



As the Superintendent of Insurance (Sugese), it is a pleasure to welcome you to Costa Rica, as host of the Regional Training Seminar for Supervisors of Latin America, IAIS - ASSAL; we hope you will enjoy your stay in our country.

Below, please find basic information which you may find useful during your visit and participation in the event:

Contact persons in Costa Rica: Henry Meoño, phone + (506) 8827-9399 and Melissa Molina, phone + (506) 8996-3491.

Place of the event: Hotel Sheraton

Rates: For the event, the hotel will be offering a special rate of \$ 137.80 I.I. double occupancy, with breakfast buffet included. For reservations, please send an email to reservas@sheratoncr.com and ask for ASSAL's rate, or call (506) 4055-0520. This rate will be available until November 3rd. After November 3rd, it will be subject to hotel's availability.

Nearby hotels:

- **Intercontinental:** <https://www.ihg.com/intercontinental/hotels/us/es/reservation#>
- **Holiday Inn Escazú:** <https://www.ihg.com/holidayinn/hotels/us/es/reservation>
- **Courtyard by Marriot:** <http://www.marriott.com/hotels/travel/sjocy-courtyard-san-jose-escazu/>
- **Residence by Marriot:** <http://www.marriott.com/hotels/travel/sjori-residence-inn-san-jose-escazu/>

Local Currency: Colón

Exchange rate: 560 colones per dollar (as of September 2016)

Any bank will change dollars into colones. We recommend exchanging money at a bank, since the airport normally costs more. Additionally, it is possible to withdraw cash dollars at any ATM in multiples of \$ 20. Most shops, hotels and restaurants accept dollars and credit cards. Taxi service can be ordered with credit card payment if previously coordinated through your hotel. Tips in all restaurants and bars are included with the bill, so a cash tip is not expected.

Costa Rica is located in the tropical zone; normally sunny mornings and rain occurring in the afternoons. For more detailed information, you can check the weather at the following link: <https://www.imn.ac.cr/web/imn/start>



We have a wide range of local tourist activities. Longer trips to beaches or mountains can also be arranged. For information on activities and transportation, please visit the official website <http://www.vamosaturistear.com/contenido/>. If you prefer you can coordinate these activities with your hotel's travel agency.

Welcome cocktail: Sunday, November 27th, on the first floor of the Sheraton Hotel, at 6:00 p.m.

Start of the seminar: Monday, November 28th, at 8:00 a.m., beginning with the participant registration.

Official Dinner: Tuesday, November 29th, at the Sheraton Hotel Restaurant, at 7:00 p.m.

Web site activity: www.assal-cr.com