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AT&T military services

3

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Calling home from the Americas 5

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US local telephone card. For help or to call the US collect, hold for an AT&T Operator:



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AT&T access numbers

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 Brazil 000-8010
 Chile 800-225-288
 Panama 00-800-001-0109
 Peru 0-800-50000
 Uruguay 000-410



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6-7



Welcome to Argentina

7

COMPRISED MOST of southern South America, Argentina is the world's eighth largest country, with 33 million people on 2.8 million square km. Argentina possesses some of the world's tallest mountains and most impressive waterfalls. The diversity of the land ranges from wild remote areas in southern Patagonia to the bustling metropolis of Buenos Aires in the north.

Currency is the *peso*, divided into 100 *centavos*. Notes are for 100, 50, 20, 10, five or two *pesos*. Coins are for one *peso* or 50, 25, 10, five or one *centavo*. Diners Club, American Express and MasterCard are generally accepted. Exchange is handled in major cities at banks and exchange houses (*casas de cambio*). Commission rates vary. Travelers' checks may be hard to change outside Buenos Aires. In Bahía Blanca look for Citibank.

AT&T Direct Service access is 0800-222-1288 or 0800-555-4288.

Time. Argentina is three hours behind GMT. There is no daylight saving time.

Health and safety. Although tap water is generally safe in Buenos Aires, drink only bottled beverage



ages (including water) in other areas of the country. Do not eat raw seafood, rare meat, or dairy products. Eat well-cooked foods while still hot, and fruits that can be peeled without contamination. Avoid road-side stands



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Welcome to Argentina

and street vendors. Only pasteurized dairy products should be consumed. Do not carry wallets or cameras in plain sight. Do not wear valuable jewelry in public.

Electricity. US electronics require a converter and adapter for 220 volts 50 cycles.



Food and drink. Argentine food is a mix of Basque, Spanish, and Italian. Beef is excellent. Carnivores seek out *parillas*, where the style is barbecue. Very popular is the *parillada*, a mixed grill of beef, lamb, venison, and/or chicken. Traditional *parillada* includes animal parts that North Americans generally don't eat. Adventure.

Welcome to Argentina

9

Other cuts are *bife de chorizo* (thick steak), *bife de lomo* (short loin), *bife de costilla* (T-bone), *asado de tira* (roast rib), and *vacío* (sirloin). *Matambre relleno* is stuffed, rolled flank steak baked or cold as an appetizer. *Bife de caballo* is meat with eggs and chips. *Milanesa* is breaded meat. *Carbonada* is stew.

To get your beef done just right, say *cocido* (well done), *a punto* (medium), or *jugoso* (rare).

Typical fare might be beef with potatoes and salad, or a *milanesa* or pasta. On a budget, try *rotiserías*, which sell chicken, pies, turnovers and *fiambres* (processed meats). *Comedores* have fixed-price menus with steaks, eggs, salads, and chips.

Confiterías serve sandwiches, *panchos* (hot dogs), and burgers. Chinese eateries give big portions for little money. *Cafés* are places to linger over coffee, snacks or drinks. Popular snacks are *empanadas* (minced meat or veggies in a pastry shell) and pizza. Just say no to fast-food clones.

Dinner starts late (after 21:00). Dessert may be fresh fruit, *flan* (custard), *queso y dulce* (cheese and processed fruit), or *almendrado* (ice cream and almonds). Local wines are good. Coffee means espresso. Chocolate is big also.

Buenos Aires

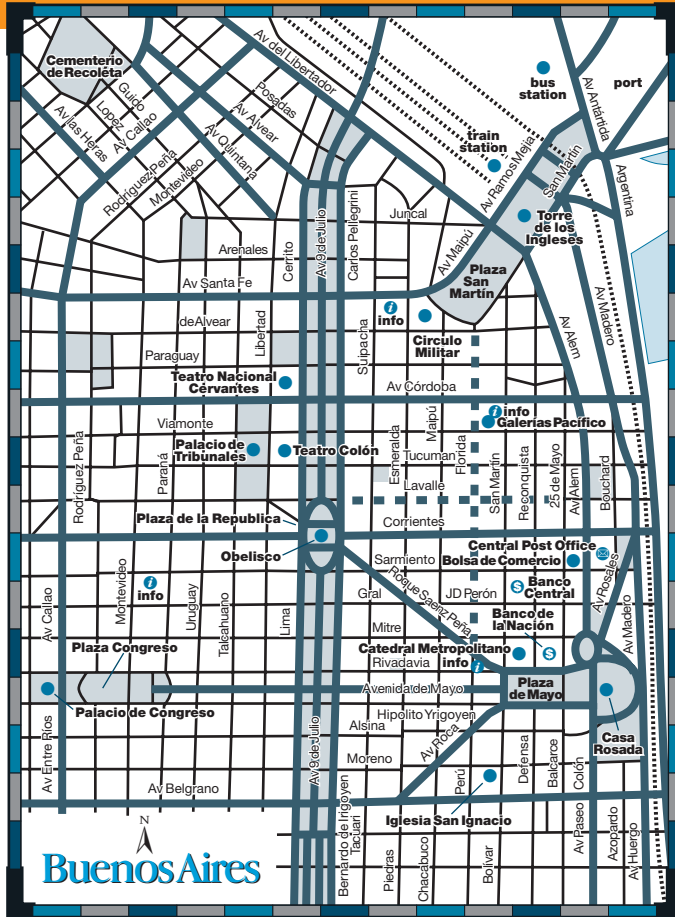
Points of interest. Founded in 1580, Buenos Aires is Argentina's capital and home to 11 million. At its center is Plaza de Mayo with Casa Rosada, the presidential palace. A block south is Iglesia San Ignacio. Built in 1710, it is the oldest colonial church. At Alsina and Defensa is the Farmacia de la Estrella, an elaborate turn-of-the-century pharmacy. Upstairs is Museo de la Ciudad. On the plaza is Banco de la Nación. Three blocks north is the massive Correo Central (post office).

Florida and Lavalle streets are fashionable pedestrian malls. The extraordinary Galerías Pacífico is a block of upscale stores at Florida and Córdoba. From Plaza de la Republica soars the Obelisco, an icon similar to the Washington Monument. Two blocks up Avenida 9 de Julio is the world-class Colon Theatre, with a fascinating museum. At the west end of Avenida de Mayo is the Congress.

Eating and drinking. For a good budget meal try the basement cafeteria at Islas Malvinas, Reconquista 335; Cabaña Blanca (sandwiches, fruit) Florida 243; the hole-in-the-wall San Francisco, Defensa 177 by the plaza; or Supercoop, Sarmiento 1431. For Italian fare try Casona del Nonno, Lavalle 827; Inmortales, Lavalle 746 and



Welcome to Argentina



Corrientes 1369. Typical Argentinian is at Palacio de la Papa Frita, Lavalle 735 or 954 or Corrientes 1612; the food court in Galerías Pacífico, Florida and Córdoba; Pippo, Paraná 356; or Chiquilín, Sarmiento and Montevideo.

