

**Consortium For Advanced
Studies Abroad (CASA)**
Buenos Aires, Argentina

February - July 2019

CASA Argentina - Buenos Aires, 2019

Lunes, 12 de noviembre, 2019

Querido estudiante,

¡Bienvenido/a a Argentina!

Con mucho entusiasmo expresamos nuestra alegría por tu participación en el Programa de Study Abroad en Argentina.

Hemos trabajado con entusiasmo y cuidado para hacer tu estadía exitosa y significativa, académica y culturalmente.

Estoy segura de que podrás absorber efectivamente, durante tu semestre en Argentina, su vasta cultura y su vibrante realidad, y más aún a través de tus experiencias de estudio y amistad en las universidades y al vivir con una familia argentina.

Esperamos contar con tu compromiso y responsabilidad para hacer de esta experiencia una de las mejores.

Nos vemos muy pronto!

María José Ferreyra
Resident Director
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María José Ferreyra works in Buenos Aires, coordinating the Study Abroad and Summer Internship Programs in Argentina for Harvard University/CASA. She is an instructor of Modern Languages and Literatures and a graduate of the Universidad Nacional de Córdoba (1986). She served as Student Advisor to the Centro Binacional Argentino-Norteamericano (IICANA). In 1992, she lived in Boston and worked as an instructor of Spanish at the University of Massachusetts; she also worked in adult and child education in Brookline, MA. Between 1995 and 1996, she was instructor of Spanish at Boston University, Tufts University, Brandeis University, and Simmons College. Previously, she was the Head of the International Department at the Northlands School in Buenos Aires. She has also taught Spanish as a Second Language for the International Baccalaureate program. Her interest in American culture and intercultural experiences began in 1980 when she lived and completed her high school studies in Rhinebeck, NY.

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Magda joined the David Rockefeller Center and the Consortium for Advanced Studies Abroad (CASA) in May 2017. In this role, Magda works with students participating in the semester-length CASA study abroad program, and with the DRCLAS Summer Internship Program for Harvard College students. Magda holds a BA in Philosophy from the Catholic University of Argentina. While studying, she participated in a one year exchange program at the University of Cologne, Germany. She recently worked at the Buenos Aires City [Government, managing the entrepreneurship area. She also worked for several years as Institutional Director at Junior Achievement Argentina, fostering entrepreneurship education and job skills in young people. She was also an intern at Atlas Network in Washington DC. Previously, she was a teacher of Philosophy and German. She collaborates as a volunteer in several projects, think tanks and NGOs: Libertad y Progreso, Poverty Inc, Montessori Foundation in Argentina and Instituto Acton. She combines diverse experience in institutional and public relations, corporate social responsibility, and implementation of social projects.

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IMPORTANT CONTACT INFORMATION

El programa de CASA está organizado por Harvard University, y en particular por el [David Rockefeller Center for Latin American Studies](#) (DRCLAS) y la [Office of International Education](#), ambos de Harvard. Las oficinas de CASA/Harvard están dentro del Latin American Research Center in Buenos Aires, Argentina, conocido como "LARC", el cual forma parte de Harvard Business School. Recibirás una tarjeta con todos los números que necesites en caso de emergencia. Por favor, lleva esta tarjeta siempre contigo! Para que la tengas en todo momento.

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US Embassy:

Av. Colombia 4300
(1425) Buenos Aires, Argentina
Telephone: (54-11) 5777-4533
Fax: (54-11) 5777-4240
Sitio Web: <http://argentina.usembassy.gov/>

Police: 101 or 911

Fire department: 100

Medical Emergency: 107

- **Para llamar a un celular desde teléfono fijo:** marca 54 (Arg) +9+11(Bs As) número

- **Para llamar a un teléfono fijo desde un celular:** marca 54 (Arg) + 11 (Bs As) número

HarvardTravel Assist: <https://www.globalsupport.harvard.edu/travel-tools>

Harvard Travel Assist - **Harvard Travel Assist at +1 617-998-0000 (worldwide, 24/7/365) for additional help, including non-emergency help. You may call collect.**



HEALTH AND SAFETY WHILE IN ARGENTINA

Message from Office of International Education:

Planning ahead and protecting your health and safety abroad are essential to a successful international experience. Safe travel involves addressing basic health concerns through appropriate inoculations and other preventive measures, required insurance coverage, and common sense safety practices.

You are responsible for informing yourself about the health and safety issues in your host country and other areas where you may travel in addition to the laws and customs surrounding personal comportment, sex, alcohol, cultural mores, and drugs in your host country. Even though you are a visitor, you will be held liable for any violations of these norms by local authorities. A wide array of resources can help you get this important information, including your study abroad office, University Health Services and/or your primary care physician, the Centers for Disease Control, the U.S. State Department, and the embassy or consulate of your host country in the U.S. Your efforts to inform yourself are essential to your wellbeing and will add greatly to the success of your experience.

