470-6203
Taxi Seguro	+51 1 241-9292

10. **Suggested hotels in Lima**

Reservations should be arranged directly with the hotel and **well in advance**. In view of the various events carried out in Lima, prices may vary. Kindly consult the hotel of your preference.

Hotel	Dirección /Address - Tel/Fax Página Web / Website - Correo electrónico / E-mail	Simple US\$ - S/.	Doble/ Double US\$ - S/.
Swissôtel Lima*****	(a 50 mts de la Oficina / 50 mts from the Office) Via Principal 150, Centro Empresarial Real, San Isidro Tel: +51 1 611-4415 Fax: +51 1 421-4360 E-Mail: reservations.lima@swissotel.com Website: http://www.swissotel.com Incluye desayuno buffet / Includes buffet breakfast Solicitar tarifa corporativa para OACI - 6062/ Request corporate rate for ICAO - 6062	Premier US\$ 232.00 + 10 %	Premier US\$ 252.00 + 10 %
ATTON San Isidro *****	(a 5 minutos, en taxi / 5 minutes away, by taxi) Av. Jorge Basadre 595 San Isidro Lima 27 Tel: +51 1 208-1200 E-mail: reservas-lima@atton.com; spinglo@atton.com Incluye desayuno buffet, internet inalámbrico en las habitaciones y áreas públicas, gimnasio, piscina, jacuzzi y sauna, servicio de habitación 24 hs. / Includes buffet breakfast served at the restaurant, wireless internet in rooms and public areas, free access to gym, pool, jacuzzi and sauna, room service 24 hrs	Standard Simple US\$200.00 Corporativa (Dom-Jue / Sun-Thu) US\$125.00 Corporativa (Vie-Sab / Fri-Sat) US\$115.00 Todas las tarifas/ All rates + 8 %	Junior Suite Simple US\$220.00 Corporativa (Dom-Jue / Sun-Thu) US\$145.00 Corporativa (Vie-Sab / Fri-Sat) US\$135.00 Todas las tarifas/ All rates + 8 %
NOVOTEL Lima *****	(al frente de la Oficina / across the street) Av. Victor Andrés Belaunde 198, San Isidro Tel: +51 1 315-9974 / 315-9925 Website: http://www.novotel.com E-mail: h6339-re1@accor.com Incluye desayuno buffet e impuesto a los servicios/ Includes buffet breakfast and service taxes Check in 14 hrs - Check out 12 hrs.	US\$ 150.00	US\$ 160.00
Sonesta Hotel El Olivar *****	(a 3 cuadras de la Oficina / 3 blocks from the Office) Pancho Fierro 194, San Isidro Tel: +51 1 712-6060 Fax: +51 1 712-6099 Website: http:// www.sonesta.com/lima/ E-mail: reservasolivar@sonestaperu.com Incluye desayuno buffet / Includes buffet break	S/. 400.00 + 10%	S/. 430.00 + 10%
Hotel Suites del Bosque *****	(a 3 cuadras de la Oficina / 3 blocks from the Office) Av. Paz Soldán 165, San Isidro Tel: +51 1 616-1818 / 616-2121 Website: http://www.suitesdelbosque.com E-mail: reservas@suitesdelbosque.com Incluye desayuno buffet / Includes breakfast buffet	Suite Junior / Junior Suite US\$ 110.00 + 10%	Suite Junior / Junior Suite US\$ 120.00 + 10%