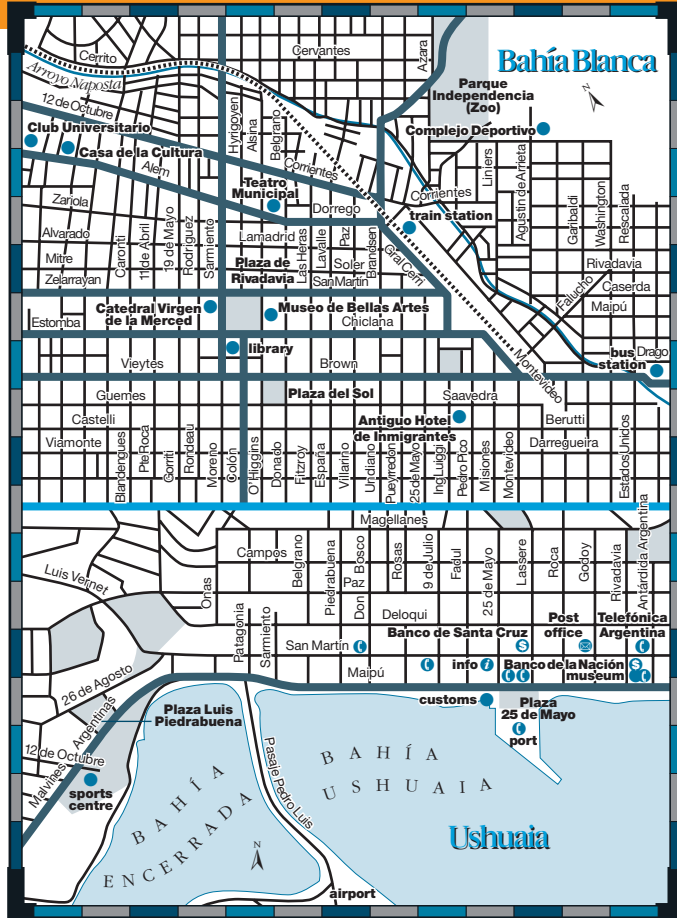
Good moderately priced *parillas* include Estancia, Lavalle 941; Rural, Suipacha 453; Posta del Gaucho, Carlos Pellegrini 625; Cabaña, Entre Ríos 436; and Quorum, Combate de los Pozos 61 behind Congress. Chinese all-you-can-eat is Han Kung, Rodríguez Peña 384; and Yong Bin Kwan, Rivadavia 2030. A step up is Casa China, Viamonte 1476. McDonalds is at Lavalle 964 and Florida 570. For great ice cream try Freddo, Davila 292 and Florida 547.

Café society—wine, coffee, talk—is a big part of Argentina. Try Café la Paz, Corrientes 1599; Café Pernambuco, Corrientes 1680; Young Men's Bar, Córdoba 800; or Florida Garden, Florida 899. Foro Gandhi doubles as art theatre, Corrientes 1551. Café Tortoni has jazz with atmosphere, Av. de Mayo 829. Jazz spots include Bárbaro, Tres Sargentos 415; Oliverio, Paraná 328; or Cotton Club, Cor-

rientes 636. Tango is at Tanquería Corrientes Angosta, Lavalle 750; and Café Homero, Corrientes 1660.

Morocco is a Centro dance club where stars hang out, Hipólito Yrigoyen 851. Two *barrios* (neighborhoods), Recoleta and Palermo, are best for dancing. Try Gallery, Azcuénaga 1771; or Afrika, Alvear 1885.





Bahía Blanca

Climate. Temperatures vary widely. The rainiest months are February, March, October; and November.

Points of interest. Bahía Blanca began in 1828 as an Argentinian outpost in native territory. Today the city of 300,000 serves ports on Río Naposta, including Belgrano and Ingeniero White. Visitors enjoy the many parks, squares, and *plazoletas*. Around the old Plaza Rivadavia are banks, hotels, and a handicrafts fair: Parque Mayo is the city's largest and Parque Independencia has the zoo.

Eating and drinking. Cabañas at Chiclana 39. Casita de Miguel at San Martín 510. Falcon at Alsina 350. El Vesuvio at San Martín 337. Mi Viejo at Chiclana 429. Mundo de la Pizza at Dorrego 55. Onda Libre at Donaldo 58. Pavarotti at Belgrano 272. Perfiles at Alem 59. Pizzería Gran Caruso at Rodríguez 128. Pizzería Baska at Lavalle 284. Victor at Chiclana 81.

Ushuaia

Climate. Pleasant in summer but cold in winter with temperatures to 5°.

Points of interest. Ushuaia, southernmost city of the world, with 44,000 inhabitants, is located along the Beagle Channel. Its name means "bay pen-

etrating westward." The town began as a penal colony and life was closely tied to the old prison. San Martín is main street. The base of the Martial Mountains gives streets their many ups and downs. Visit the End of the World Museum on Maipú to see the history of the region plus a collection of birds. The beautiful landscapes of Tierra del Fuego National Park are southwest of Ushuaia. Drive Route 3 for fabulous mountain views of Lake Escondido, Garibaldi Pass, and the Andes.

Seven small ski centers are near Ushuaia. Alpine areas Wolfgang Wallner and Glacier Martial and the Nordic area Club Andino are all north of town. Cross-country areas Tierra Mayor, Las Cotorras, Altos del Valle, Valle de los Huskies, and Haruwen are northeast. Ski season is late June to late September.

Banks and travel. Banco de la Nación at San Martín 190. Antatour at San Martín 638 Local 14. All Patagonia at 25 de Mayo 31.

Eating and drinking. Canal Beagle at Maipú and 25 de Mayo. Hotel Ushuaia at Lasserre 933. Hotel Albatros at Maipú and Lasserre. Hotel las Lengas at Goleta Florencia 1722. La Salchicha Austral at Maipú and Lasserre. Pizzeria el Turcot at San Martín 1440. Mous-tacchio at San Martín and Godoy.



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14-15



Welcome to Brazil

15

BRAZIL COVERS almost half of South America and borders every country except Chile and Ecuador. Brazil's population concentrates in a few major cities on the coast. Rio de Janeiro and Sao Paulo dominate the south. Salvador and João Pessoa retain the colonial feel of early Portuguese settlers in the north.

Currency is the *real* (pronounced HAY-ow), divided into 100 *centavos*. Bills are one, five, 10, 50, and 100 *reais* (HAY-ice). Coins are one, five, 10, 25, and 50 *centavos*, and one *real*. Visa is versatile, allowing cash advances from banks and ATMs. Mastercard works for purchases but often not for cash. Always destroy your carbons. Change money in *casas de câmbio*, large banks, or some travel agencies. Cash travelers checks in *câmbios* or in Banco do Brasil. Merchants sometimes run out of change, so ask "tem troco" (have change)?

Time. Eastern Brazil is three hours behind Greenwich Mean Time, with daylight saving time in the summer.

Electricity in Brazil is 110-120 volts, same as in the US.

AT&T Direct Service access is 000-8010 in Brazil.

Health and safety. Avoid ice, uncooked food, and unpasteurized milk products. Drink only bottled water; packaged milk, and bottled and canned drinks. Eat well-cooked foods while still hot, and fruits you can peel yourself. Do not change money on the street. Keep documents, money, and cards hidden in waist or leg



pouches or zipped pockets. Don't carry valuables in sight. Wear only jewelry you are willing to lose. Keep cameras in secure bags, preferably with chains or wire-embedded straps.