Safety

Just like in any other big city, in Buenos Aires you'll need to take some basic precautions. One of the places where you should be particularly careful is the area around Retiro's bus terminal. Even though Retiro boasts some of the most luxurious hotels in the city, it's also very close to "Barrio 31," a poor neighborhood whose youngsters often take advantage of tourists.

Other basic security precautions:

- The area around ATMs/banks: Be careful when you're taking out money, because some people will work either solo or in pairs/groups in the areas outside ATMs to rob people leaving from the ATM. You needn't be paranoid (most likely nothing will happen), but be on the lookout for people loitering outside ATMs or people near the bank who might be communicating with somebody else on a cell phone. Avoid withdrawing money at night time. If you can, go home to drop off the money you withdrew and just go out with what you need.
- IPods: You will likely be safe listening to your iPod on runs, while walking around the city, etc. Note, however, that it is an obvious item of value; most likely nobody is going to come up to you in a bus and rip it from you, but like in any big city, it might

be best to purchase some neutral-colored headphones (black or grey rather than the really white ones that scream "I'm listening to an iPod"). Avoid listening to music super loud as you are walking so as to avoid any accidents. Try your best to be as alert and present especially when crossing busy streets.

- Bank Cards, Passports, and Credit Cards: We recommend that you always leave your passport in a safe spot at home and carry it with you only when absolutely necessary (when buying bus tickets, booking travel, etc.). Always carry a photocopy of your passport with you; when you purchase something with a credit card at grocery stores and many other places, they require that you show a form of photo identification. Carry a copy of your passport and a photo ID (a student ID, a drivers' license, etc) when you're going grocery shopping. Most places will also ask you to provide your passport number when signing a credit card receipt; be prepared to provide the number. As for bank cards and credit cards, we also recommend that you leave your bank card in your house unless you are withdrawing cash that day.
- If something happens: In the event that you have something valuable robbed (laptop, primarily), you need to file a police report. Talk to people in the place it was stolen (home, school, hostel, etc) to ask how to do this. Typically they'll direct you to the nearest headquarters (comisaría). There, you tell the police officer what happened. He'll type up a report that you sign, he signs, it gets an official stamp or something similar, and you're good to go. You need this form if you're going to file an insurance claim, so hang onto it.

Pre-planning

- Carry CASA contact information card with you at all times
- Make a paper copy of your passport and carry it with you (leave original in a safe place in your room of your host family). Having a copy will make it easier and faster to replace than not having one
- Write the address and phone number of your host family and tape to back of a photo ID (University ID or Drivers License) or on the paper copy of your passport

General

- Be alert when walking-crossing streets (traffic does not stop for pedestrians like in USA)
- Become familiar with crosswalk symbols-green or orange flashing means DO NOT ATTEMPT TO CROSS
- Use caution when using electrical appliances brought from the US. Electrical frequency in Argentina is a 220 watt system and a simple misuse can cause not just a shock, but death. Use products like hairdryers, curling irons, straighteners etc. with care

At Night

- Let someone know where you are going
- Travel in pairs – two is better than one
- Avoid walking in parks at night
- Refrain from using excessively phones or attractive technological devices- it is best to be 100% alert at night. Similarly, there have been incidences of individuals whose phones were stolen while they were walking through crowds. Be alert and cautious, and ensure that you have a firm grip on your belongings if you are using them in public
- Take an Uber or a taxi when in doubt. Ensure that the taxi you are entering is one of the trademark black and yellow Buenos Aires taxis, preferably private "radio-taxis" and not a private or unrecognizable service. Always carry enough money for a taxi ride home.
- Monitor alcohol consumption
- Recognize areas of vulnerability and risk

Reporting an Incident

- Check surroundings-know where you are calling from
- Remain as calm as possible
- First call María José or Magdalena

Definition of an Emergency: Any crime or incident that involves bodily harm, or threat of bodily harm, assault and /or racially motivated verbal/physical harassment.

Also contact Harvard/CASA personnel and your host family with injury or sickness requiring medical attention.

***Get acquainted with your neighborhood during the day-it gets dark early in winter (6pm!)

KEEPING UP TO DATE ON WORLD EVENTS WHILE ABROAD

Sources of Information

Assess potential health, safety, crime and political instability factors in Argentina and specific areas within a country where you intend to travel. If unanticipated events take place while you are abroad, keep informed, and speak with others, such as the program director, family and friends, and advisers in our office about your concerns. The following resources will provide current information in the event of an emergency.

[State Department Advisories: Travel Warnings, Public Announcements](#)

The U.S. State Department may be called in an emergency at (202-647-5225)

The U.S. State Department provides U.S. citizens with information on what they can do to [help Americans abroad](#).

