



unfront

MXGP

2022 TRAVELLER'S GUIDE FOR LONG DISTANCE MXGP



2022 FIM MOTOCROSS WORLD CHAMPIONSHIP

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1

ARGENTINA



1.1 GENERAL INFORMATION

Spirited **Argentina**, with its clamouring capital, vast pampas, rolling wine regions and snowy peaks, is a land bursting with adventure. It's a place where the clichés hold true: football is essentially a religion, the beef is phenomenal and there's little point even thinking about starting a proper night out before midnight. Its natural wonders range from Andean plateaux and Patagonian glaciers to subtropical waterfalls and wildlife-rich wetlands. There's an awful lot to love.

➤ **Buenos Aires** might sit at the very edge of the country, gazing out across the Rio de la Plata, but it's very much Argentina's centrepiece. The city of *Evita* and *Maradona*, its tango halls, *parillas* (grill restaurants) and feisty *porteños* (BA residents) provide a gutsy introduction to the country. In the high-end neighbourhoods of *Recoleta* and ➤ **Palermo** you'll find designer boutiques and trendy eateries, while historic *San Telmo* offers antique stalls, old-world cafés and an abundance of live music.



In the north, scorched mountains and otherworldly rock formations characterise the *Salta* region, where Spanish and *Gaucha* traditions combine and Argentina's famous white wines flourish. Further west, in the *Mendoza* region, the grapes are red and the foothills of the *Andes* offer skiing, while down south, in *Patagonia*, you'll find an astonishing spread of expansive lakes, jagged peaks and mile upon empty mile of open space.

Elsewhere, try walking in the glistening *Lake District*, whale-watching off the coast at *Puerto Madryn*, meeting baby penguins in *Punta Tombo* or exploring the *Jesuit* chapels and farmhouses of *Córdoba*. Another of the country's majestic natural beauties is the mighty *Iguazu Falls*, bordering Argentina and ➤ **Brazil**.

Despite living through a dark military dictatorship and a spectacularly devastating economic crisis, Argentinians

still have a vivacious and infectious lust for life. And from its subtropical top to its icy tip, it remains a mesmerising country.

Neuquén is a province of Argentina, located in the west of the country, at the northern end of *Patagonia*. It borders *Mendoza Province* to the north, *Rio Negro Province* to the southeast, and *Chile* to the west. It also meets *La Pampa Province* at its northeast corner.

Villa La Angostura is a village in the south of the province of Neuquén, on the northwest shore of the Nahel Huapi Lake, 473 km from Neuquén Capital and 1.693 km from Capital Federal in the middle of the Patagonian Cordillera. Surrounded by lakes and forests, an extraordinary landscape combines with warmth and singular beauty of mountain architecture.

LOCAL TIME IS UTC/GMT -3



1.2 KEY FACTS

- **AREA** 2,780,400 sq km (1,073,518 sq miles)
- **POPULATION** 45,874,216 (UN Estimate 2022)
- **POPULATION DENSITY** 15.5 per sq km
- **CAPITAL** Buenos Aires
- **GOVERNMENT** Federal Republic
- **HEAD OF STATE** President Alberto Fernández since 2019
- **ELECTRICITY** 220 volts AC, 50Hz. Plug fittings in older buildings are of the two-pin round type, but most new buildings use the V-shaped twin with earth pin. Travellers should bring a world travel adaptor.

1.3 USEFUL PHONE NUMBERS

Argentina Country Code	+54	TAXI	
Ambulance	107	Different number online	+54 9 294 494-2522
Civil Defence	105		
Police	101/911/449-4188/494-121	AIRLINE COMPANIES	
Firemen	100	Aerolineas Argentinas	0-810-222-86527
Tourist Police	0800-999-5000/ 0800-999-2838	LAN	0810 9999 526
Civil Defence	103		
Municipal Tourism Secretary	494-124	CAR RENTAL	
AIRPORT		➤ SIXT Bariloche Airport BRC	+54 294 452-1539
➤ International Airport Teniente Luis Candelaria, Bariloche (80 km)	+54 2944 40 5016	➤ Europcar Bariloche Airport BRC	+54 294 489-2228
		➤ Hertz Bariloche Airport BRC	+54 294 442-3457

1.4 HEALTH AND SAFETY

HOSPITALS AND PHARMACIES

HOSPITAL VILLA LA ANGOSTURA

Address Blvd. Nahuel Huapi 1107,
Q8407 La Villa, Neuquén, Argentina
Tel +542944494170

HOSPITAL BOUQUET ROLDAN

Address Planas 1555, NEUQUÉN
Tel +54 (0299) 4425105

HOSPITAL DR. EDUARDO CASTRO RENDÓN AREA CENTRO

Address Buenos Aires 450, (Q8300BCI) NEUQUÉN
Tel (+54) (0299) 4490800

PHARMACIES IN VILLA LA ANGOSTURA

Address Av. 7 lakes 850
Tel 449-5985

HOSPITAL DR. HORACIO HELLER B° MELIPAL

Address Godoy Lihuén Quimey (zona Oeste)
NEUQUÉN
Tel +54 (0299) 4490700

Address Av. 275 Myrtles
Tel 449-4896

Address Myrtle Av. 66 - Local 11
Tel 449-4000

VACCINE RECOMMENDATIONS

DISEASE	RECOMMENDATION	WHEN TO SEE A DOCTOR
▶ Typhoid	Vaccination recommended	10 days before travel
▶ Hepatitis A	Vaccination recommended	2 weeks before travel
▶ Diphtheria	Vaccination recommended	3 months before travel
▶ Hepatitis B	Vaccination sometimes recommended	at least 2 months before travel
▶ Rabies	Vaccination sometimes recommended**	1 month before travel
▶ Yellow fever	Vaccination recommended for endemic areas - get expert advice. No certificate required.	10 days before travel
▶ Malaria	Not required*	

* Argentina is a low risk area for malaria and instances are limited to northern lowlands in the Jujuy, Salta, Corrientes and Misiones provinces. Protection against mosquito bites should be enough, but chloroquine can be used as an extra precautionary measure.

** Recommended if visiting jungle or remote rural areas. If bitten, seek medical advice without delay. Recommendations that are marked "Vaccination sometimes recommended" should be considered as "Vaccination strongly recommended" if a person is travelling frequently or spending extended time in that country, or if a person's occupation or planned activities could put them at higher risk. It is important to get expert advice.

All travellers are advised to ensure that tetanus and polio vaccinations are kept up to date.

Recommendations do change from time to time and it is important to discuss your personal requirements with your doctor.

Medical insurance is highly recommended as there are no reciprocal health agreements. Medical facilities are generally of a high standard in ▶ **Buenos Aires**, though of varying

quality outside the capital. Immediate cash payment is often expected by doctors. To call an ambulance dial 107. Many medicines that require a prescription in North America and Europe can be bought over the pharmacy counter in Argentina, although they may be known under a different name here. If you require a regular medication, bring the packaging into the pharmacy with you to show the pharmacist.

OTHER RISKS

Tap water is generally considered safe in main cities and towns, especially in Buenos Aires, but otherwise bottled water is recommended. If bottled water is unavailable then boil water for over a minute before drinking.

Dengue fever, carried by mosquitoes, is present but not common. Leishmaniasis, a skin disease spread by sandflies, is a low risk. Both can be avoided with sensible

precautionary measures such as using mosquito nets and insect repellent in lowland and jungle areas. From around March to October time, Argentine haemorrhagic fever – a viral disease caused by Junin virus – can be picked up in the pampas. It is transmitted by the corn mouse, by either by breathing in dust contaminated with droppings or by contact with the creature.

1.5 VISA AND PASSPORT REQUIREMENTS

PASSPORTS

To enter Argentina, a valid passport is required by all nationals referred to in the chart below. The passport must be valid for the duration of your stay.

VISAS

	PASSPORT REQUIRED	RETURN TICKET REQUIRED	VISA REQUIRED
Australian	Yes	Yes	No
British	Yes	Yes	No
Canadian	Yes	Yes	No/1
Other EU	Yes	Yes	No/1
USA	Yes	Yes	No

A visa for Argentina is not required by nationals referred to in the chart above for either business or tourism for stays of up to 90 days except:

Canadian nationals and nationals of some EU countries (Austria, Cyprus, Germany, Greece, Italy, Luxembourg, Malta, Portugal, Slovakia and Spain) who require a visa if they intend to travel for business purposes only.