Hotel	Dirección /Address - Tel/Fax Página Web / Website - Correo electrónico / E-mail	Simple US\$ - S/.	Doble/ Double US\$ - S/.
Plaza del Bosque Apart Hotel *****	(a 3 cuadras de la Oficina / 3 blocks from the Office) Av. Paz Soldán 190, San Isidro Tel: +51 1 616-1818 / 616-2121 Website: http://www.plazadelbosque.com E-mail: reservas@plazadelbosque.com Incluye desayuno buffet / Includes breakfast buffet	Suite Junior / Junior Suite US\$ 110.00 + 10% Suite Ejecutiva / Executive Suite US\$ 150.00 + 10%	Suite Junior / Junior Suite US\$ 120.00 + 10% Suite Ejecutiva / Executive Suite US\$ 160.00 + 10%
Radisson Hotel & Suites San Isidro *****	(a 4 cuadras de la Oficina / four blocks from the Office) Av. Las Palmeras 240, San Isidro Tel: +51 1 422-3887 E.mail: reservas@decapolisperu.com Website: http://www.radisson.com/sanisidrope Incluye desayuno buffet, acceso internet, consumo diario US\$10 en los bares del Hotel, gimnasio, piscina, sauna, business center / Breakfast, internet, US\$10.00 daily consumption at the hotel bars, gym, swimming pool, sauna, business center included	LUN-JUE/ MON-THU US\$ 129.00 + 10% VIE-DOM/ FRI-SUN US\$ 89.00 + 10%	LUN-JUE/ MON-THU US\$ 159.00 + 10% VIE-DOM/ FRI-SUN US\$ 109.00 + 10%
Hotel & Suites Foresta ****	(a 6 cuadras de la Oficina / 6 blocks from the Office) Los Libertadores 490, San Isidro Tel.: +51 1 630-0016 / +51 1 630-0000, Ext. 131 Fax : +51 1 630-0001 E-mail: reservas@foresta-hotel.pe Website: http://www.foresta-hotel.pe	Junior Suite King US\$ 125.00	Executive King US\$ 165.00
Delfines Hotel & Casino ***** (Summit Hotels & Resorts)	(a 5 minutos, en taxi / 5 minutes away, by taxi) Calle Los Eucaliptos 555, San Isidro Tel: +51 1 215-7000 Fax: +51 1 215-7073 Website: http://www.losdelfineshotel.com.pe E-mail: reservas@losdelfineshotel.com.pe Incluye desayuno buffet en Delphos Cafe / Includes buffet breakfast at Delphos Cafe	Superior US\$ 140.00 Executive US\$ 160.00 Todas las tarifas/ All rates + 10%	Superior US\$ 160.00 Executive US\$ 180.00 Todas las tarifas/ All rates + 10%
Los Tallanes Hotel Suites *****	(a 5 minutos, en taxi / 5 minutes away, by taxi) Av. Jorge Basadre 325, San Isidro Tel: +51 1 221-0001 Fax: +51 1 222-6236 Website: http://www.hoteltallanes.com.pe E-mail: reservas@hoteltallanes.com.pe Incluye desayuno / Breakfast included	Suite Estándar US\$ 100.00 + 10%	Suite Estándar US\$ 130.00 + 10%
El Pardo Doubletree Hotel ***** Miraflores	(a 10 minutos, en taxi / 10 minutes away, by taxi) Jr. Independencia 141, Miraflores Tel: +51 1 617-1000 Fax. +51 1 444-2171 / 241-0039 Website: http://doubletree1.hilton.com/es/dt/hotel/LIMPUDT-Doubletree-El-Pardo-by-Hilton-Lima/index.do E-mail: reservas@doubletreeelpardo.com.pe Incluye desayuno buffet / Buffet breakfast included	US\$ 160.00 + 10%	US\$ 180.00 +10%

Hotel	Dirección /Address - Tel/Fax Página Web / Website - Correo electrónico / E-mail	Simple US\$ - S/.	Doble/ Double US\$ - S/.
Hotel Boulevard ****	(a 10 minutos, en taxi / 10 minutes away, by taxi) Av. José Pardo 771, Miraflores, Lima 18 Tel: + 51 1 444-6562 / 63 / 64 Fax: + 51 1 444-6602 E-mail: reservasboulevard@speedy.com.pe Website: http://www.hotelboulevard.com.pe Impuesto a los servicios incluidos/Service taxes included	US\$140.00	US\$160.00
Hotel José Antonio***	(a 10 minutos, en taxi / 10 minutes away, by taxi) Av. 28 de Julio 398, Miraflores Tel: +51 1 445-7743 / 445-5528 Fax: +51 1 446-8295 Website: http://www.hotelesjoseantonio.com E-mail: ventas@hotelesjoseantonio.com Incluye desayuno buffet e impuesto a los servicios/ Includes buffet breakfast and service taxes	Standard US\$100.00 Ejecutiva US\$ 110.00	Standard US\$110.00 Ejecutiva US\$ 130.00
Apart Hotel El Doral***	(a 10 minutos, en taxi / 10 minutes away, by taxi) Av. José Pardo 486, Miraflores Tel. +51 1 242-7799 Fax +51 1 446-8344 Website: http://www.eldoral.com.pe E-mail: aparthotel@eldoral.com.pe Incluye desayuno americano/Includes American breakfast	US\$ 63.00 + 10%	US\$ 73.00 + 10%
Los Girasoles Hotel ***	(a 10 minutos, en taxi / 10 minutes away, by taxi) Av. Diez Canseco 696, Miraflores Tel: +511 446-6075 / 241-1119 Website: http://www.logirasoleshotel.com E-mail: reservas@logirasoleshotel.com Impuestos y desayuno buffet incluidos/taxes and buffet breakfast included	S/.174.00	S/.198.00
Hotel Estelar	(a 10 minutos, en taxi / 10 minutes away, by taxi) Av. Alfredo Benavides 415, Miraflores Tel: + 51 1 200-5555 E-mail: reservas.peru@hotelesestelar.com Website: http://www.hotelesestelar.com Incluye desayuno buffet, servicio WIFI gratuito para todos los huéspedes en habitaciones y áreas públicas/ Includes buffett breakfast, free WIFI service for guests at rooms and public areas Fines de semana la tarifa es US\$99.00 + impuestos / During the weekends the rate is US\$99.00 + taxes Tarifa OACI / ICAO Rate	Standard Queen/King US\$ 113.00 + 10%	Standard Twin (2 camas Queen) US\$ 134.00 + 10%
Estelar Apartamentos Bellavista	(a 10 minutos, en taxi / 10 minutes away, by taxi) Bellavista 216, Miraflores Tel.: +51 1 630 7700 Website: http://www.hotelesestelar.com Incluye desayuno buffet, servicio WIFI gratuito para todos los huéspedes en habitaciones y áreas públicas/ Includes buffett breakfast, free WIFI service for guests at rooms and public areas Tarifa OACI / ICAO Rate	US\$ 88.00 + 10%	US\$ 100.00 + 10%