U.S. Embassy in Argentina

Review in advance what the U.S. Embassy and the Consulate in Argentina can do for you in the event of a crisis.

You are strongly encouraged to read the [U.S. Embassy home page in Argentina](#) periodically while you are there.

Political Harassment toward both American and International Students

As an American, and even as an international student, you may be a target for political harassment, or other crimes, whether or not you oppose U.S. foreign policy. The following suggestions may help you avoid problems.

- Participate in the program orientation that will be offered by your overseas university or program. They have a great deal of experience and country specific knowledge that will be valuable to you. Be aware of your vulnerability.
- Keep a low profile in your manner, speech and dress
- Do not wear clothes, baseball caps or accessories with U.S. logos
- Speak the language of the country when possible
- Travel locally with at least one other person, and leave your itinerary with a friend or program director
- Be discreet about your money, wear a money belt and do not pull it out in public
- Keep your money stored in two places
- Do not drive someone else's car abroad, and never across a national border
- Avoid American hangouts, embassies, restaurants, hotels, political demonstrations
- Avoid excessive alcohol consumption

Precautions against Terrorism and Violence

According to the U.S. Department of State, terrorist attacks typically occur in a random, unpredictable fashion. Your best protection is to avoid unsafe areas or areas with a record of recent terrorism. If you must travel to such areas, don't go into the situation without giving

your actions careful thought.

Tourists are not usually the target of terrorism, but sometimes are conspicuous for their relative wealth and privilege. Maintain a low profile during your stay and avoid active involvement in local controversies. Keep alert in airports, hotels, restaurants, and crowds and be cautious about what you discuss with strangers. Register with your home embassy upon arrival (<http://argentina.usembassy.gov/service/general-information.html>) and keep the embassy and your family or other contact people informed if you make any changes in your itinerary.

Reducing the Risk of Crime, Violence, Terrorism, and Accidents

Because this is a time of increasing political and military tension, CASA urges you to take simple precautions to ensure your safety. Please read this information carefully and do not hesitate to contact us if you have any questions at all. You may also wish to share this information with your parents or the person with whom you are in contact at home. We recommend that you:

- Keep with you at all times a copy of your passport and the emergency contact numbers for CASA and the U.S. Embassy.
- Register at the consulate of your home country.
- Periodically consult the U.S. State Department bulletins
- Read the local papers and listen to the international news to stay informed of developments in the days and weeks ahead.
- Know the local laws. Laws and systems of justice are not universal. Do not assume that because something is legal in the United States, it is legal abroad.
- Consider any plans for leisure travel carefully, taking into account the safety of your intended destinations. If you travel to countries beyond your program site, make sure the resident director, host family or foreign university official who is responsible for your welfare always knows where and how to contact you in an emergency. When you travel, even if only overnight, leave your itinerary.
- Be wary of unexpected packages and stay clear of unattended luggage or parcels in airports, train stations, and other areas of uncontrolled public access.
- Avoid moving around in large groups of Americans, and speaking English loudly. Speak respectfully in the language of your host country. Be careful to observe local laws and be sensitive to local customs. Make an effort to be polite and inconspicuous.
- Keep a low profile and try not to identify yourself by dress, speech, or behavior as a targetable individual. Do not draw attention to yourself through expensive dress, and personal accessories.
- Be careful in large crowds, especially political gatherings, and be aware of risks in areas where there are many tourists.
- If you are the subject of anti-American sentiment, we suggest that you avoid verbal confrontations.

Government Assistance Abroad

Foreign embassies and consulates exist to provide assistance to their citizens abroad, including information about current social and political events, climate, health and safety concerns, and educational and cultural affairs. Register with the embassy on arrival. This will make it easier

for you to be contacted should an emergency arise or in the unlikely event that citizens need to be evacuated. If your travel documents are lost or stolen, report this fact to the nearest embassy or consulate immediately so that they can be replaced as soon as possible. If you find yourself in legal difficulties abroad, contact the embassy. While consular officials cannot act as attorneys, they can help you get in touch with people at home, provide assistance about local laws, and try to make sure that you are treated humanely under international conventions.

KEEPING IN TOUCH WHILE ABROAD: COMMUNICATION

Plan multiple ways to reach family and friends: mail—either e-mail or snail mail, phone—this could be a cell phone that you purchase while abroad, a tri-band cell phone purchased before leaving the US that can be used abroad, and/or a local line with international capacity or pre-paid phone cards, which are relatively inexpensive. Discuss in advance with family members your plan to contact them, when you will be writing or calling, and how they can reach you.