Nationals not referred to in the chart above are advised to contact the embassy to check visa requirements.

RECIPROCITY FEES

Travellers from the USA, Canada and Australia entering Argentina via any port of entry are required to pay a fee online before travelling and they must show proof of payment on arrival. You are able to pay this on the **Provincia NET website**. The reciprocity fee is waived for travellers who are in transit for less than 12 hours, have an onward connecting flight and do not leave the international

area of the airport (do not pass through immigration).

TYPES AND COST

Reciprocity fees for

- **US CITIZENS US\$160** This fee covers unlimited entries to Argentina for 10 years.
- **CANADIANS US\$92** The fee allows multiple entries for one year from the date of issue.
- **AUSTRALIANS US\$100** The fee allows multiple entries until one month before the traveller's passport expires.

For nationals requiring a tourist visa, the cost is **£30**.

VALIDITY

Tourist visa 90 days.

Passengers staying for less than six hours within the airport waiting for connecting international flights do not need to go through immigration control or apply for visas.

APPLICATION TO

Consulate (or consular section at embassy).

WORKING DAYS

Nationals requiring visas are advised to apply at least two months in advance of their trip.

ENTRY WITH CHILDREN

Single parents/adults travelling alone with children should be aware that Argentina requires evidence that both parents have given permission for the child to enter/leave the country.

1.6 EMBASSIES INFORMATION IN ARGENTINA

In Argentina there are **240 foreign embassies and consulates**.

Visit **HERE** [▶ https://embassy.goabroad.com](https://embassy.goabroad.com) you will be able to find the embassy you require in alphabetical order.

1.7 CURRENCY AND BANK INFORMATION FOR ARGENTINA

CURRENCY INFORMATION

Peso (ARS; symbol AR\$) = 100 centavos.

Peso notes are in denominations of AR\$100, 50, 20, 10, 5 and 2. Coins are in denominations of AR\$5, 2 and 1, and in 50, 25, 10, 5 and 1 centavos.

US Dollars are accepted in some hotels and tourist centres.

Prices in US Dollars are typically marked with US\$ to avoid confusion, but sometimes both peso and dollar prices are both preceded by just \$, so check if unsure.

€1 = AR\$ 121.44

£1 = AR\$ 145.74

US\$1 = AR\$ 107.08

CREDIT CARDS

Most major credit cards are accepted, but not as widely as in the US or Europe; even some major hotels do not have credit card facilities.

ATM

ATMs are available in most cities and have options in English, but it is still best to carry alternative forms of payment as daily withdrawal limits are low and machines don't always work. During national holidays ATMs can run out so it is wise to withdraw in advance.

Foreign tourists who are not resident in Argentina can no longer pay for tourism-related services (air tickets, bus travel, hotel rooms, all-inclusive tours etc) in Pesos. These services must be paid for with foreign credit and bank cards, money transfers (in foreign currencies) from abroad, in cash with foreign money (eg US Dollars) or with cheques from foreign accounts.

TRAVELLERS CHEQUES

It is advised to bring traveller's cheques in US Dollars; these can be exchanged at banks, bureaux de change and some hotels. However, it is often difficult to exchange these in the smaller towns.

BANKING HOURS

Mon-Fri 1000-1500.

CURRENCY RESTRICTION

Visitors to Argentina can import up to US\$10,000 or its equivalent without having to declare. The export of foreign currency for amounts higher than US\$10,000 or its equivalent in other currencies is prohibited. Minors aged between 16 and 21 years old can exit Argentina with a maximum of US\$2,000 or its equivalent in other currencies, and minors under 16 years old with a maximum amount of US\$1,000 or its equivalent in other currencies.

CURRENCY EXCHANGE

Foreign currencies can be exchanged in banks and authorised cambios (bureaux de change), which are available in all major cities. Visitors should be aware that due to the instability of the peso, there is a large 'blue' market for dollars, which provides a much more favourable exchange rate of exchange. Whilst it is illegal to exchange currency in from these unauthorised money lenders, the practice is so common so as to make the black market rate the de facto rate.

DUTY FREE

The following goods may be imported into Argentina by travellers over 16 years of age without incurring customs duty:

- **US\$300** in personal or new goods if arriving by air, plus an additional **US\$300** of goods purchased in duty-free shops upon arrival.
- **US\$150** in personal or new goods if arriving by land or waterway, plus an additional **US\$150** of goods purchased in duty-free shops upon arrival.

Travellers under 16 may import half these amounts.

1.8 FOOD AND DRINKS IN ARGENTINA

Argentina serves up an exceptional standard of food, although choices can often be restricted to meat, pasta and pizza. Buenos Aires, however, offers a wide selection of culinary genres, with Japanese, Thai and Asian-fusion food becoming increasingly popular. Vegetarians may struggle to find extensive veggie options, but most restaurants do serve vegetables and salads. Outside Buenos Aires, however, vegetarians may be faced with quite limited choices.

Wherever you are in the country, meat is the name of the game here, and if you fancy broadening your carnivorous horizons, then there is a weird and wonderful array of meat treats to get stuck into. The traditional Argentine parrilla (grill) is the very heart and soul of Argentina's cuisine. Don't forget to liberally douse your chosen meats in delicious chimichurri – a sauce made from finely chopped parsley and oregano, garlic, olive oil and vinegar. Those after an authentic and reliably delicious meat experience in Buenos Aires, try El Trapiche in Palermo, and Desnivel in San Telmo. For breakfast, head to a traditional confitería (café) and sample a few medialunas (small, croissant-like pastries) and a strong café con leche. In cities, fashionable resto-bars (restaurant-bars) are taking hold, offering more contemporary takes on traditional Argentine cuisine, and all manner of lunch options. A strong Italian influence means quality ice cream is also popular. In the evening, Argentines dine late – 21:00 is considered early – and the feasts are typically massive.

Argentina's wines have flooded the international market in recent years, and are famed for their quality and value. Try a light pinot noir from Patagonia or an inky and smooth Malbec, and don't miss Argentina's celebrated white, the aromatic Torrontés.

You should declare upon arrival items that might not be considered part of normal luggage (such as expensive camera equipment or musical instruments) and show the declaration on departure. A licence is required for firearms and ammunition for hunting purposes. You must declare gold.

BANNED IMPORTS

Firearms (unless under licence from the National Arms Registry), explosives, flammables, narcotics, and goods considered a risk to health or safety.

If you're baffled by the choice of meat cuts most waiters in parrillas are more than happy to advise on what to start with and how much per person – even if you have limited Spanish.

SPECIALITIES

Bife de ancho (rib eye steak).

Bife de chorizo (sirloin steak).

Bife de lomo (fillet steak).

Empanadas (little pasties typically stuffed with meat, vegetable or cheese).

Parrillada (mixed grill which might include morcilla - blood sausage).

Alfajores (shortbread-type biscuits sandwiched with dulce de leche - a caramelised milk sauce).



TIPPING

Around 15% is acceptable in restaurants as well as bars (unless you were dissatisfied) which waiting staff rely on to survive.

REGIONAL DRINKS

Yerba mate (tea-like drink).

Quilmes is the national brand of lager.

Malbec wine.

DRINKING AGE

The legal age for drinking alcohol in a bar/cafe is 18.



1.9 RESTAURANTS

Villa la Angostura invites you to make a tour through the unique flavors of Patagonian cuisine and also through International cuisine with pastas and pizzas and fondue, Patagonian lamb, or dishes prepared with trout, salmon, venison, among others.