Food and drink. The Brazilian diet is built on *arroz* (rice), *feijão* (black beans), and *farofa* (root flour). Add *carne* (meat), *galinha* (chicken), or *peixe* (fish) to complete a *prato do dia* (plate of the day). *Churrascarias* and *rodízios* bring all the meat you can eat, plus sides, at a fixed price. Vegetarians

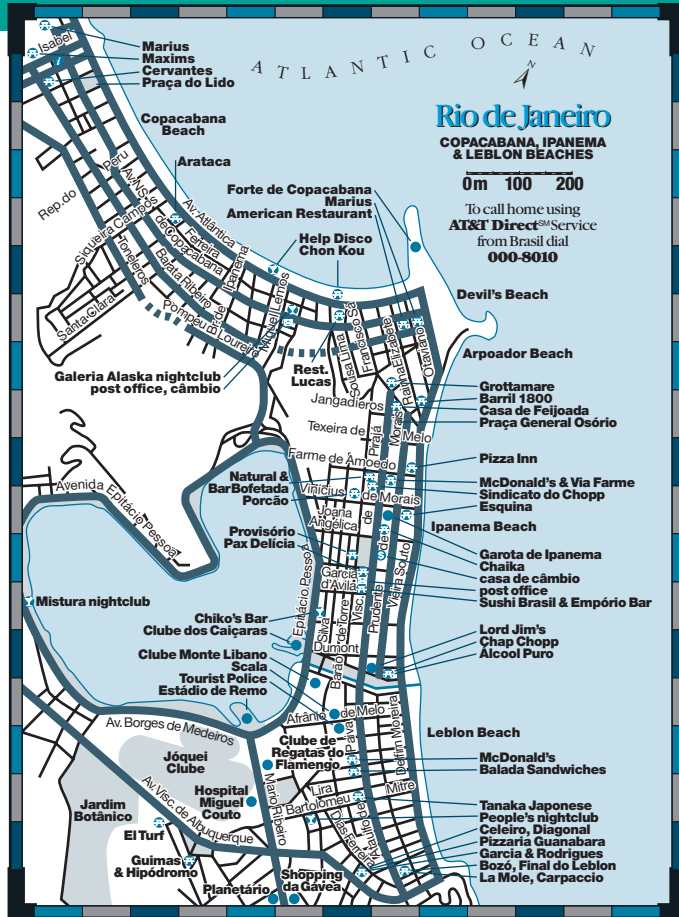
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14-15



Welcome to Brazil



can fill up at salad bars. Other dishes are *camarão à paulista* (shrimp fried in olive oil, garlic, salt), *carne de sol* (salted grilled meat served with beans, rice, veggies), *caruru* (okra, onions, shrimp, fish, peppers, salt, *dendê* oil), *feijoada* (meat stew, rice, beans), *peixe a delícia* (fish, bananas, coconut milk), *prato de verão* (fruit), and *xinxim de galinha* (chicken, garlic, salt, lemon, often shrimp, *dendê* oil). Brazil produces so many wonderful fruits that many have no English names. Try the *sucas* (juices). Brazilian *cafézinho* (coffee) is strong and sweet. *Café com leite* is cut with milk. A popular *refrigerante* (soft drink) is *guaraná*, made of an Amazonian berry. Draft beer is *chopp*. The mixed drink is *caipirinha* (cane alcohol, lime, sugar, ice). Breakfast is *café da manhã*. Lunch is *almoço*. Dinner is

jantar. A 10 percent service charge is often added. Leave another five.

Rio de Janeiro

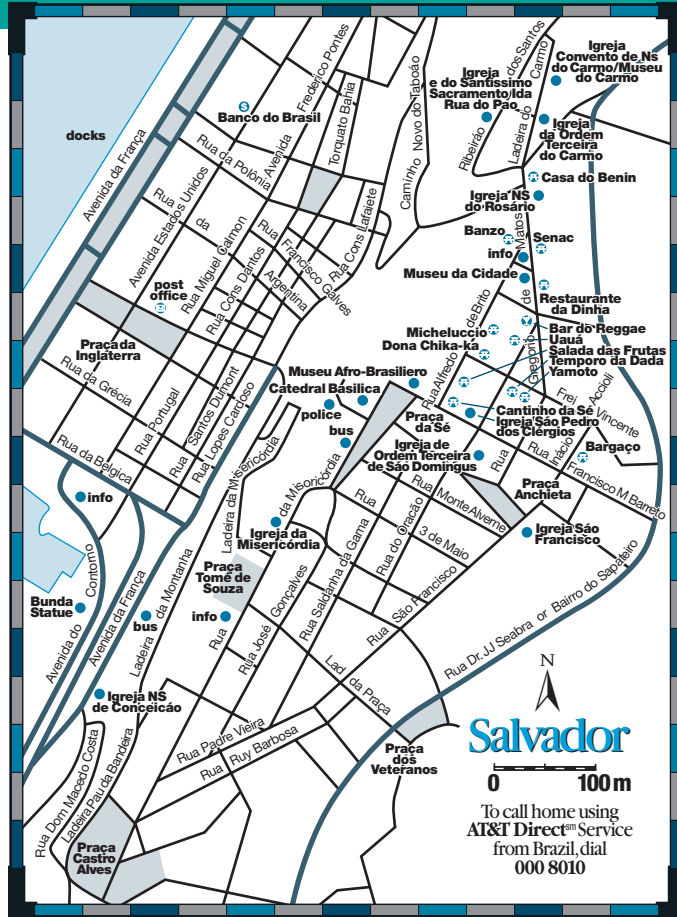
Climate. Rio de Janeiro sits at the Tropic of Capricorn, which makes its climate ideal. Winter ranges from 61° to 68°. Summer heats up to 77° to 113°.

Points of interest. Rio de Janeiro brims with color, rhythm, and joy. Few places match its hospitality and charm. Shades of Amazon green, golden sunlight, and tropical blue sea help give the city its flamboyance. Rio's beaches are world-famous. Copacabana, Ipanema, and Leblon huddle together like celebrities. Each of Rio's diverse aspects fascinates: the impeccable Avenida Atlântica, the hillside *favelas*, the Victorian mansions of Santa Theresa.





Welcome to Brazil



Eating and drinking. In Copacabana, many restaurants are on Avenida Atlântica. Cervantes serves sandwiches to a colorful crowd on Av. Prado Jr. Chon Kou offers Chinese food at Av. Atlântica 290 and Rua Francisco Otaviano 96. Handicrafts are sold in front of the club Help. Maxims is in Rio Sul Shopping Center:



Salvador

In Ipanema, Rua Farne de Amoedo is a good place for beer and appetizers. Barril 1800 serves cold *chopp*, Av. Viera Souto 110. Casa de Feijoda is for typical Brazilian black beans at Rua Presidente de Moraes 10.

Chaika is where the girl from Ipanema gets a late-night burger at Rua Vizconde de Pirajá 321. Gula Gula makes great salads and desserts at Rua Anibal de Mendonça 190. Grottamare is seafood at Rua Gomes Carneiro 132. Porcão offers *churrasco* at Rua Barão da Torre 218. Yemanjá prepares dishes from northern Brazil at Rua Vizconde de Pirajá 128A.

In Leblon, Garcia & Rodrigues and Guanabara Pizzaria are at the end of Av. Ataulfo de Paiva. Bozô, Final do Leblon, La Mole, Carpaccio, and others are on Rua Dias Ferreira. Balada has the best sandwiches and *sucos* (juices) at Av. Ataulfo de Paiva 620. Plataforma serves *churrasco* to celebrities at Rua Adalberto Ferreira 32.

Points of interest. In 1501 famed Italian navigator Amerigo Vespucci sailed into Baía de Todos os Santos. In 1549 Tomé de Souza founded Salvador; Brazil's most important city for three centuries. Historic churches dot the city center above the bluff, where restoration has revitalized the area.