- If you have good Internet access, you may want to try Skype, which will let you call anywhere for free, as long as the person you're calling also uses the program, has a microphone and speakers. Skype also gives detailed information on prices to cell phones and landlines around the world (be careful – all places are not 2.1 cents per minute and calls to international cell phones are generally much more expensive than calls to land lines). You just need to enter a café, order a coffee, tea, or something to eat, and you can bring your laptop and use it for as long as you like. If you put money on your Skype you can make phone calls for 1 cent per minute.
- Phone cards are also great options if you do not have access to a computer to make calls home. There are phone cabins in many kiosks that you can sit in while you make your call.
- Another option is InternetCalls.com. Your calls are free for the first week and afterwards you can buy credit for 20 Dollars to call as much as you want anywhere in the world (generally land phones, also cells in the US and Canada) for at least 12 weeks.
- Letters - You can send letters and small envelopes from many locutorios or any *Correo Argentino* center that you see.
- Sending Packages - The Argentine customs rules are very strict. **No medicine, food of any sort (including gum and chocolate) can go through the country.** You have to declare what you're sending on customs forms.
- Receiving Packages - Medicine and food is not permitted through customs. If a

package declaring that it contains medicine or food is sent to you, it will be retained in customs. If that happens, here's the procedure:

- a. You'll receive a letter telling you the package is retained (they'll charge you for the letter)
- b. The letter will probably have some numbers to call. Explain the situation. You'll need a "despachante" (customs broker) to get the package released. This costs money too.
- c. Chances are you'll have to go pick the package up yourself.
- d. Import taxes supposedly follow the package pick-up.

If you are receiving sensitive documents – bank information, credit cards, bank cards, etc. – we strongly suggest having your parents, family, friends, etc., send it through FedEx. It is very expensive (about 80 dollars for an 8.5X11 letter containing paper documents), but it is guaranteed to get to you in a few days and it comes with a tracking number, so you know exactly where it is at all times.

A piece of advice on the Argentine mail system/international mail in general: estimates for arrival from the US can range from 5-7 days to 20-30 days using regular mail, depending on the type of USPS service someone uses to send a package to you. Note that the estimate only considers how long it takes for the package to get from the US Postal System to the Argentina one; it does *not* include the time it takes for Correo Argentino to deliver it to you. To stay on the safe side, do not have family send you anything internationally. Bring what you need with you, and you will save time and energy!

GETTING TO KNOW ARGENTINE CULTURE

How to Get to Know Buenos Aires

Students who have completed programs abroad emphatically agree that learning as much as possible about the country before you leave is your best preparation. Know your destination by gathering information about the country you are visiting culture from various sources. The [CIA World Factbook](#) is a good source to get a brief overview about Argentine politics, culture, and geography. Another excellent source is people from that country, and also other students who have just returned.

You can effectively begin your own orientation now by learning as much as possible about Argentina in advance of your departure. Watch films about the country you are visiting. Use the [Internet Movie Database](#) to search for recent and upcoming releases around the world, by language and by country. You can also watch Argentine produced movies and television shows for free on [cine.ar](#). Read fiction to learn about the history, customs and culture of the country you are visiting. Read ethnographies and travel essays and buy a good guide book.

Destination Research Checklist

One of the best ways to get the most out of your experience abroad is to become knowledgeable

beforehand about your destination. You will want to have some knowledge about the following topics before you go:

- ❑ What is the country you are visiting history? What is the current form of government and the present political and economic situation in the country you are visiting? What are the names of the political parties and which is in the majority?
- ❑ Who is the current leader/ruler and when and how did he/she come to power?
- ❑ What was the biggest headline in the past year? What are the popular newspapers?
- ❑ Has there been a major national crisis recently? If so, when did it occur and what was it about?
- ❑ What is the most likely health problem you could encounter?
- ❑ What will be one of the biggest cultural adjustments you'll have to make? Are gender, race and sexual orientation viewed as they are in the U.S.?
- ❑ What aspect of your typical behavior at home might be inappropriate there? What are the local customs, mores, and modes of behavior? What are the cultural norms for gender roles and attitudes toward LGBT and minority populations?
- ❑ What is the most extreme weather you might encounter?
- ❑ How do most people travel around the country you are visiting? Which areas are safe and which are risky? Is public transportation safe at all hours?
- ❑ What is the currency and the exchange rate?
- ❑ What religious, ethnic, and/or cultural groups are represented? Are there conflicts among them? What religions are practiced?
- ❑ Where is your nearest home embassy or consulate located, if you need assistance?
- ❑ What is the current situation for travelers? Are there areas of the country you are visiting you should avoid for security or health reasons?
- ❑ Who are the famous writers, poets, scientists, photographers, artists, and musicians?
- ❑ What are the culturally appropriate ways to show appreciation and give gifts? Are there cultural expectations for guests and hosts?