LA TASCA

Address AV. Arrayanes 6155 | Puerto Manzano,
Villa La Angostura 8407
Tel +54 294-154.231999

LA ENCANTADA

Argentinian, Pizza, Fondue
Address 69, Cerro Belvedere,
Villa La Agostura 8407
Tel +54 294-154.231999

RUSTICA

Argentinian Restaurant, Pizza, Tapas Bar
Open till 2.00 am
Address Av. Nahuel Huapi 2136 | Puerto Bahia Mansa,
Villa La Angostura 8407
Tel +54 294 449 5011

VIEJOS TIEMPOS

International restaurant
Address Av. Nahuel Huapi 2136
Villa La Angostura 8407
Tel +54 294 448 8127

NICOLETTO RESTAURANT DE PASTAS CASERAS

Address Av. Arrayanes 256,
Q8407 Villa La Angostura, Neuquén, Argentina
Tel +54 294 449 5619

AY AY AY MARIA

Mexican restaurant
Address Cerro Belvedere 204,
Q8407 Villa La Angostura, Neuquén, Argentina
Tel +54 294 154 216166

AL ALBA PARRILLA RESTO

Grill
Address Av. Arrayanes 270, Q8407 Villa La Angostura,
Neuquén, Argentina
Tel +542944241094

TINTO BISTRO excellent for special occasion

Address Av. Arrayanes 305,
Q8407 Villa La Angostura, Neuquén, Argentina
Tel +542944328622

CHOP CHOP

Address Av. Siete Lagos 365,
Q8407 Villa La Angostura, Neuquén, Argentina
Tel +54 294 449 5419

LAS BALSAS RESTAURANT

Address Calle Las Balsas s/n | Las Balsas Hotel & Spa,
Villa La Angostura 8407
Tel +54 294 449 4308

WALDHAUS

Address Av. Arrayanes (R231) 6431, Villa La Angostura
Tel +54 294 447 5323

DECK 56

Address Avenida Arrayanes 5775,
Villa La Angostura 8407
Tel +54 294 447 5227

CERVECERIA EPULAFQUEN

Address Cacique Antriao 1965,
Villa La Angostura 8407
Tel +(54) 294 4495887

CUCU SCHULZ

Address Av. Arrayanes 44,
Villa La Angostura
Tel +54 294 449 5671

1.10 TRAVELING AROUND ARGENTINA

BY AIR

Argentina is huge, making air travel the most practical way to get around. However, airlines in Argentina operate a two-tier pricing structure, which means that foreign travellers pay twice, or even three times as much as locals.

🔴 **Aerolíneas Argentinas** serves many domestic destinations from its key hubs in Buenos Aires, Córdoba and Bariloche.

ROAD CONDITIONS

A 4x4 is recommended if venturing too far outside rural areas. When driving in cities keep windows closed and doors locked, especially when stopping at junctions.

Major roads are generally in good condition, although rural roads, composed of packed dirt, can become impassable after rain.

The 'A' roads are the autopistas (motorways) and those labelled 'R' are rutas (roads) - tolls exist on all main roads.

The Automóvil Club Argentino - ACA (Tel 0800 777 2894 in Argentina; www.aca.org.ar) offers breakdown cover and reciprocal benefits for members of motoring organisations in other countries.

REGULATIONS

The maximum speed limit on motorways is 130kph (80mph), 80kph (50mph) on one-lane roads, while the speed limit in built-up areas varies (40-60kph/25-37mph). The wearing of seat belts is compulsory.

CAR HIRE

Visitors aged 21 or over may hire a car in Argentina. Car hire is available in most towns and cities, and many international companies operate out of Buenos Aires and main tourist destinations.

1.11 RESERVATIONS

➔ **SEL - Sport & Events Logistics S.r.l.** is the Official Carrier and Travel Agency of the FIM Motocross World Championship, for any reservation or information request you may contact your reference person in SEL:

VLADIMIR NIGRO, TEAM LEADER

Email

➔ vnigro@sel.it

Mobile

+39.342.8624777

1.12 TRACK INFORMATION



RACE TRACK

Name	PATAGONIA RACE TRACK
Full Address	Ruta 40 - km 2123.5
GPS Coordinates	40° 41' 54.70" S 71° 42' 11.41" W
Tel	+54 0351-4872010
Email	➤ info@maseventos.com.ar
Website	➤ www.mxgpargentina.com

ORGANIZER

Name	+ EVENTOS SA
Tel	+54 0351 4872010
Email	➤ info@maseventos.com.ar
Website	➤ www.maseventos.com.ar

NATIONAL FEDERATION

Name	CAMOD
Website	➤ www.camod.com.ar

AIRPORTS

Name	Luis Candelaria Airport of the city of Bariloche
Distance to the track	50 Km
Website	➤ www.aeropuertos.net/aeropuerto-internacional-teniente-luis-candelaria

TOURIST BOARD

Name	Secretary of Tourism of Villa La Angostura
Website	➤ www.villalaangostura.gov.ar

ROAD DIRECTIONS

From Bariloche you will drive towards the north and about 20 kms away you will find the route to Villa La Angostura which is 70 kms away. It is all paved and it has a beautiful overlook of all the coast line of Nahuel Huapi Lake. From the North you can get here along the Seven Lakes Route, which you can take in San Martin de los Andes. You will have a 90 kms drive while observing the mountain range lakes with their awesome sights.

Frontier passages: Cardenal Samoré Passage (former Puyehue)

It is 1314 AMSL (42° 29' 07" South Latitude – 70° 25' 91" West Longitude) and it is open all year long. It is considered the second most important in the country because it has direct communication with Puerto Montt (220 kms away) and Osorno (117 kms away) along the Chilean Austral Motorway and with all the other parts of the Chilean Patagonia. The road is paved in almost all its stretches, you must be careful in the stretches which are still being built. It is an important commercial passage, which makes the traffic quite thick. The road is of rubble over National Route 231, it is averagely 7 metres wide and it is in good conditions. The distance to the limit is 4 km.

2

INDONESIA



2.1 GENERAL INFORMATION

Officially the Republic of Indonesia, Indonesia is situated between the Indian and Pacific oceans, it is the world's largest island country, more than 18,000 islands, from tiny islets not much bigger than a palm tree to the mighty expanse of Borneo, shared with the Malaysian provinces of Sabah and Sarawak and the kingdom of Brunei. Draped languidly across the equator, Indonesia is a series of emerald jewels scattered across a broad expanse of tropical sea. This is one of the world's great adventures in waiting – hidden away in dense jungles on secret islands are tribes almost untouched by the outside world and animals hardly known to science. The third most populous nation on earth has an incredible legacy of peoples, cultures and geography just waiting to be explored.

Many come specifically to discover their own island paradise, complete with white-sand beaches, swaying palms and emerald waters. Offshore are some of the world's best dive sites, swarming with huge sunfish, giant rays, sharks, porpoises, turtles and a blindingly colourful array of tropical fish. For others, the attraction is cultural. A fascinating range of civilisations have grown up on these tropical islands, from animist tribes in remote jungle villages to the elaborate Hindu kingdoms of Bali and Java. In Indonesia, timeless temples jostle for space with golden-domed mosques and beach resorts crowded with sun-seekers and surfers. The surf resort of Kuta has become one of the world's favourite tropical escapes, and the beach party raves through till dawn every day of the week.

Best of all, flights and ferries link all of the islands, so you can island-hop right across the archipelago, stopping only when you find your own perfect piece of Southeast Asia.



The first MXGP of Indonesia is taking place in Samota-Sumbawa. Located to the east of the more famous Lombok Island, Sumbawa is just waiting to be discovered. It may take longer to reach but once you get to Sumbawa you'll be rewarded with excellent surf and incredible views. This island is best known for its waves, sandy beaches and wild terrain. With great surf and spectacular coral reefs, the majority of travelers to Sumbawa come to surf and dive. In parts of Sumbawa, traditional ways of living continue today. Many of the ritual events of old ways are still performed such as water buffalo racing and berempuk – a ritual boxing match. Visit here if you have a thirst for adventure and want to get a truly authentic experience of local culture.

The second Grand Prix in Indonesia (MXGP of Jakarta) will take place in Jakarta, the capital and one of the largest cities in Indonesia, located on the northwest coast of the island of Java. Jakarta is a huge, sprawling metropolis, home to over 10 million people with diverse ethnic groups from all over Indonesia.