Eating and drinking. In the town center above the bluff are restaurants that cater to visitors. Salada das Frutas is popular for healthy snacks, juices, and *refeições*, Rua Alfredo Brito 5. Micheluccio is good for pizza, Rua Alfredo Brito 33. Temporo da Dada serves seafood, Rua FreiVicente 5. Banzo is a good value for Bahian dishes and exotic drinks, where Rua Alfredo de Brito meets Ladeira do Carmo. The courtyard restaurant at Hotel Pelourinho serves up a great bay view. Nearby is Senac, with a huge buffet of Bahian dishes. A block north Casa do Benin serves excellent African fare complete with a thatched hut.



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20-21



Welcome to Chile

21

CHILE OFFERS varied geography and numerous climates. Far north lies the arid Atacama Desert. The central valley starts north of Santiago and runs south 1000 km. to Puerto Montt. Most Chileans live in this valley. South of Puerto Montt the land breaks up into countless islands, channels, rivers and glaciers, with exuberant native vegetation.

Currency is the *peso*. Coins are 100, 50, 10, five, and one *peso*. Bills are 20,000, 10,000, 5,000, 2,000, 1,000, and 500 *pesos*. Major credit cards are accepted. Money can be exchanged at some airports and at hotels, banks and exchange houses (*cambios*) in the downtowns of major cities. Best rates are at *cambios*.

Tourist info. Turavion is the official travel agency of the American Embassy. Call Annie Stange, 562-330-3080 or 569-328-7609, or email turavion@state.gov.

Health and safety.

Chile poses few health risks. Even so, drink bottled water and eat vegetables and seafood that is cooked. Do not carry wallets or cameras in plain sight. Do not wear valuable jewelry in public.

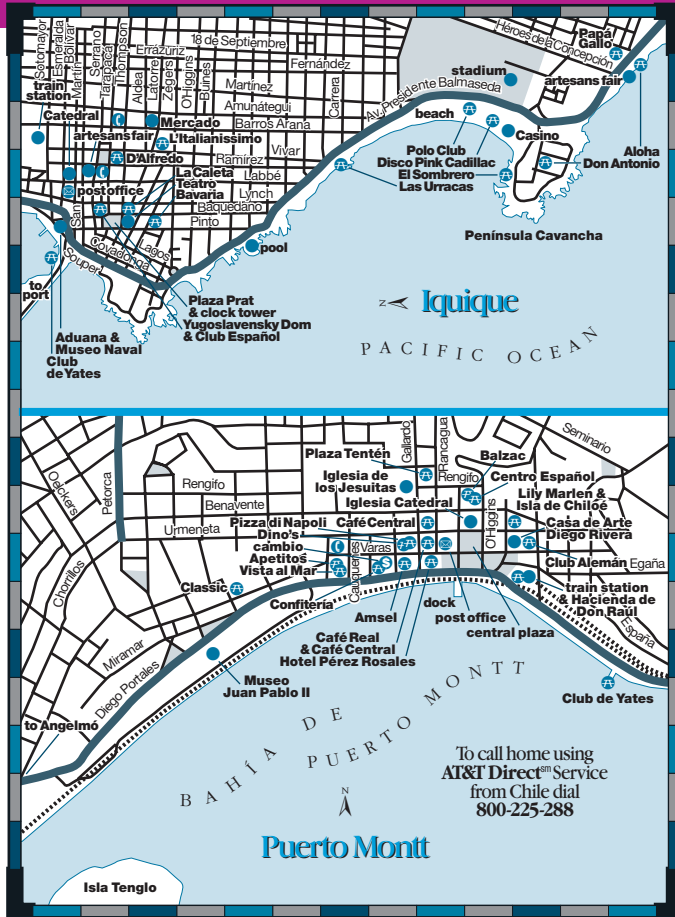


AT&T Direct Service access is 800-225-288 in Chile.

Electricity. For US electronics, you need to use a converter and adapter for 220 volts 50 cycles.



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Food and drink. Try Chilean cuisine, which specializes in *empanadas*, *pastes de chocho*, grilled meats, and a great variety of local seafood dishes. Chilean wine is known worldwide for high quality. Notable vineyards include Cousiño Macul, Concha y Toro, Tarapaca, and Santa Carolina. Chile is famous for pisco. Try a pisco sour. It is customary to leave a 10 percent tip at restaurants.

Iquique

Climate. Mild and dry, with temperatures from 64° to 86° in coastal areas. Inland towns vary from 32° to 104°.

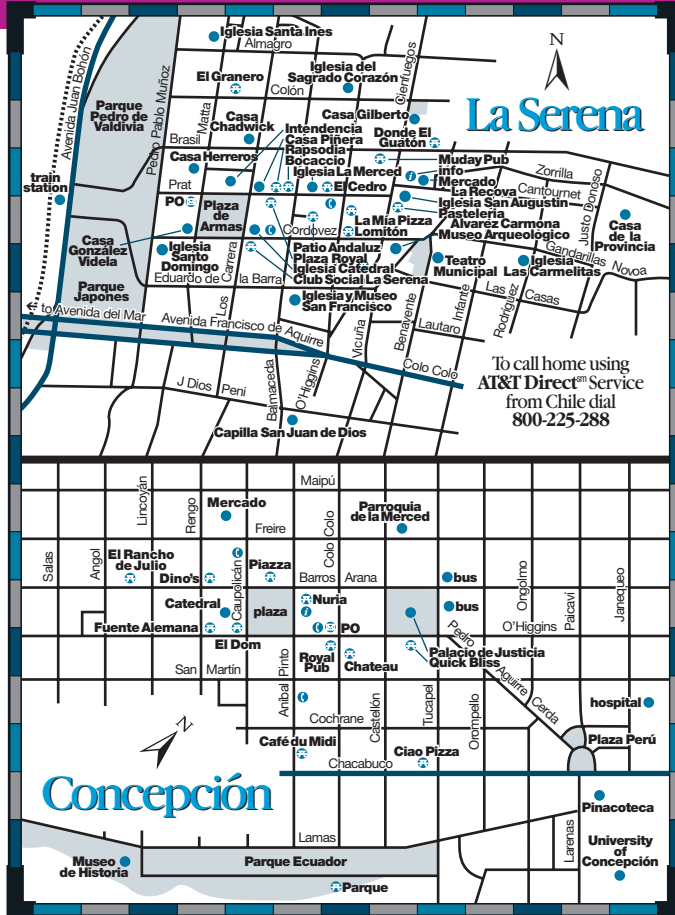
Points of interest. Most of Iquique's buildings were built between 1880 and 1920. The historic area centers on Plaza Arturo Prat, with beautiful trees and the grand Torre del Reloj (clock tower). By the Plaza is Teatro Municipal, opened in 1890 as an opera theater. Along Calle Anibal Pinto toward the sea find Edificio de la Aduana (customs) from 1870. Nearby are the Naval Museum and a wharf where boat tours originate.

Visit the old train station, traditional Casino Español, Regional Museum, and monument to Capitán Arturo Prat. Down the beautiful beach is Cavancha Peninsula, with hotels, restaurants, discos, and a casino. South





Welcome to Chile



are more beaches that are ideal for fishing, diving, and water sports.