Non-Verbal Communication

Learn the non-verbal behaviors that are considered appropriate, inappropriate or offensive and which are commonly used, such as: certain hand gestures, greetings by kissing, shaking hands, etc.

Foreign Language Abilities

Brush up on your Spanish skills by joining a conversation group on campus, taking a short refresher course before you go, reading Spanish language newspapers and watching films about Argentina in the particular dialect that will be spoken there (reference your pre-departure handbook for commonly used slang).

Use a small notebook for writing down new vocabulary. If you write down new words during the day and then look up and review these words at night, your vocabulary will grow at an accelerated pace.

Argentine Spanish

El Español rioplatense o castellano rioplatense es un dialecto del español hablada en Argentina y en Uruguay.

Argentino	Significado
Vos	Tú
Sos	Eres
Con Vos	Contigo
Che	Expresión que se usa para llamar
Che, chavón	Che enfatizado
Pibe	Hombre, Chico, Tipo, niño,
Mina	Chica, Mujer
Tomar	Agarrar, Coger (esta última tratar de no usarla)
Laburo	Trabajo
Changa	Trabajo temporario del día
Morfar	Comer
Chupar	Beber
Bondi	Autobus
Pochoclos	Palomitas de maiz
Re Bien	Muy Bien
Pucho	Cigarrillo

Copado	Buena Onda
Boludo	Tonto
Cheto	Personas con nivel económico alto, que es engreído y quiere lucirse
Me las tomo, Me rajo	Me voy
Me las pico	Me voy corriendo, volando
Un cachito	Un momento, un poco, un poquito
Tomátela	Vete, largate, andate
Plomo	Aburrido, fuera de onda
Grasa	Ordinario
Huacho	Sin verguenza, pero todo junto "sinverguenza"
Ortiva	Soplón, chismoso, mala onda
Vigilante	Soplón, chismoso
Cabezón	Necio
Chamuyar	Versear
Versear	Mentir, enganar
Currar	Estafar, trampear
Afanar, chorear	Robar
Chorro	Ladrón
Cana/Botón	Policia
Milico	Soldado, Militar
Boga	Abogado
Linyera	Indigente
Ñapi / Piña	Trompada
Posta	Enserio/ verdad
Coger	Tener relaciones sexuales
Guita	Plata

Naso	Nariz
Trompa	Boca
Bocho	Cabeza. inteligente
Una Bocha	Mucho tiempo
Gamba	Pierna /como adjetivo;compinche
Gauchada	Favor
Gaucho/a	Persona que hace favor
Birra	Cerveza
Tinto	Vino tinto
Tipo	Hombre
Viejo/a	Papá, Mamá
Capo	Ser el mejor
Groso	Re Capo
Botón	Policia
La mosca/ La guita	La plata
Una Gamba	Cien pesos
Un palo	Un millón de pesos
Un Palo Verde	Un millón de dólares
Una Luca	Mil pesos
Ser un salame	Ser un tonto
Pecho frio	Sin sentimientos (se usa para hablar de un rival en el fútbol)
Le saltó la térmica	Se enojó
Le faltan un par de jugadores	Estar loco
No le llega agua al tanque	No puede razonar

MÁS INFORMACIÓN SOBRE LA ARGENTINA

Dinero

En Argentina la moneda que se usa es el PESO.

1 dólar (USD) equivale a \$36.00 pesos ARS, aproximadamente. Chequear el día antes de venir para estar al tanto: [For exchange rates](#)

Temperatura

En general en Argentina la temperatura es moderada (nunca llega a temperaturas extremas). En julio estaremos en otoño, por lo que te recomendamos traer ropa abrigada, en general hace como mínima 4 - 5 ° C (41 ° F) y la máxima puede llegar a los 18 ° C (64.4 ° F). En las noches hace frío, por lo que te recomendamos llevar un pijama grueso. Los hogares en Argentina, la mayoría, tienen calefacción como en Estados Unidos pero, pueden estar no encendidas por la noche por lo que te recomendamos abrigarte bien.

Costumbres

En general, se saluda de beso en la mejilla a las personas, en especial a aquellas que hemos visto en más de una oportunidad. Si hay una persona mayor presente, es de buena educación dirigirse a ésta, primero. Tratar de "usted" y luego usar el "vos".

Para mostrar un mayor grado de respeto, es bueno dirigirse a las persona por su título (si lo tienen, claro). Por ejemplo: Doctor, Profesor, etc.

Es bueno hacer contacto visual siempre y sonreír.

Conversación

En general los argentinos son extrovertidos y ellos empiezan una conversación. Temas que pueden ser útiles para empezar una conversación: deportes, vida en EE.UU., etc.

Los sobrenombres (nicknames) y formas de acortar los nombres son muy comunes. Por ejemplo: Flor por Florencia, Tomi por Tomás, etc.