The province of DKI Jakarta has rapidly expanded through the years and is in fact a conglomeration of many villages known as kampung, now joined by main roads and superhighways. A part of the local experience is that you can drive down one wide avenue one minute and the next you find yourself squeezed into a small street with scores of cars and motor-bikes. And with many suburbs, Jakarta has now become a Megapolitan city, therefore when you visit Jakarta it is best to rely on a GPS to navigate you around.

Jakarta is not only the seat of the national government and the provincial government, but it is also Indonesia's political centre. Moreover, Jakarta is the hub of Indonesia's national finance and trade. It is no wonder, that you will find Jakarta as a dynamic city, with activities taking place around-the-clock throughout its populated areas.

LOCAL TIME IS INDOCHINA TIME, GMT/UCT + 7 HOURS.

2.2 KEY FACTS

- **AREA** 1,922,570 (742,308 sq miles)
- **POPULATION** 278,254,803
- **POPULATION DENSITY** 151 per sq km
- **CAPITAL** Jakarta
- **GOVERNMENT** Republic
- **HEAD OF STATE** President Joko Widodo since 2014
- **HEAD OF GOVERNMENT** President Joko Widodo since 2014
- **ELECTRICITY** 230 volts AC, 50Hz but 127 volts is still used in some areas. Plugs used are European-style with two circular metal pins.



This city is divided into 5 districts, namely Jakarta Pusat, Jakarta Utara, Jakarta Barat, Jakarta Timur, and Jakarta Selatan. Jakarta Pusat or central Jakarta is where you can find the iconic landmarks such as Monas, The Merdeka Palace, The National Museum, Istiqlal Mosque, The Jakarta Cathedral, and Monumen Selamat Datang or the welcome monument widely renowned as Bunderan HI, as well as some of the most prestigious shopping malls and upscale hotels. Here you can enjoy 24-hours of excitements of Jakarta!

2.3 USEFUL TELEPHONE NUMBERS

Indonesia Country Code	+62
Medical Emergency	119
Ambulance	118
Police	110
Fire	113

MXGP OF JAKARTA (INDONESIA)

Jakarta International Airport

📍 www.jakartaairportonline.com

Halim Perdanakusuma International Airport (Soekarno-Hatta)

For Rental Car please check directly at the front desk at the airport.

AIRLINES

- 📍 **SRIWIJAYA AIR & NAM AIR**
- 📍 **LION AIR**
- 📍 **GARUDA INDONESIA**
- 📍 **CITILINK**
- 📍 **BATIK AIR**
- 📍 **AIR ASIA**

TAXI NUMBERS IN JAKARTA

Blue Bird Taxi (021) 7941234

TAXI NUMBERS IN SAMOTA-SUMBAWA

TBA

2.4 HEALTH AND SAFETY

HOSPITALS

HOSPITALS IN JAKARTA

RUMAH SAKIT MITRA KELUARGA KEMAYORAN

Address Jl. HBR Motik, RT.13/RW.6,
Kb. Kosong, Kec. Kemayoran, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 10630
Tel +62 21 6545555

PORT MEDICAL CENTRE HOSPITAL

Address: Jl. Enggano No.10, RT.8/RW.16,
Tj. Priok, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14310, Indonesia
Tel +62 21 43902350

ROYAL PROGRESS HOSPITAL

Address Sunter Paradise 1, Jl. Danau Sunter Utara,
RT.6/RW.12, Sunter Agung, Tj. Priok, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14350, Indonesia
Tel +62 21 6400261

HOSPITALS IN SAMOTA-SUMBAWA

TBA

VACCINE RECOMMENDATIONS

DISEASE	RECOMMENDATION	WHEN TO SEE A DOCTOR
▶ Diphtheria	Vaccination recommended	3 months before travel
▶ Hepatitis A	Vaccination recommended	2 weeks before travel
▶ Hepatitis B	Vaccination recommended	2 weeks before travel
▶ Malaria	*Vaccination sometimes recommended	
▶ Rabies	**Vaccination sometimes recommended	1 month before travel
▶ Tetanus	Vaccination recommended	
▶ Typhoid	Vaccination recommended	10 days before travel
▶ Yellow fever	***Not required	
▶ Cholera	Vaccination sometimes recommended	
Japanese Encephalitis	Vaccination sometimes recommended	

* The risk of malaria varies according to area - check before travel.

** There is a risk of rabies throughout Indonesia, in particular in Bali.

***A yellow fever vaccination certificate is required from travellers coming from infected areas.

Recommendations that are marked "Vaccination sometimes recommended" should be considered as "Vaccination strongly recommended" if a person is travelling frequently or spending extended time in that country.

All travellers are advised to ensure that tetanus and polio vaccinations are kept up to date.

Recommendations do change from time to time and it is important to discuss your personal requirements with your doctor.

Health insurance to include emergency repatriation cover is strongly advised. Adequate routine medical care is available in all major cities, but emergency services are generally inadequate outside major cities. The best public hospitals are found in Jakarta, where the ratio of medical staff to general population is much higher and clinics catering specifically to foreigners can be found. Doctors and hospitals often expect immediate cash payments before any treatment is given, so it is advised that you have travel insurance before travelling to Indonesia. The number for medical emergencies is 119; for ambulance services call 118. Although medical costs are relatively cheap, drugs can be expensive.

FOOD AND DRINK

Water used for drinking, brushing teeth or making ice should have first been boiled or otherwise sterilised. Drinking bottled water is advised. Milk is unpasteurised and should be boiled. Powdered or tinned milk is available and is advised. Avoid dairy products that are likely to have been made from unboiled milk. Only eat well-cooked meat and fish. Vegetables should be cooked and fruit peeled.

OTHER RISKS

Vaccinations for tuberculosis, meningitis and Japanese B encephalitis are sometimes recommended. There is a real risk of heatstroke; visitors to Indonesia should avoid the midday sun, remember to drink lots of water and apply sun cream. Travellers should also take care to acclimatise slowly when travelling to high-altitude areas, to avoid altitude sickness.

2.5 VISA AND PASSPORT REQUIREMENTS

PASSPORTS

To enter Indonesia, a passport valid for at least six months from the date of entry is required by all nationals referred to in the chart above.

VISAS

Visas are not required by nationals referred to in the chart for touristic stays of up to 30 days. Nationals not referred to in the chart are advised to contact the embassy to check visa requirements for Indonesia.

VISA NOTE

An onward ticket is required. For longer stays, or for non-touristic stays, you should apply for a visa in advance or obtain a visa on arrival. For a list of entry ports (sea, land and air) where you may arrive without a visa, check the embassy website (www.indonesianembassy.org.uk in the UK). Visitors who out-stay their visa will be fined IDR300,000 per day. Visitors staying longer than 60 days risk large fines and may face deportation or imprisonment.

LIST OF COUNTRIES

	PASSPORT REQUIRED	RETURN TICKETS	VISA REQUIRED
Australian	Yes	Yes	Yes
British	Yes	Yes	Yes
Canadian	Yes	Yes	Yes
Other EU	Yes	Yes	Yes
USA	Yes	Yes	Yes

TYPES AND COST

- Visa on arrival US\$35;
- advance visa (tourist/business) £40;
- multiple-entry business visa £80.

VALIDITY

- Visa on arrival 30 days;
- tourist/business visa: 60 days;
- multiple-entry business visa: one year.

APPLICATION TO

Either on arrival at a designated port of entry or in advance at the consulate (or consular section of embassy).

TEMPORARY RESIDENCE

For visits of up to one year, you must apply to the nearest Indonesian Embassy for a temporary stay permit.

WORKING DAYS

If you apply in advance, visa processing usually three to five days from receipt, but it can take up to two months for nationals whose applications need to be referred to the Immigration Office in Indonesia.

EXTENSION OF STAY

You can extend a 30-day visa on arrival for a further 30 days at a cost of US\$35

2.6 EMBASSIES INFORMATION IN INDONESIA

In Indonesia there are **133 foreign embassies and consulates**.

Visit **HERE** [▶ https://embassy.goabroad.com](https://embassy.goabroad.com) you will be able to find the embassy you require in alphabetical order.

2.7 CURRENCY AND BANK INFORMATION

CURRENCY INFORMATION

€1 = Rp 16,267 (Rupiah)

£1 = Rp 19,532

US\$1 = Rp 14,346

CREDIT CARDS

American Express, MasterCard, Visa, Diners Club and Eurocard are widely accepted in Jakarta and the main tourist areas. In more remote areas, it is best to carry cash in small denominations. ATMs are available in towns and at airports.