Restaurants/pubs/discos. Al Filo d'Oro Pizzeria at O'higgins 964 (420418). Aloha at Avda. II de Septiembre 1727 (450737). Armandita Parrilla Argentina at Avda. Balmaceda 2479 (431471). Bahía Terrado at Avda. Aeropuerto 2873 (437878). Bolivia Restaurant at Serrano 751 (417154). Buffet Clase at 365 Anibal Pinto 695 (427000). Casino de Juegos de Iquique at Avda. Balmaceda 2755 (431391-431207). D'Alfredo Pizzeria at Los Molles 2290 (449000). El Bucanero at Patricio Lynch, Piso 2 (429234). El Corsario at Playa Cavancha. Lado Casino (425295). El Galpón at Av. II de Septiembre 1985 (450081). El Nuevo Arriero at Filomena Valenzuela 270

(431508). El Rincon del Nene at Avda. Playa Brava 1824 (442456). El Sombrero at Los Rieles 704. Fharo's at Avda. Costanera Sur 3607. Furusato Restaurant Japones at Playa Blanca 2329 (447307). Hotel Gavina at Avda. Balmaceda 1497 (413030). Kamikaze at Primeras Piedras (381001). La Nueva Estancia at Avda. Playa Brava 1858 (442909). La Pica Cavanchina at Filomena Valenzuela 205 (439329).

Las Tablas at Filomena Valenzuela 221 (433011). Otello Ristorante at Filomena Valenzuela 775 (431169). Portofino at Thompson 650 (426042). Real Canto del Agua at Filomena Valenzuela 230 (411664). Sub Terra at Avda. Chipana Esquina Rancagua (450777). Tabarna Barracuda at Gorostiaga 601 (427969, after 20:30).





Taco Taquilla Mexicano at Thompson 123 (427804). Terrazas del Mar at Avda. Balmaceda 1497 (413030). The New Pink at Avda. Balmaceda 2751 (435835). Timber House at Bolívar 553 (472912).

the coast 20 km. with beaches, restaurants, hotels and fun. Further is the University of Antofagasta and then Huáscar Beach, with discos, and Caleta Bahía Coloso, a fisherman's cove full of restaurants.

Exchanges. Afex at Serrano 396 Segtur Mapocho, Zofri. Cambio Fides at Zofri Puerta 4. Cambio Mo at Zofri Puerta 4. Internacional Ex Bank at Zofri Puerta 4. Operadora de Cambios at Patricio Lynch 548 #18. Sivesa at Lynch 548 #10. Supply Tour at Zofri Puerta 4. Wall Street at Zofri Puerta 4.

Restaurants/pubs/discos. Bavaria at Ossa 2424. Box Discotheque at Camino el Coloso. Club de Yates at Balmaceda 2705. El Arrayan at Diaz Gana 1314. El Arriero at Condell 2644. Kamikaze Discotheque at Camino el Coloso. Los Buenos Muchachos at Condell 2682. Mexall at Poupin Esquina Orchard. Oggu's at Salvador Reyes 1025.

Antofagasta

Climate. Mild and dry, with temperatures between 64° and 86° in coastal areas. Inland temperatures can be extreme, from 32° to 104°.

Valparaíso/Viña del Mar

Climate. The seasons are well defined. Temperatures range from 32° to 55° in winter; 59° to 95° in summer.

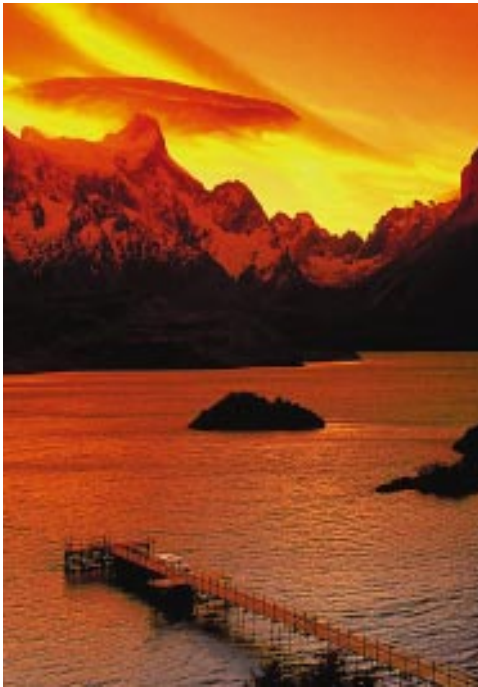
Points of interest. On the southern coast of the Mejillones peninsula, Antofagasta is the cultural center of northern Chile. Beautiful buildings still stand in the Barrio Histórico near the central plaza. Visit Plaza Colón, lined with palm trees and monuments such as the Torre del Reloj (clock tower), patterned after London's Big Ben. See the old Cathedral and the modern Teatro Municipal. Along Calle Sucre lies the Yacht Club and buildings with historic value. The former Aduana (customs) houses the Regional Museum. Paseo del Mar stretches down

Points of interest. Valparaíso is Chile's main port, home of the navy, and the seat of Congress. The bay was discovered in 1536. Chilean independence attracted Europeans, who established businesses here. Valparaíso's steep streets rise to the surrounding hills, mixing architectural styles and periods. See Plaza Sotomayor, with monuments and the Palacio de la Independencia, now the navy HQ. The old Navy Academy is now the Navy Museum. Visit the open-air Museo a Cielo Abierto, the beautiful Plaza

Welcome to Chile

Victoria, and the Cathedral. Up the coast is Viña del Mar, with its casino, restaurants, shows, and dance halls.

Restaurants/pubs/discos. In Valparaíso go to Caleta Portales and El Membrillo for fresh seafood. Tradi-



tional restaurants include: Restaurant Bote Salvavidas at Muelle Prat. Restaurant Café Turri at Templeman 147 Cerro, Concepción.

Club Aleman at Salvador Donoso 1337. Club Español at Avda. Brasil 1589. Restaurant El Castillo at Waddington 714. Restaurant Hamburg at O'Higgins 1274. Bar Ingles at Cochrane 851 and Blanco 870. Café y Restaurant Riquet at Plaza Anibal Pinto 1199.

Viña del Mar restaurants line Avenida San Martín and Avda. Perú. Try San Marco, Santa Fe, El Gaucho, Tip y Tap, Diego's Pizza at Avda. San Martín, or Chez Gerald at Avda. Perú.

Exchange. Andino at Esmeralda 970. Araucaria Ltda. at Cochrane 813 #204. Ascami at Esmeralda 940. Exprinter at Prat 895. Inter-Cambios at Errázuriz 627. New York at Prat 659. Prat at Prat 847.

Concepción / Talcahuano

Climate. Seasons are well defined with winter rain and temperatures from 32° to 55°; summer 59° to 95°.

Welcome to Chile

29

Points of interest. From 1565 to 1573 the original Concepción, built farther north, was Chile's capital. It was destroyed by tsunami and earthquake and was rebuilt here in 1764. Visit Plaza de la Independencia, with ancient trees, a fountain, and the Cathedral. Next to it is the Mercado, with crafts, flowers, and inexpensive eateries.

See Parque Ecuador with its Museo Histórico and lookout, and the Palace of Justice on beautiful Pedro Aguirre Cerda Avenue.

Sixteen km. from Concepción is Talcahuano, site of navy shipyards and a base which houses the Monitor Huáscar, second oldest battleship afloat. Visit Paseo Ventana del Mar and the fish market for great seafood.

Restaurants/pubs/discos. Discotheque las Rocas at Playa Blanca Coronel, Concepcion. Discotheque Pub la Granja at Km. 5 Camino Santa Juana, Concepcion. Discotheque Shadows at Colo Colo 463 P2 Local 7, Concepcion.