Cuando salís a comer, en general se deja un 10% de propina (tip), no se cobra un tax extra, está incluido.

Si andás en taxi, no es costumbre dar propina a menos que el taxista te dé un servicio extra, como a que te ayude a llevar tus maletas, por ejemplo.

Deporte

El deporte del que más se habla y se practica en Argentina es el fútbol (soccer). Aquí podés encontrar dónde jugarlo: [Para encontrar una cancha](#)

Si querés practicar deportes te recomendamos:

- Bairesgym el portal del fitness - Gimnasios, rutinas, entrevistas, entrenadores, etc
- Gimnasio Hipólito - Pesas, aparatos, complementos, rutinas para aumento o reducción de peso y físico culturismo.
- Gimnasio Hipólito - Pesas, aparatos, complementos, rutinas para aumento o reducción de peso y físico culturismo.
- Mendoza Fitness - Fitness, aerobics, directorio de gimnasios y consejos de nutrición.

- [Deportes al aire libre gratis](#) en la ciudad
- El Ancla- El complejo deportivo de squash, tenis, fútbol, gimnasio, clases de aerobics y camas solares.
- Ocampo Fitness Center - Gimnasio y centro de entrenamiento con servicio de spa y programas especiales de artes marciales y preparación física con técnicas de ciclismo.
- [Yoga Gratis](http://www.thebubble.com/namaste-free-yoga/): <http://www.thebubble.com/namaste-free-yoga/>

Política

En este momento Argentina está siendo gobernado por el Presidente Mauricio Macri.

Partidos políticos:

- Afirmación para una República Igualitaria (ARI)
- Coalición Cívica (convocatoria política y social abierta)
- Frente para la Victoria
- Izquierda Socialista (Argentina)
- Movimiento Libres del Sur
- Movimiento Socialista de los Trabajadores (MST)
- Movimiento al Socialismo (MAS)
- Movimiento de Integración y Desarrollo (MID)
- Nueva Dirigencia
- Partido Comunista (Argentina) (PCA)
- Partido Comunista Revolucionario (PCR)
- Partido del Progreso Social (PPS)
- Partido de la Liberación (PL)
- Partido de Trabajadores por el Socialismo (PTS)
- Partido Demócrata Progresista (PDP)
- Partido Justicialista (PJ)
- Partido Socialista (PS)
- Partido Obrero (PO)

Precauciones

Si bien Buenos Aires es seguro en general, te recomendamos que cuando camines por la calle, no lleves artículos de mucho valor a la vista. Si no son completamente necesarios, es mejor incluso que no los lleves.

Noticias

Para estar más informado de lo que pasa en Argentina puedes ir a los siguientes sitios Web, que tienen versiones en inglés y español de las noticias:

[La Nación](#)

[Clarín](#)

[Página 12](#)

[El Cronista](#)

Perfil

[The Bubble \(en inglés\) Argentina News](#)

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

Religión

En general la mayoría de la población en Argentina es de religión católica, aunque no todos son practicantes. Hay una importantísima comunidad judía y protestante. El Estado Argentino no es agnóstico, sino católico, ya que el Vaticano y Argentina tienen firmado un concordato que regula las relaciones entre el Estado y la Iglesia Católica.

Comida

En Argentina se come muy bien en general. Los platos típicos son:

- Empanadas (las probaste en los “info sessions”)
- Mate (un tipo de té)
- Alfajores
- Asado
- Pizza
- Pastas
- “Dulce de leche”
- Helados

Es muy usual hacer “asados” en Argentina, sobre todo cuando hay buen tiempo. El “asado” se refiere a una reunión de confianza con familia y/o amigos. El objetivo es reunirse a pasar un buen rato, cerca de la parrilla que puede tener: Carne, pollo, embutidos (sausages), “choripán” (embutido que se come con pan).

Salir a bailar

En Argentina en los “boliches” (clubs) se bailan ritmos latinos (en especial cachengue y reggaeton) y también música en inglés, como el hip hop.

Los lugares más seguros para bailar son:

- Asia de Cuba (recomendación: ir los días miércoles o jueves)
- Mandarine
- Club 69 (recomendación: ir los días jueves)
- Niceto
- Shambala
- Makena
- Derby (en el Hipódromo de San Isidro)
- Brandy (Zona Norte)

You can look on their FB pages for reduced or free entrance!

Reggaeton:

-Bayside (Saturday nights)

-Kika (Tuesday is student night or go on the weekend, very young and touristy crowd)

-Rosebar (big space, very touristy)

Techno:

- Bahrein (very fun)
- Crobar Friday nights (hard to get in)

Clubs/Nights that typically attract a Queer crowd:

- Crobar Saturday
- Fiesta Plop
- Amerika

También hay lugares para bailar tango, se llaman milongas, y algunas de ellas son:

- Azúcar
- La Viruta
- La Catedral del tango

Organizaciones para extranjeros

Buenos Aires está lleno de gente del todo el mundo, y hay muchas organizaciones que tratan de conectarse la gente extranjera. Cada uno de los siguientes organizaciones es gratis y bastante útil si querés conocer a la gente o buscas algo para hacer en la ciudad.