ATM

ATMs are available in cities and larger towns but be aware that many have a maximum withdrawal limit which can be as high as Rp3,000,000 or as low as Rp400,000. This can be overcome by putting your card again but be careful as you may be hit with a bank fee each time.

TRAVELLERS CHEQUES

There is limited merchant acceptance but they can be exchanged at banks and larger hotels, although they are becoming less common and more difficult to exchange. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US Dollars. American Express is the most widely accepted.

BANKING HOURS

Mon-Thurs 0800-1400; Fri 0800-1200; Sat 0800-1100 (some branches).

CURRENCY RESTRICTION

The import and export of local currency is limited to Rp5,000,000, amounts more than that must be declared. The import and export of foreign currency is unlimited. However, amounts exceeding the equivalent of Rp100,000,000 must be declared.

CURRENCY EXCHANGE

Although there should be no difficulty exchanging major currencies in the main tourist centres, problems may occur elsewhere. Watch out for on the street money changers who may try to trick visitors out of their cash. The easiest currency to exchange is the US Dollar. Do not accept notes with a lot of visible wear and tear as these may not be accepted by merchants.

INDONESIA DUTY FREE

The following goods may be imported into Indonesia by travellers over 18 years of age without incurring customs duty:

- 200 cigarettes or 25 cigars or 100g of tobacco
- 1L of alcoholic beverages
- Gifts up to a value of US\$250 per person or US\$1,000 per family

BANNED IMPORTS

Prohibited and restricted goods include narcotics, firearms and ammunition, air guns, sharp weapons, explosives, pornography, animals, fish, plants, films and video recordings.

BANNED EXPORTS

It is forbidden to take tortoise shells, crocodile skins or ivory out of the country.

2.8 FOOD AND DRINK IN INDONESIA

Whilst Indonesia cooking has some similarity to the cuisines of nearby Thailand and Malaysia, its history as a key stop on the spice route means the diet has been highly influenced by the trading empires of Spain, the Netherlands, Portugal and China.

The staple diet for most Indonesians is nasi (rice), but this is swapped on some islands with other starchy foods such as noodles, corn, sago, cassava and sweet potatoes. Coconut

milk is used extensively in sauces and soups.

Indonesians like their food highly spiced, with an emphasis on ingredients such as lime leaves, lemongrass, tamarind, cloves, cinnamon and chilli. Be wary of the tiny and fiery hot red and green peppers included in salads and vegetable dishes. Seafood is a regular feature on menus and many dishes are flavoured with shrimp paste, known as *terasi* or *belacan*.



SPECIALITIES FOOD AND DRINKS

- **Rijsttafel:** A Dutch-invented smorgasbord of 12 various meat, fish, vegetable and curry dishes.
- **Nasigoreng:** Considered the national dish it consists of fried rice, flavoured with spices and usually eaten with accompanying vegetables.
- **Ayam goreng:** Fried chicken, a national staple
- **Soto:** Traditional soupy broth with rice cakes and noodles, often with chicken or beef.
- **Sambal:** A fiery chilli sauce condiment served with every dish.
- **Bakso:** Indonesian meatballs usually made from chicken or beef.

- **Sate:** Skewers of beef, fish, pork, chicken or lamb, cooked on hot coals and dipped in peanut sauce.
- **Rendang:** A speciality of Sumatra; a densely spiced coconut curry with lime leaves and buffalo meat.
- **Gado-gado:** A Javan salad of raw and cooked vegetables with peanut and coconut milk sauce.
- **Babi guling:** A roast suckling pig, a delicacy from Bali.
- **Tips:** 10% is normal unless service charge is already included in a restaurant bill.

DRINKING AGE

18.

2.9 RESTAURANTS



RESTAURANTS IN JAKARTA

BANDAR Djakarta Seafood

Address Pintu Timur, Taman Impian Jaya Ancol,
Jl. Lodan Timur No.7, RW.10, Ancol, Kec. Pademangan, Kota
Jkt Utara, Daerah Khusus Ibukota Jakarta 14430, Indonesia
Tel +62 21 6455472

TALAGA SAMPIREUN ANCOL Sundanese

Address Jl. Lapangan Golf 7 No.10, RW.10, Ancol,
Kec. Pademangan, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14430, Indonesia
Tel +62 21 64700400

SEGARRA Western

Address Jl. Lodan Timur No.7, Ancol,
Kec. Pademangan, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14430, Indonesia
Tel +62 21 64710101

CHUNG HUA RESTAURANT Chinese

Address Ruko Griya Inti Sentosa, Jl. Griya Utama No.29-31,
RT.1/RW.20, Sunter Agung, Tj. Priok, Kota Jkt Utara, Daerah
Khusus Ibukota Jakarta 14350, Indonesia
Tel +62 21 6515554

LE BRIDGE Western

Address Dermaga Cinta Beach Pool,
Pantai Indah No.7, Ancol,
Daerah Khusus Ibukota Jakarta 14000, Indonesia
Tel +62 851-0066-6728

AMBIENTE RISTORANTE Italian

Address Aryaduta Jakarta, Jl. Prajurit KKO Usman dan
Harun No.44-48, RT.7/RW.1, Gambir,
Kecamatan Gambir, Kota Jakarta Pusat,
Daerah Khusus Ibukota Jakarta 10110, Indonesia
Tel +62 21 23521234

CARNIVOR BARR & GRILL Steak House

Address Jl. Griya Sejahtera, RT.7/RW.4,
Sunter Agung, Tj. Priok, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14350, Indonesia
Tel +62 21 29376275

KOTA TUA SEAFOOD & HALL Seafood and Chinese

Address Jl. Tongkol, No.23, RT.8/RW.4, Ancol,
Kec. Pademangan, Kota Jkt Utara,
Daerah Khusus Ibukota Jakarta 14430, Indonesia
Tel +62 21 69831425

RESTAURANTS IN SAMOTA-SUMBAWA

TBC

2.10 RESERVATIONS

➤ **SEL - Sport & Events Logistics S.r.l.** is the Official Carrier and Travel Agency of the FIM Motocross World Championship, for any reservation or information request you may contact your reference person in SEL:

VLADIMIR NIGRO, TEAM LEADER

Email

➤ vnigro@sel.it

Mobile

+39.342.8624777

2.11 TRACK INFORMATION

MXGP OF INDONESIA IN SAMOTA-SUMBAWA



RACE TRACK

Name **SUMBAWA SAMOTA**
 Address **Kawasan Samota Kota, Sumbawa Besar**
 GPS coordinates **-8.431288770405333, 117.43255649676364**
 Welcome Centre
-8.431288770405333, 117.43255649676364
 Email ➤ info@mxgpindonesia.com

ORGANIZER

Name **PT. SPORT TALENTA INDONESIA**
 Phone **+62 811-918-550**
 Website ➤ SportTalenta.com
 Email ➤ info@sporttalenta.com

LOCAL PRESS OFFICER

Name POPPY SENDUK
 Phone +62 877-7770-3388
 Email poppy.senduk@sporttalenta.com

NATIONAL FEDERATION

Name IMI
 Phone +6281315900500
 Website www.imi.co.id
 Email imionline@imi.co.id

AIRPORTS

Name DGCA – SULTAN MUHAMMAD KAHARUDDIN III
 Distance 8.5 km
 Address Jl. Garuda No. 41, Sumbawa Besar,
 Nusa Tenggara Barat 84312
 GPS Coordinates -8.489263° 117.414505°
 Phone (+62371) 21792, 23692
 E-mail swqairport@gmail.com
 AFS WADSYDYX

TOURIST BOARD

Name DINAS PEMUDA, OLAHRAGA, BUDAYA,
 DAN PARIWISATA KABUPATEN SUMBAWA
 Address Jl. Bungur No.1, Labuan Sumbawa,
 Labuhan Badas, Kabupaten
 Sumbawa, Nusa Tenggara Barat - 13830

2.12 TRACK INFORMATION MXGP OF JAKARTA (INDONESIA)

TBC

3

TURKEY



3.1 GENERAL INFORMATION



Turkey officially the **Republic of Turkey**, is a transcontinental country in Eurasia. The country is encircled by seas on three sides with the Aegean Sea to the west, the Black Sea to the north, and the Mediterranean Sea to the south. The Bosphorus, the Sea of Marmara, and the Dardanelles, which together form the Turkish Straits separate Europe and Asia. Ankara is the capital while Istanbul is the country's largest city and main cultural and commercial centre.