El Riquet at Av. Principal 395. L'Angolo at Barros Arana 262. Le Chateau at Colo Colo 340. Miramar at Villarroel 110 Local 3, Talcahuano. Nervio's Discotheque at Sector Ferbio, Concepcion. Tango & Mas at Camino Concepcion Penco Km 5.

Punta Arenas

Climate. Pleasant in summer but cold in winter with temperatures to 41°.

Points of interest. In 1520 the Portuguese sailor Ferdinand Magellan discovered the straight that would link Europe and Pacific. In 1843 an expedition founded Fort Bulnes nearby. Today Punta Arenas is a center of commercial activity, its economy based on cattle, mining and fishing. In the center is Plaza Muñoz Gamero, dominated by a statue in homage to Magellan. Nearby are the Cathedral and mansions of early 20th century ranchers. Visit Museo Regional de Magallanes in the Palacio Braun Menéndez by the plaza, Museo Regional Salesiano with its exhibit of early inhabitants, and Patagonian Institute with its Museo del Recuerdo. Shop the duty free zone. Enjoy extraordinary views from the Cerro la Cruz lookout.

Restaurants/pubs/discos. Disco Salsa Nueva Muzz at Bulnes 03545. Discotheque Cuervo at Ose Menéndez 756. Discotheque L'Bohemia at 21 de Mayo 1465. Discotheque los Brujos at Costanera Norte Km. 7. Discotheque Splash at Pedro Montt 951. El Coral at Jose Menedez 848. Hotel los Navegantes at Jose Menedez 647. Oil Joe Pub at Errázuriz 970. Restaurant de Turismo el Mercado at Mejicana 617.



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30-31

Welcome to Panama

31

PANAMA STRETCHES along a narrow S-shaped isthmus about the size of South Carolina. It connects the North and South Americas. It is bordered by Costa Rica to the west, Colombia to the east, the Caribbean to the north, and the Pacific to the south. The name Panama means "abundance of fish." Panama City was founded by the Spanish in 1519. It sits on the Pacific side, just east of the canal entrance.

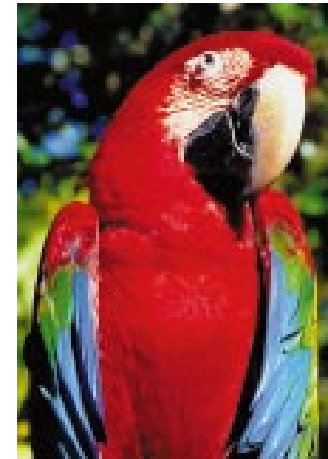
Currency. US currency is legal tender in Panama. No exchange is required. The official Panamanian name for the Dollar is Balboa. Panama does issue minted coins, which are the same values, sizes, and metals as US coins. They are both used interchangeably.

Time. Panama lies within the US Eastern time zone. It is five hours behind Greenwich Mean Time. There is no daylight saving time.

AT&T Direct Service access is **00-800-001-0109** in Panama.

Food and drink.

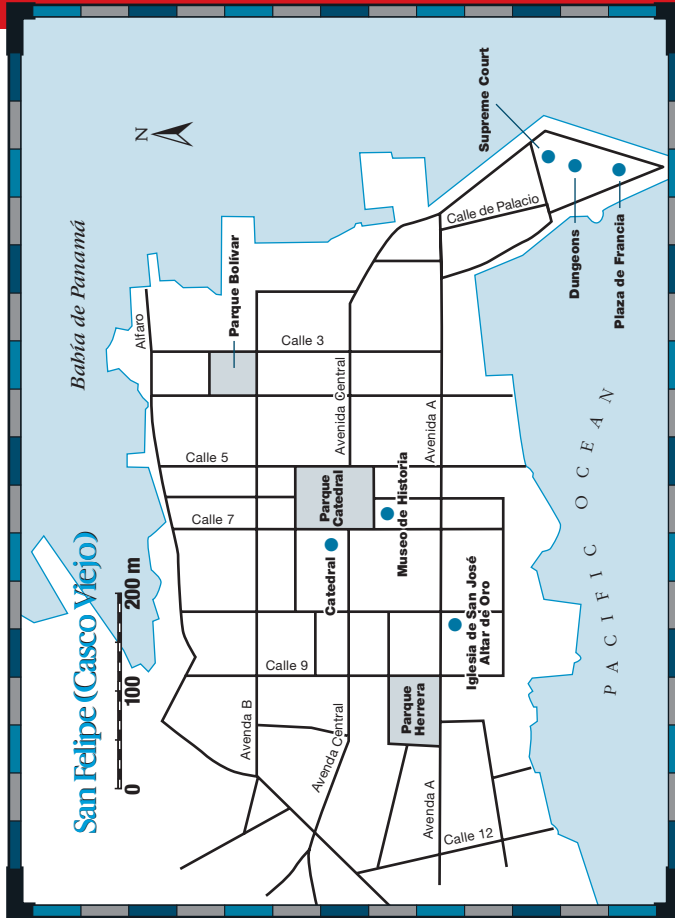
Lunch is the big meal of the day in Central America. It is also usually the cheapest. Most *cafés* and restaurants offer a *comida corriente* set meal at lunch time



for a very few US Dollars. Typically it will include rice, beans, eggs, or meat (usually chicken, beef, or fish), a little cheese or a dollop of cream, a small salad, and a cold drink. It may also include soup and dessert. This is how the locals eat.



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A *comida típica* or *comida corriente* is a typical meal of local food. It usually consists of some combination of the foods mentioned above. It is usually the cheapest option on any menu and is great for nutrition and for filling up. Other meals may cost twice as much.

Vegetarians should have no trouble finding something healthy to eat in Central America. Beans, rice, and tortillas are good sources of protein. They can often be supplemented with eggs or dairy products. With the wide variety of tropical fruits found in

Central America, you can experience fruit juices you never tasted before. If you need a taste of home, American fast food joints – burgers, pizza, chicken – are everywhere, as are Chinese restaurants.

Points of interest. The historic colonial section of Panamá City, called San Felipe or Casco Viejo, juts into the sea at the south end. At the Plaza de Francia, southeastern tip of the peninsula, are some ancient dungeons. They now contain an art gallery, restaurant, and piano bar. You can still see the



original stonework. On Avenida A is the Iglesia de San José / Altar de Oro. This golden altar was saved from the pirate Henry Morgan, who sacked the city in 1671. A crafty priest painted the altar black – some say covered it with mud – to disguise it.

The Museo de Historia de Panama, on Calle 7 south of Parque Catedral, has exhibits on the history of Panama since its European discovery. For cultural and historical tours call the Instituto Panameño de Turismo (IPAT) at 226-7000.

The Panama Canal was constructed by the US from 1904 to 1914 for \$387 million. It is one of the world's most impressive engineering feats, stretching 50 miles through mountainous terrain, including the rock and shale of the continental divide. The waterway connects the Atlantic and Pacific oceans. It creates a vital link for trade, saving ships thousands of miles to worldwide destinations.

Miraflores Locks (close to Rodman) can be viewed from the observation platform at the visitors pavilion, open from 9 to 5.

Two major parks, the Metropolitano, in the city, and the Soberania, only 20 minutes away, are tropical rain forests and homes to hundreds of species of birds, orchids, plants, and animals.