- **BAIS** <http://www.baisargentina.com/es>
- **PALS** <http://www.uca.edu.ar/index.php/site/index/en/uca/uca-internacional/estudia-en-uca/servicios/pal-program/> *también hay facebook
- **Buenos Aires Expat Hub** (en facebook)
- **Sistahs in BA Un grupo de mujeres afroamericas:**
<https://www.facebook.com/groups/2213020522123471/>

¡COMUNICACIÓN DENTRO DEL PAIS: LOS CELULARES!

Hay muchas oportunidades para comunicarte con tus amigos en Buenos Aires. La mayoría de los jóvenes tienen teléfonos celulares argentinos. Es posible que tu celular americano funcione fuera de los EE.UU. (con un SIM card), pero hay que fijarse si los "rates" son aceptables (muchas veces no vale la pena porque los rates son muchísimo más caros). Los que tienen Verizon o Sprint no tienen International SIM cards y viajar con su celular no es una opción. Los demás pueden verificar los datos de su plan. Por favor, tengan cuidado de no llamar a los celulares desde una línea fija (en la casa de su familia host, por ejemplo) porque es muy caro hacerlo.

Te recomendamos que traigas un celular viejo además del celular actual, porque sería mucho más fácil y barato que comprar un celular argentino en el caso de que te roben el celu actual o lo pierdas.

¿Querés un celular?

Compañías:

Las mejores compañías para un celular en Buenos Aires son: Movistar, Personal, y Claro. Para los que usan Personal, tienen un sitio Web en el que puedes mandar textos a los celulares ¡completamente gratis! En este sitio Web, tus padres y amigos en los EE.UU. (y también tus amigos en Buenos Aires) pueden mandarte textos y puedes responder también. Tu respuesta va directamente a su computadora y así puedes mantenerte en contacto (de manera fácil) con tus contactos en los EE.UU.

Planes:

Los planes en general no son muy caros pero requieren de un DNI (documento nacional de identidad, identificación para los argentinos) que ustedes no tienen. Para ustedes, que se quedarán por algunos meses, es muy simple obtener un teléfono "prepago" (compras el celular y vas comprando minutos para agregar a tu celular cuando quieras).

Precios:

Un celular sale desde ~4000 pesos para arriba y puede incluir 40 pesos de crédito. Los textos salen 1.50 por texto y las llamadas salen 1.80 cada minuto (dependiendo de la compañía). En general, no hay una carga para las llamadas que recibas (pero ocurre a veces que te cobren por recibir llamadas internacionales). Hay que preguntar por todos los gastos ANTES de comprar un celular. En general, usaran 60 pesos de crédito por 1-2 semanas. Cuando no queden más créditos, simplemente vayan a un locutorio o kiosco y pidan una "tarjeta de recargo" para tu celular. También es posible hacer una recarga virtual en un kiosco (te preguntan la compañía, tu numero y cuanto deseas recargar).

Dónde:

Podés comprar los celulares en cualquier área de Shopping o en los negocios de la calle (hay varios). No te sorprendas si vas a cinco negocios de la misma compañía y cada uno te dice una cosa diferente. No es que no te quieran tratar bien, es que simplemente así es el sistema. Hay que ir a un par de negocios si no te gusta lo que escuchas la primera vez. Trae una copia de tu pasaporte si vas a comprar un plan, a veces necesitan el original. Es probable que tengas que regresar al lugar donde compraste el celular por algún problema así que TENE PACIENCIA...

¡Nuestros estudiantes nos recomendaron estos sitios!

<http://www.tomamateyavivate.com.ar/> --con videos, un montón de temas, e información sobre el país, este sitio te enseña por que es tan especial ser un argentino!

<http://www.argentinaworld.com.ar/> --con fotos de casi todos los lugares de Argentina, puedes ponerte en este sitio y aprender a través de ellas sobre el país entero. Mas como un sitio de turismo, puedes hacer reservas de alojamiento, buscar ofertas de turismo, y decide donde debes ir durante la semana santa!

<http://www.enjoy-argentina.org/> --todo lo que necesitas saber de la vida de un turista! Busca tours, hotels, viajes especiales (con diferentes temas), tips para los que viajan dentro del país, y fotos de los lugares para planear tu fin de semana perfecta!

<http://www.argentinatango.com/> --este sitio turístico te ayuda a organizar tu viaje y tiene

¿NECESITAS MÁS INFORMACIÓN?