For sheer diversity, Turkey is hard to beat. The country is best measured in multitudes – of people, natural landscapes and cultures. It is a land of vast open spaces and massive mountain ranges, fertile valleys and rugged coastline, fast-growing cities and sleepy villages, seaside resorts and remote beaches.

Turkey overflows with historic sites and archaeological wonders, all set in a varied and beautiful landscape. The Mediterranean coastline is punctuated with well-preserved Greco-Roman cities while the otherworldly landscapes of the Cappadocia region harbor cave churches and underground cities.

Though capital status eludes it, Istanbul is very much the beating heart of the nation. The city is an archive of cultural influences throughout the centuries, playing host to Roman aqueducts, Byzantine churches and Ottoman mosques and

palaces. Yet it's no relic. Cafes, bustling bazaars, hammams and nightclubs all buzz with activity.

Still, Istanbul is just one piece of the vast Turkish puzzle. Beach-lovers can while away lazy sunny days at the ever-popular Bodrum, Marmaris and Izmir resorts along Turkey's Aegean and Mediterranean coasts.

Ankara, the capital city, may be less frequented but its location in central Anatolia makes it worthy of a few days visit, if only to witness the contrast between the city's modernity and the surviving citadel. Away from the more European sensibilities of Istanbul, Ankara also presents an opportunity to gain insight into other facets of Turkish culture.

However deep its roots are, Turkey is today a thrusting and dynamic society, navigating cultural, economic and political change while seeking to retain the best of its multicultural heritage and time-honoured traditions. And that's arguably what makes it so rewarding.

Afyonkarahisar is a city in western Turkey, the capital of Afyon Province. Afyon is in mountainous countryside inland from the Aegean coast, 250 km (155 mi) south-west of Ankara along the Akarçay River.

The geography of Afyon has great geothermal activity.

Hence, the place has plenty thermal springs, there are about 5 main springs. Each of them have high mineral contents and high degree's, 40 °C-100 °C. The waters have strong healing properties to some diseases. As a result, plenty of thermals commenced over time.

In time Afyon has developed its thermal sector with more capacity, comfort and innovation. Afyon combined the traditional bath houses with 5 star resorts, the health benefits of the natural springs have put the thermal resorts further then a mere attraction. Hospitals and universities have come in association with thermal resorts, to utilize the full health potentials of the thermals. As such, **Kocatepe University Physical Therapy and Rehabilitation Hospital** opened for that purpose. Afyon now has the largest residence capacity of thermal resorts, of which a large part are 5 star thermal

hotels which give medical care with qualified personnel.

Afyon is the centre of an agricultural area and the city has a country town feel to it. There is little in the way of bars, cafes, live music or other cultural amenities, and the standards of education are low for a city in the west of Turkey.

This is a natural crossroads, the routes from Ankara to İzmir and from Istanbul to Antalya intersect here and Afyon is a popular stopping-place on these journeys. There are a number of well-established roadside restaurants for travellers to breakfast on the local cuisine. Some of these places are modern well-equipped hotels and spas; the mineral waters of Afyon are renowned for their healing qualities. There is also a long string of roadside kiosks selling the local Turkish delight.



LOCAL TIME IS FURTHER-EASTERN EUROPEAN TIME GMT/UCT + 3 HOURS.

3.2 KEY FACTS

- **AREA** 783,562 sq km (302,535 sq miles)
- **POPULATION** 85,823,560
- **POPULATION DENSITY** 110 per sq km
- **CAPITAL** Ankara
- **GOVERNMENT** Presidential system
- **HEAD OF STATE** President Recep Tayyip Erdogan since 2014
- **ELECTRICITY** 220 volts AC, 50Hz with round-prong European-style plugs that fit into recessed wall sockets /points.

3.3 USEFUL TELEPHONE NUMBERS

Turkey Country Code	+90	AIRLINES
Medical Emergency/Ambulance	112	➤ Turkish Airlines
Police	155	➤ Aeroflot
Fire	110	➤ Air Baltic
		Atlasglobal
		➤ Air France
MXGP OF TURKEY OFFICIAL 'RENT A CAR PARTNER'		TAXI NUMBERS IN AFYON
Company	ECC TUR	+90534 600 8653
Phone	+90 850 840 1322	+90539 737 0222
AIRPORTS		
➤ Zafer Airport		
➤ Antalya Airport		
CAR RENTAL		
➤ SIXT		
➤ Europcar	Phone: +90 (242) 3303068	

3.4 HEALTH AND SAFETY

HOSPITALS

AFYON KOCATEPE ÜNİVERSİTESİ HASTANESİ

Tel +902726060272
Address Ali Çetinkaya Kampusü Dörtüyl mah. 2070 sok.
No. 3/4 Merkez/Afyonkarahisar

PARKHAYAT AFYON HASTANESİ

Tel +90 4444003
Address Hasan Karaağaç Mah. Turgut Özal Cad.
No.37 Merkez / Afyonkarahisar

AFYONKARAHISAR DEVLET HASTANESİ

Tel 444 42 34
Address Orhangazi, Nedim Helvacıoğlu Blv.
No:73, Merkez/Afyonkarahisar

VACCINE RECOMMENDATIONS

Make sure you are up-to-date on routine vaccines before every trip to Turkey. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Hepatitis A: CDC (center for disease control and prevention) recommends this vaccine because you can get hepatitis A through contaminated food or water in Turkey, regardless of where you are eating or staying.

Typhoid: You can get typhoid through contaminated food or water in Turkey. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

All travellers are advised to ensure that **tetanus** and **polio** vaccinations are kept up to date.

Rabies: Recommended for some travellers. Turkey is classed as a high risk country for rabies. During your stay, you should avoid contact with stray and domestic animals whenever possible. There is a large number of feral cats and dogs in Turkey, which have not been vaccinated against rabies and which can be carriers of the disease. If you do get bitten or scratched during your stay it is important that you seek medical help immediately, as you may require treatment.

Hepatitis B: Recommended for some travellers.

MEDICATION

The use of possession of some common prescription and over-the-counter medicines is controlled in Turkey. If you're travelling with prescription medication you should carry a medical certificate confirming that the medicine has been prescribed for a medical condition. For more information on controlled medicines and the relevant documentation required, contact the nearest Turkish Embassy or Consulate.

3.5 GET TO KNOW

DRIVING IN TURKEY

Have either an international driving permit or a notarised copy (in Turkish) of your UK and European driving licence. An 'A' category standard motorcycle licence is needed to hire a motorcycle over 50cc in Turkey. An 'A1' category is only suitable for motorcycles below 50cc.

3.6 VISA AND PASSPORT REQUIREMENTS

To enter Turkey a passport valid for at least six months from the date of entry is required.

More details about the requirement for entry into Turkey (passport and VISA details) can be found by following the website:

➔ <http://www.mfa.gov.tr/visa-information-for-foreigners.en.mfa>

3.7 EMBASSIES INFORMATION IN TURKEY

In Turkey there are **245 foreign embassies and consulates**.

Visit **HERE** ➔ <https://embassy.goabroad.com> you will be able to find the embassy you require in alphabetical order.

3.8 CURRENCY INFORMATION

CURRENCY INFORMATION

€1 = TRY 15.48 (Turkish Lira)
 £1 = TRY 18.59
 US\$1 = TRY 13.66

ATM

ATMs are widely available in major cities and tourist areas. You can get local currency from banks and exchange bureaux, known as DOVIZ in Turkish.

3.9 FOOD AND DRINK IN TURKEY

Turkish food combines culinary traditions from the people's nomadic past in Central Asia influences of the Middle Eastern and Mediterranean cuisine. Sush mixed heritage when it comes to food can be the cause of fierce debate when brought up, in particular when it comes to discussing whether dishes are Greek or Turkish in origin. Debate aside, Turkish food is excellent, with wide variation, going far beyond the familiar kebab.