Eating and drinking. Tinajas (Panamanian) at Calle 51, 22 Bella Vista, Phone 269-3840. Restaurante Casco Viejo (French) at Centro Bancario Calle 50 Edificio Mansión Danté. Phones 223-3306, 223-3316. Restaurante Niko's Café (creole and international) at El Dorado, Calle 17B, Edificio Niko's, Phones 260-0022, 264-0136.

Restaurante y Pizzeria Sorrento (italian and international) at Calle 69 and Vía Porras. Phones 226-6980, 226-6985. Restaurante Napoli (international) at Calle 57, Obarrio, Phone

263-8800. Athens Pizza (Greek) at Calle 57, Obarrio, Phone 223-1464. Don Lee (Chinese) at El Dorado, Phone 236-0196. Mango's Pub & Grill (international) at Calle Uruguay, Bella Vista, Phone 269-6846.

Bennigan's Grill & Tavern (American) at Avenida Balboa by San Agustín, third floor; Extreme Planet building, Phone 214-7022. TGI Friday's (American) at Calle 49, Bella Vista, Telephone 269-4199. Restaurante Tacolote (Mexican) at Avenida Ramón Arias y Transítmica, Phone 261-1113.





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36-37



Welcome to Peru

37

MODERN LIMA and its suburbs house nearly eight million people, or one third of all Peruvians. Lima is crowded, noisy, and blanketed in mist most of the year. But Lima is also historic and fascinating. Founded in 1535, it became the seat of the notorious Spanish Inquisition in 1569, and was mostly wiped out by an earthquake in 1746. Lima remained small until the population began exploding in the early 20th Century. Miraflores and Barranco are two sections of town popular with tourists.

Money. Currency in Peru is the *nuevo sol*, divided into 100 *céntimos*. Bills are 10, 20, 50, and 100 *nuevos soles*. Coins are five, 10, 20, and 50 *céntimos*, and one, two, and five *nuevos soles*. To exchange money in Miraflores, look for Interbanc at Jirón de la Unión 600 or Av. José Larco 690, or for Banco Santander at Av. José Larco 467. Casas de cambio are along Av. José Larco and keep later hours. In Barranco look for Interbanc on Av. Grau near the Parque Municipal.

Time. Peru is five hours behind Greenwich Mean Time. In the 80s it tried daylight saving time but gave it up.



AT&T Direct Service access is 0-800-50000 in Peru.

Food and drink. In Peru the big meal is *almuerzo* (lunch), although *desayuno americano* (American breakfast) can be found at better restaurants. *Cena* (dinner) is served after 8:00. *Chifas* (Chinese restaurants) are good

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36-37



Welcome to Peru



sources of inexpensive food. Peruvian fare is tasty and varied. Some typical dishes: *Lomo saltado* is chopped steak fried with onions, tomatoes, and potatoes, served with rice.

Ceviche de corvina is perhaps the most typical Peruvian dish: white sea bass marinated in and cooked by lemon juice, chili, and onions, served cold with a boiled potato or yam. *Ceviche de camarones* is the same thing with shrimp. *Sopa a la criolla* is a hearty spiced noodle soup with beef, egg, milk, and veggies. To avoid illness, avoid raw fruits and vegetables you cannot peel yourself.

Never drink tap water; juices mixed with it, or drinks containing ice from it. Local soft drinks, such as Socosani and Inca Cola, are very sweet. Hot tea is *té caliente*; cold is *té frio*. Coffee may be disappointing. Sometimes it comes as concentrate and you add milk or water. Sometimes you get instant. Hot chocolate is popular.

Beers are limited to a dozen local selections. They come in many sizes, 355 ml, 620 ml, one liter, and 1100 ml. For light lager say *cerveza*. For dark beer say *malta* or *cerveza negra*. Local wines are decent, though not on par with Chilean. Try selections from Tacama or Ocucaje wineries.

Welcome to Peru

Points of interest. Central Lima centers at Plaza de Armas, with the Palacio de Gobierno, cathedral, and other important sites. Jirón de la Unión is a five-block pedestrian mall of shops and street action. Movies, plays, art, and music are listed in *El Comercio* and *The Lima Times*. Several hotels have casinos.

Museo de Arte exhibits colonial and pre-Columbian art at 9 de Diciembre 125, central Lima. Museo de Arte Italiano features 20th century European art at Paseo de la República, central Lima. Museo de la Inquisición, in the building used by the Spanish Inquisition, still has basement torture chambers and ghoulish waxworks at Junín 548, central Lima.

Museo Taurino at the Plaza de Acho (bull ring) north of central Lima, has art and artifacts of bull fighting. Museo del Oro displays incredible gold, silver, gems, and firearms at Alonso de Molina 100 in Monterrico. Museo Amano

Museum phones

Museo de Arte 423-4732
Museo de Arte Italiano 423-9932
Museo Taurino 482-3360
Museo del Oro 435-0791
Museo Amano 441-2909

has ceramics, pottery, and textiles back to pre-Columbian times, at Retiro 160 in Miraflores.

The Miraflores area is 10 miles down the coast from Callao and a favorite of tourists. Surfing (in wet suits) is popular year-round, although the water is polluted. Bowl and shoot pool at Brunswick Bowl, Balta 135. A couple more miles down the coast, the artist colony of Barranco exhibits attractive 19th century architecture.

Eating and drinking / Miraflores.

Miraflores – suburb big with tourists – is down the coast about 10 miles from Callao. It offers restaurants, night spots, and sidewalk *café*s. Vegetarian places are cheap: Try Govinda at Schell 630, run by Hare Krishnas; Bircher Berner at Schell 598 has good food, slow service, and a nice garden; and Restaurant Vegetariano is at Manuel Bonilla 178. Burger King is at Larco 235 and Tomas has Peruvian fast food at Benavides 486. Super Rueda II at Porta 133 has tacos and sandwiches.

For seafood try Cebichería Don Beta at José Gálvez 667, popular with Peruvians at lunch. Other seafood places are on the same street. For a variety of Peruvian fare try las Tejas at Diez Canseco 340. Pizza fans go to Parque Kennedy, site of several pizzerias. La Pizzería at Diagonal 322 is good and

Welcome to Peru

41

expensive. Pizza Hut is at Comandante Espinar 202. New York Pizza is at Larco 1145. La Trattoria at Bonilla 106 has tasty home-made pasta. Pasta Subito serves Italian fast food near Italian ice cream at Fragola, Benavides 468. Great Italian ice cream, cakes, and coffee come from Quattro D at Angamos Oeste 408.

Sidewalk *café*s offer people-watching. The Haiti is on the Ovalo. La Tiendecita Blanca at Larco 111 has superb pastries, as does la Sueca at Larco 759. The Brenchley Arms at Atahualpa 176 is a genuine British pub, except that British beer is not imported to Peru. Other good bars are el Sargento Pimienta (Sargeant Pepper) at San Martín 587, and Satchmo's at La Paz 538.

Eating and drinking / Barranco.

Down the coast a couple more miles from Miraflores is the cliff-top artist colony of Barranco, Lima's liveliest suburb for night life. Grab a sandwich at Sandwiches Monstrous on Pierola near Grau, or a reasonable pizza around the corner at Tío

Dan. La Canta Rana (Singing Frog) at Génova 101 makes great ceviche and other seafood, but only for lunch. Abdala at Grau 340 serves Arabic food. D'Puccio serves a range of seafood and meat dishes at San Pedro de Osma and Lavalle. La Ponderosa Parrillada at Grau near Peña is a place for serious carnivores.