Recomendaciones para: los días feriados, donde bailar el tango, para mujeres, gays y lesbianas, planes para el día y la noche, y para aprender más sobre el idioma!

<http://www.argentinaxplora.com.ar/> --el portal para descubrir Argentina, este sitio tiene fotos, mapas, videos, música, y temas que te ayuden a organizar tu viaje. ¿Quieres jugar el rugby? ¿Esquiar? ¿Quizás cazar? ¡Se puede buscar entre estos temas en la red!

<http://www.guiaoleo.com.ar/inde.php>--una guía fantástica de restaurantes en Capital.

<http://saltshaker.net/restaurant-reviews/vegetarian-resources> -- ¡para los vegetarianos!

<http://cinebuho.com.ar> – tiene mucha información sobre el cine independiente en Capital

PREDEPARTURE TO DO LIST

- ✓ Make a travel consultation appointment with your university services
- ✓ Consult with your physician in advance if you have a medical condition that will require regular treatment while abroad. It is wise to see a dentist well in advance of leaving in case you require additional dental work before you go. Women may want to schedule a gynecological appointment before departure. If you are under a doctor's care for a specific condition, be sure to discuss what you should do to maintain your health while you are away.
- ✓ Students who are coping with emotional or psychological problems should be especially aware that programs abroad present new challenges and pressures that can cause additional stress, and that there may be a lack of support systems abroad. Students with preexisting psychological conditions are very strongly encouraged to disclose their condition to the program coordinators: not to do so can result in unnecessary problems while abroad.
- ✓ If you are taking prescription medication, bring a copy of the prescription with you. You will need it in order to carry medication and/or medical supplies through customs and, in an emergency, to fill your prescription once in your host country. It makes your life a lot easier, however, if you just bring enough medication for the time you will be away. Minimize risks at international borders by taking copies of your prescription with you and keeping all medications in the bottles in which they are dispensed. If you wear eyeglasses, do the same (bring an extra pair but make a copy of your prescription just in case). Also, bring copies of all medical records.
- ✓ If you are expecting to receive funds from home during the program, make proper arrangements for their timely disbursement. Keep in mind that fluctuations in the conversion rate of your home currency into the currency of your host country may raise or lower the value of funds that you are expecting to receive.

- ✓ Make an approximate budget for your trip. Last year students spent anywhere from \$1000 to \$4000 over the course of eight weeks, including weekend travel. On average students spent about \$180/week on transportation, cell phone cards, going out, and on food in restaurants. Anticipate unanticipated expenses, and bring personal funds to cover them.
- ✓ Arrange to have a responsible person at home handle your mail.
- ✓ Check with your airline regarding its luggage policy.
- ✓ Mark all of your baggage inside and out with your name and the address and phone number of your host family
- ✓ Reconfirm your flight 72 hours before departure. Print your boarding pass.
- ✓ Carry your important documents with you when you travel. Be sure your immigration papers are in order. Have available important phone numbers, including DRCLAS Office in Buenos Aires (+541152371083) and the name and phone number of your host family.
- ✓ Carry with you a small suitcase with personal articles in case your luggage is temporarily lost.
- ✓ **Bring the names and addresses of people in your country with who you will want to be in contact, including your university important numbers.**
- ✓ People that you meet will probably be interested in learning about your home country. You might want to bring postcards of your country, tapes or CDs with folk and popular music, maps, artwork, a typical textile, or similar representations of your culture. Harvard regalia works too! Some students have recommended bringing low-cost souvenirs to give as gifts to new friends (especially your host family). Keep in mind that you cannot bring produce or plants through customs.
 - Vitamin C (many students get sick during the winter) Cold medicine
 - Rain Jacket/ Umbrella
 - Rain boots
 - Slippers
 - Long Underwear
 - Backpack



***It is recommended that you bring all the clothing that you think you will need. Not only are the prices of clothing much higher in Argentina in comparison to the United States, but the majority of the brands in shopping malls are popular**

American/European Brands.

THINGS YOU MIGHT NOT THINK TO PACK

- o Sleeping bag
- o Books
- o Argentina guidebook (Lonely Planet is highly recommended)
- o Photos of family, friends, and your home town
- o Dollars (this is just a suggestion. Because the conversion rates change so much it could be to your advantage to change dollars at a Western Union or other agency. Do not bring a lot and always keep them somewhere safe! Withdrawing money at ATMs can be about 5 USD every time if you don't have HSBC or Citibank). You can also use Xoom, which is a subsidiary of PayPal to get cash. Saves a lot of money from the ATM bank charges.

Nota: Toda la información que te damos acá es referencial, si tienes alguna pregunta específica no dudes en contactar a **María José Ferreyra** mferreyr@fas.harvard.edu o a **Magdalena Richards** magda@buenosaires.casa.education