Meat is a large component of the Turkish diet, with lamb featuring heavily and dishes tend to be fragrantly spiced, although they are not as hot as those found in Indian cuisine. Vegetarians will find they are easily catered for, as meze – a selection of sauces, dips and vegetables – can be found on almost every menu and it's not unusual to them as a main meal. Dolma (stuffed vegetables) are also veggie-friendly dishes.

Guests are usually able to go into a kitchen and choose from the pots if they can not understand the names of the dishes. A wide range of international cuisine is also available in the major cities, and standard German and British dishes along the coasts.



SPECIALITIES: FOOD AND DRINKS

- **Kofte:** Spicy sausage-shaped meatballs made of minced lamb).
- **Shish kebab:** Pieces of meat threaded on a skewer and grilled.
- **Pide:** the Turkish equivalent of pizza topped with cheese and eggs.
- **Dolma:** vine leaves or vegetables stuffed with pine and currants.
- **Lokum:** Turkish Delight – originally made from dates, honeym roses and jasmín bound by Arabic gum and designed to sweeten the breath after coffee.
- **Raki:** anisette, known as 'lion's milk', which could be when water is added. Drinking raki is a ritual and it's traditionally accompanied by a variety of meze.
- **Ayran:** a refreshing yoghurt drink.
- **Cay:** tea – usually drunk black and strong and served in small tulip-shaped glasses.
- **Strong black Turkish coffee:** traditionally brewed over hot coals and served very sweet.
- **Turkish beer, red and white wines**

DRINKING AGE: 18.

TIPPING

A service charge is included in hotels and restaurants' bills. It is customary to leave a small tip (10 to 15%) for barbers, hairdressers, Turkish Bath attendants and waiters in establishments.

3.10 RESTAURANTS IN AFYONKARAHİSAR

ETCI BABA

Website www.etcibaba.com.tr
 Tel +90 272 246 47 47
 Address Afyon İzmir Karayolu Üzeri 5.Km,

ÖZDİLEK ALIŞ-VERİŞ MERKEZİ

Website www.ozdilek.com.tr
 Tel +90 (272) 252 54 00 (pbx)
 Address Dört Yol Mahallesi Kütahya Yolu Bulvarı No:1

İKBAL LOKANTASI

Website www.ikballokantacilik.com
 Tel +90 272 215 12 05
 Address Millet Cad. | Uzun Çarşı No 21

KADAIÇIOĞLU RESTAURANT

Website www.kadaifcioglurestaurant.com
 Tel +90 (272) 246 29 29
 Address Güvenerler, Üzeri 5.Km Merkez/Afyonkarahisar
 Karayolları Arkası Sk.,
 03030 Erkmen Belediyesi/Afyonkarahisar Merkez

ET-RAF RESTAURANT

Website www.et-raf.com
 Tel +90 (272) 229 22 22
 Address Hattat Karahisar Mahallesi, Atatürk Blv. No:62,
 03100 Afyonkarahisar Merkez

KOLAYLI RESTAURANT

Website www.kolayli.com.tr
 Tel +90 (0272) 252 55 55
 Address İzmir Karayolu 10. Km Afyonkarahisar

AFIUM OUTLET VE EĞLENCE MERKEZİ

Website www.afium.com.tr
 Tel +90 (272) 252 57 00 (pbx)
 Address Dört Yol Mah. Turgut Özal Bul. No:40/11C

3.11 RESERVATIONS

➤ **SEL - Sport & Events Logistics S.r.l.** is the Official Carrier and Travel Agency of the FIM Motocross World Championship, for any reservation or information request you may contact your reference person in SEL:

VLADIMIR NIGRO, TEAM LEADER

Email vnigro@sel.it
 Mobile +39.342.8624777

3.12 TRACK INFORMATION



RACE TRACK

Name Afyon Motor Sports Center
 Address Sadıkbey Mahallesi,
 Dört Yol Mah. Turgut Özal Cad.,
 Afyon Yeni Şehir Stadyumu Yanı,
 03200 Merkez/Afyonkarahisar
 GPS coordinates Track: 38°47'08.8"N 30°28'53.1"E
 Welcome Centre: 38°47'02.1"N 30°28'50.9"E
 Phone +90 850 441 0104
 Email info@turkeymxgp.com

ORGANIZER

Name Sancaktepe Motosiklet Kulübü
 Phone +90 850 441 0104
 Website www.turkeymxgp.com
 Email info@turkeymxgp.com

LOCAL PRESS OFFICER

Name H. Ertan Pehlivan
 Phone +90 850 441 0104
 Email press@turkeymxgp.com

NATIONAL FEDERATION

Name TMF - TURKISH MOTORCYCLING FEDERATION
 Phone +90 312 311 01 42
 Website www.tmf.org.tr
 Email info@tmf.org.tr

AIRPORTS

Name ZAFER AIRPORT
 Distance 55 km
 Website www.zafer.aero

Name ANTALYA AIRPORT
 Distance 277 km
 Website www.antalya-airport.aero

Name İSTANBUL AIRPORT
 Distance 430 km
 Website www.ataturkairport.com

Name KONYA AIRPORT
 Distance 230 km
 Website www.skyscanner.net/airports/kya/konya-airport.html

Name IZMIR ADNAN MENDERES AIRPORT
 Distance 350 km
 Website <https://adnanmenderesairport.com>

Name ANKARA ESENBOGA AIRPORT
 Distance 300 km
 Website www.esenbogaairport.com

TOURIST BOARD

Name ECC TUR
 Website <https://mxgp.ecctur.com>

ROAD DIRECTIONS

- From İzmir: take E96 direction USAK and Afyonkarahisar
- From Antalya: take D650 direction BURDUR and Afyonkarahisar
- From İstanbul take O-1 direction E80, D650 BİLECİK, KUTAHYA and Afyonkarahisar
- From Ankara take E90 direction POLATLI E96 and Afyonkarahisar

4

UNITED-STATES



4.1 GENERAL INFORMATION

Michigan is a midwestern U.S. state bordering 4 of the Great Lakes. It contains more than 11,000 inland lakes, spread across its lower and upper peninsulas. Its largest city, Detroit, is famed as the seat of the U.S. auto industry, which inspired Diego Rivera's murals at the Detroit Institute of Arts. Also in Detroit is Hitsville U.S.A., original headquarters of the Motown record company.

While sparsely populated, the Upper Peninsula is important for tourism thanks to its abundance of natural resources, while the Lower Peninsula is a center of manufacturing, services, and high-tech industry.



Sizzling beaches, sprawling forests, boutique vineyards and buzzing cities. Bang in the heart of the Great Lakes, the state is split across two peninculas, divided by Lake Michigan and linked by one of the world's longest suspension bridges across the Straits of Mackinac.

This Midwest state has more natural denatures than it knows what to do with: 300 plus rivers, 5,149 km of shoreline and 11,000 inland lakes and 120,00 hectares of sand dunes. Backcountry adventures await is Isle Royale National Park

in Lake Superior, a craggy wilderness home to wolves and moose. And in winter, thousands of miles of forested cross country trails bring skiers out in force across the state.

Buchanan is a city in Berrien County in the U.S. state of Michigan. The population was 4,456 at the 2010 census. The city is located at the southeast corner of Buchanan Township, about 5 miles (8 km) west of Niles.

LOCAL TIME IS EASTERN STANDARD TIME (EST) UTC/GMT-5

4.2 KEY FACTS

- **AREA** 250,493 sq km (96,716 sq miles)
- **POPULATION** 9.9 million (2015)
- **POPULATION DENSITY** 39.6 per sq km
- **CAPITAL** Lansing
- **ELECTRICITY** 120 volts AC, 60Hz. Plugs have two flat pins with or without a third round grounding pin.