The politically incorrect Barman's House is an actual drive-in bar at Piérola and Grau (Take a cab). Juanito at Grau 274 is a bar out of the 60s. La Noche hosts the party crowd at Bolognesi 317, on a street full of trendy bars. Ludwig Bar Beethoven features classical music, often live, at Grau 687.





Welcome to Uruguay

43

PORTUGUESE COLONIALS established a fort in 1680 directly across the river from Buenos Aires. Spain responded with a fort at present-day Montevideo. The rivalry led to independence for Uruguay in 1828 as a buffer between the giants Brazil and Argentina. Today Uruguay is South America's smallest Spanish-speaking country with only 3.2 million inhabitants and an economy dominated by the government.

Currency is the *peso uruguayo*, divided into 100 *centésimos*. Bills are five, 10, 20, 50, 100, 200, 500, and 1000 pesos. Coins are 50 *centésimos* and one and two pesos. US Dollars are accepted in casinos, fine restaurants, and some hotels. Exchange money in *casas de cambio* or banks. In Montevideo find *cambios* on Avenida 18 de Julio. Indamex, on Plaza Cagancha, opens 24 hours. Exprinter is on Plaza Independencia. Cambio Gales on Plaza Entrevero.

Time. Uruguay is three hours behind Greenwich Mean Time. There is no daylight saving time.

AT&T Direct Service access is 000-410 in Uruguay.

Food and drink. Uruguayans consume even more beef than Argentinians. The *parillada* (grilled beef) is standard fare. Beef dishes include *asado* (barbequed) *asado de tira* (ribs), *pulpa* (boneless), *lomo* (fillet steak), and *bife de chorizo* (rump steak). Uruguayan style fast food is the





Welcome to Uruguay



chivito, a tasty, filling steak sandwich with a variety of extras, including cheese, lettuce, tomato, or bacon. The *chivito al plato* also comes with a fried egg potato salad, green salad, and chips on the side. Other typical Uruguayan short orders are *olímpicos* (club sandwiches), *húngaras* (spicy sausages on hot dog rolls), and *panchos* (not so spicy sausages). Uruguayan seafood is usually a good choice. *Confiterías* (cafés), pizzerías, and restaurants closely resemble those in Argentina. International style restaurants are everywhere.



Popular desserts are the *chajá* (ball-shaped sponge cake filled with cream and milk jam), *massini* (cream sponge),



Welcome to Uruguay

yemas (crystallized egg yoke), and lemon pie. Uruguayans drink a lot of *mate* (herbal tea). A popular form of Uruguayan wine is *clericó* (mix of white wine and fruit juice). Another is *medio y medio* (mix of white and sparkling wines). Local Uruguayan spirits include *caña*, *grappa*, whisky, and gin. Local beers are good. Imported beverages are widely available.

Points of interest. Montevideo dominates Uruguay. With 1.3 million people, it is the capital and only large city. The old city shares a small peninsula with the port. At the center is

Plaza Constitución, site of Iglesia Matriz (1799), and Cabildo (1812), which houses Museo y Archivo Histórico Municipal. Three blocks east is Plaza Independencia, site of historic buildings. On the plaza is Puerta de la Ciudadela, remnant of the colonial citadel demolished in 1833.

East runs Avenida 18 de Julio, center of commerce and entertainment. Several theatres, cambios, and restaurants surround it and Plaza Cagancha. Farther east is Palacio Municipal, from which spectacular views are had. Avenida Lavalleja runs northeast to the



Welcome to Uruguay

47

impressive Palacio Legislativo. Museo Histórico Nacional occupies four buildings, including Casa Lavalleja, home of the heroic general at Zabala 1469; Casa Rivera, once owned by Uruguay's first president at Rincón 437; Casa Garibaldi, owned by a 19th Century navy commander; 25 de Mayo 314; and Museo Romántico, full of antique paintings and furniture at 25 de Mayo 428. Museo del Gaucho y de la Moneda displays horse gear, silver, weapons, bank notes, and coins at 18 de Julio 998.

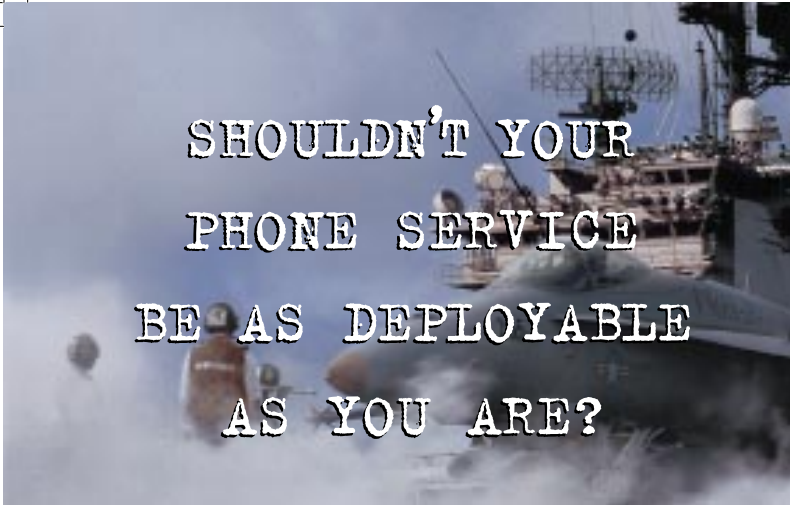
West of the harbor, the mountain Cerro de Montevideo reaches up 433 feet, with outstanding views. East of downtown, the Rambla (riverfront road) leads past picturesque parks to sandy beaches. The ministry of tourism dispenses info weekdays at Lavalleja 1409. The city's division of tourism has an office in Palacio Municipal at 18 de Julio and Ejido. Food and entertainment is covered in Friday's *El País*.

Eating and drinking. Don't miss Mercado del Puerto, complete with artists and musicians, at the foot of Calle Pérez Castellano. The fascinating iron structure has several *parrillas* (grills) plus outstanding seafood. For a sandwich and some *medio y medio* find Roldó in the *mercado*. Reasonable downtown restaurants include Morini at Ciudadela 1229, Mesón Viejo San-

cho at San José 1229, and Ferrocarril in the old train station at Río Negro 1746. *Parrillas* include Fogón at San José 1080, Brasas at San José 909, and Shorthorn Grill at Uruguay 1923. For veggies, try Vegetariana at Yí 1334 and San José 1056, Natura at Rincón 414, or Vida Natural at San José 1184.

For good seafood in big portions try Genovesa at San José 1262. Seafood abounds in Mercado del Puerto: try Posada del Puerto or Palenque. Next to the mercado is a pedestrian street with seafood. For pizza try el Gaucho at 18 de Julio at Barrios Amorim, or el Subte at Ejido and 18 de Julio. Traditional Italian is Ruffino at San José 1166. For Spanish try Mesón del Club Español at 18 de Julio 1332, or Horreo, with Flamenco on Fridays, at Santiago de Chile 1137. Club Libanés serves Middle Eastern at Paysandú 898. For Chinese try Canton Chino at 8 de Octubre 2611, or Nan-King at Pablo de María 1445. For a typical *chivito* (steak sandwich) seek out Chivito Canadiense at la Pasiva.

To hear live blues and rock go to Tin Pan Alley at Jackson 872. Another popular pub is Lobezón at Zelmor Michelini 1264. Tango is featured in Fun Fun at Ciudadela 1229. Tango plus *candombe* (Afro-Uruguayan) dancing is in Cumparsita (reservations 91-6245) at Gardel 1181.



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