Hotel	Dirección /Address - Tel/Fax Página Web / Website - Correo electrónico / E-mail	Simple US\$ - S/.	Doble/ Double US\$ - S/.
Hostal El Farolito	(a 10 minutos, en taxi / 10 minutes away, by taxi) Av. Dos de Mayo 321, Miraflores Tel: +51 1 241-2942 E-mail: elfarolito.hotel@gmail.com Incluye desayuno buffet e impuesto a los servicios/ Buffet breakfast and service taxes included	S/.125.00	S/.184.00
Lima Airport Inn	(a 10 minutos, en taxi / 10 minutes away, by taxi) Miguel Grau 191, Miraflores Tel.: +51 1 447-4943 / 447-4882 / 447-4604 Fax: +51 1 446-0267 E-mail: airport_inn@terra.com.pe Incluye desayuno continental e impuesto a los servicios/ Includes Continental breakfast and service taxes	US\$45.00	US\$55.00

Nota/Note: Foreigners are exempted of 19% Sales Tax presenting the passport during check-in.

11. **Passport, visa and vaccination requirements**

To enter the country, an updated passport and visa are requested; however, it is recommended to contact the Peruvian Embassy or Consulate in your country, to enquire on this requirement well before your departure. Please also verify if yellow-fever, or any other vaccination is required.

12. **Money exchange and credit cards**

The Peruvian currency is the Nuevo Sol Peruano (S/.). Present exchange rate is S/ 2.68 per US \$ 1.00, approximately.

Credit cards as American Express, Master Card, VISA, Diners Club, etc, are usually welcome in hotels, shopping centres and restaurants. Traveller's checks should be exchanged in banks.

13. **Hospitals**

In case of emergency, **Clínica Anglo Americana** is recommended, which is located in Alfredo Salazar s/n, Miraflores, Tel: +51 1 616-8900.

14. **Electricity**

220 Volts/60Hz.

15. **Airlines**

The following telephone numbers are provided, with the aim you can confirm your flights back to your country:

Aerolíneas Argentinas.....	513-6565
Aeroméxico.....	705-1111
Air Canada	0800 52073
Air Comet	0800 52222
Alitalia	241-1026 / 241-8303

American Airlines.....	0800 40350 / 211-7000
Avianca.....	0800 51936
Continental Airlines.....	0800 70030 / 712-9230
Copa Airlines.....	610-0808
Delta Airlines.....	0800 4 3210 / 211-9211
Gol.....	0800 52917
Iberia.....	411-7801
KLM.....	213-0200
Lan.....	0801-11234 / 213-8200
Lloyd Aéreo Boliviano.....	444-0510 / 241-5210
Lufthansa.....	442-4455 / 444-4440
Mexicana de Aviación.....	610-6065 / 610-6066
Taca.....	511-8222

16. Information on safety and protection

Upon any emergency situation, kindly call the Security Officer of the ICAO South American Office, Mr. Roberto Arca, cell phone 995876558, or to the Operations Centre of the United Nations Safety and Security Department (UNDSS):

Assistance 24 Hours - 365 days

213 – 3220 (direct)
213 – 3200, Extension 1600
997 571 008 (cell).

17. General recommendations in the event of an earthquake

The city of Lima is within an earthquake area.

During an earthquake

- a) Keep calm.
- b) Stay away from windows, do not go to any balconies, and do not use elevators.
- c) Locate yourself in previously identified internal safety zones.
- d) Evacuate the premises only if conditions permit it; otherwise, minimize your movements.

After an earthquake

- a) Proceed to leave the premises, since quakes can continue.
- b) Evacuation must be carried out calmly, quickly and safely through the indicated routes.
- c) Stay in the evacuation site until the designated security team of the building has verified whether the installations are at risk.

ICAO third and fourth floors emergency exits

- a) In front of the elevator area are two emergency staircases.
- b) Both stairs end in the first floor of the building, in the main entrance area.

- c) Proceed down the staircases. Do not push or run; keep in line, move in one direction only; keep conversation to a minimum.
- d) Exit the building to allow free flow of other evacuees exiting behind you.
- e) Once outside the building and having your back to it, turn left towards the evacuation site, located across Víctor Andrés Belaúnde Avenue.
- f) Pay attention at all moment to the indications that the security team might make.
- g) You will be informed when there is no danger for your return to the facilities.

ICAO SOUTH AMERICAN REGIONAL OFFICE LOCATION MAP IN LIMA, PERU
Av. Víctor Andrés Belaúnde 147 - Edificio 4, cuarto piso, San Isidro