4.3 USEFUL TELEPHONE NUMBERS

Southwestern Michigan area code
Ambulance/Police/Firemen

AIRPORTS

The closest airport is

- **SBN | South Bend International Airport | South Bend, Indiana**
- **MDW | Midway International Airport | Chicago, Illinois**
- **ORD | O'Hare International Airport | Chicago, Illinois**

AIRLINES

- **Air Canada**
- **Air France**
- **American Airlines**
- **Austrian**
- **British Airways**
- **Delta**
- **Emirates**
- **Finnair**

CAR RENTALS

- **Dollar** +1 866-434-2226
- **Avis** +1 773-825-4600
- **Budget** +1 800-621-2380
- Thrifty +1 877-283-0898
- **Enterprise** +1 847-233-7600

TAXI NUMBERS IN BUCHANAN

- Buchanan taxi 01877 385666

4.4 HEALTH AND SAFETY

HOSPITALS

LAKELAND HOSPITAL, NILES

Address 31 N St Joseph Ave, Niles, MI 49120, USA
Tel +1 269-683-5510

MEMORIAL HOSPITAL OF SOUTH BEND

Address 615 N Michigan St, South Bend, IN 46601, USA
Tel +1 574-647-1000

UNITED STATES OF AMERICA HEALTH CARE

Travel insurance that provides medical coverage is strongly advised for visitors to the US. Only emergency cases are treated without prior payment and treatment may be refused without evidence of insurance or a deposit. All receipts for services rendered must be kept in order to make a claim. Medical care in the United States tends to be quite expensive, especially for emergency treatment provided in hospital settings, paid for out of pocket.

In case of an emergency or accident, dial 911 from any public or private phone to be put in touch with paramedics, fire fighters, and police officers. Stay on the line until the operator instructs you to hang up.

Medical facilities in the US are generally of a high standard, and most major cities have specialty hospitals and clinics to treat specific illnesses. Clinics and hospitals are run by both public and private entities and are highly regulated by local, state, and federal agencies. Health care tends toward the traditional, medical-oriented model of care conventionally practiced in the West, and care is provided by doctors, nurses, nurse practitioners, depending on both the setting and the procedure.

Many medications available over the counter in other countries require a prescription in the US. Visitors from outside the US are advised to bring an adequate supply of prescription medication for their entire stay. It can be difficult to get medication that was prescribed abroad in the

US. Visitors may also want to bring the contact information for their home physician should they need to consult with him or her whilst abroad.

Those visiting the USA for long periods with school-age children should be aware that school entry requirements include proof of immunisation against diphtheria, measles, poliomyelitis and rubella throughout the USA; schools in many states also require immunisation against tetanus, pertussis (whooping cough) and mumps.

HIV-positive visitors are no longer required to obtain or present a Waiver of Inadmissibility, under the so-called "HIV Final Rule" of 2009.

VACCINE RECOMMENDATIONS

All travellers are advised to ensure that tetanus is kept up to date.

FOOD AND DRINK

All restaurants are graded by the US health inspector with a letter rating system that must be hung in the front window.

OTHER RISKS

There is no law in the United States requiring Genetically Modified foods to be labelled as such. All raw fruits and vegetables should be washed with clean water before consuming for the removal of pesticides.

4.5 VISA AND PASSPORT REQUIREMENTS

TO ENTER THE UNITED STATES OF AMERICA, A PASSPORT VALID FOR THE DURATION OF STAY IS REQUIRED.

PASSPORT NOTE

All travellers entering the USA under the Visa Waiver Program require individual machine-readable passports. Travellers not in possession of machine-readable passports require a valid USA entry visa.

Visitors to the USA travelling under the Visa Waiver Program must obtain authorisation from the Electronic System for Travel Authorization (ESTA), a fully automated, electronic system for screening passengers before they begin travel to the USA, if arriving by air or sea. It is recommended that applications are made at least 72 hours prior to travel but you may apply at any time prior to travel.

Airlines must deny check-in to passengers without valid ESTA. Apply online (➔ <https://esta.cbp.dhs.gov>). There is a US\$14 fee. An ESTA is valid for two years, so if you've applied for one previously, ensure it's still valid.

When applying for ESTA-authorisation and entering the passport number, the number 0 must not be replaced by letter O as this can lead to problems upon entering the USA.

The granting of an ESTA does not guarantee entry to the USA.

Canadian citizens do not require an ESTA, but permanent residents of Canada who are eligible for the Visa Waiver Program must obtain one.

All people, including US citizens, travelling by air, land, or sea between the USA and Canada, Central and South America, the Caribbean and Bermuda are required to present a valid passport, or other approved document, when entering or re-entering the USA.

VISAS

	PASSPORT REQUIRED	RETURN TICKET REQUIRED	VISA REQUIRED
Australian	Yes	Yes	No
Canadian	Yes	No	No
EU	Yes	Yes	No/1
British	Yes	Yes	No

Visas are not required by nationals referred to in the chart above for stays of up to 90 days, except:

1. Nationals of Bulgaria, Croatia, Cyprus, Poland and Romania, who do require a visa as they are not included in the Visa Waiver Program.

Countries are occasionally added to the Visa Waiver Program; check the US Department of State's website for recent additions [▶ https://travel.state.gov/content/travel/en/us-visas/tourism-visit/visa-waiver-program.html](https://travel.state.gov/content/travel/en/us-visas/tourism-visit/visa-waiver-program.html).

All passengers using US airports for transit purposes are required to obtain a transit visa. This does not affect qualified travellers travelling visa-free under the Visa Waiver Program. To qualify for visa-free travel under the Visa Waiver Program, nationals must travel on a valid passport, for holiday, transit or business purposes only and for a stay not exceeding 90 days.

Holders of UK passports with the endorsement British Subject, British Dependent Territories Citizen, British Protected Person, British Overseas Citizen or British National (Overseas) Citizen do not qualify for the Visa Waiver Program. A passport which states holder has right of abode or indefinite leave to remain in the UK does not qualify for visa-free travel.

A visa does not expire with the expiry of the holder's passport. An unexpired, endorsed visa in an expired passport may be presented for entry into the USA, as long as the visa itself has

not been cancelled, is undamaged, is less than 10 years old and is presented with a valid non-expired passport, provided that both passports are for the same nationality.

Nationals of countries not referred to in the chart above are advised to contact the embassy to check visa requirements. Take note the USA does not participate in the Schengen visa scheme.

TYPES AND COST

Tourist, business, transit and student visas: US\$160.

Travellers who are visa-free under the Visa Waiver Program do not require a transit visa, but must obtain ESTA-authorisation prior to travel.

VALIDITY

Visas may be used for travel to the USA until the date of expiry as long as presented with a valid passport. Some visas are valid for multiple entries. The length of stay in the USA is determined by US immigration officials at the time of entry.

APPLICATION TO

Embassy or consulate. All visitors requiring a visa must attend an interview at the nearest US consulate/embassy. The USA does not participate in the Schengen visa scheme.

WORKING DAYS

Varies widely - check with embassy/consulate for current processing times. At the US Embassy in the UK, there is a six-day wait for appointments and visa processing takes three working days.

ENTRY WITH CHILDREN AND PETS

Dogs and cats may enter the USA provided that you have a current certificate of health signed by a veterinarian in your home country, as well as proof of vaccinations. Many animals are not allowed to be brought into the USA; you can find a complete list on the US Customs and Border Protection website [▶ www.cbp.gov](http://www.cbp.gov).

4.6 EMBASSIES INFORMATION IN UNITED STATES

In United States there are 985 foreign embassies and consulates.

Visit HERE [▶ https://embassy.goabroad.com](https://embassy.goabroad.com) where you will be able to find the embassy you require in alphabetical order.

4.7 CURRENCY AND BANK INFORMATION

CURRENCY INFORMATION

US Dollar (USD; symbol \$) = 100 cents. Notes are in denominations of \$100, 50, 20, 10, 5, 2 and 1, though the \$2 bill is rare and is not in high circulation. Coins are in denominations of \$1, and 50, 25, 10, 5 and 1 cents.

€1 = US\$1.13

£1 = US\$1.36

CREDIT CARDS

Most major credit cards are accepted throughout the USA, including American Express, Diners Club, MasterCard and Visa. Visitors are advised to carry at least one major credit card, as it is common to request pre-payment or a credit card imprint for hotel rooms and car hire, even when final payment is not by credit card. Be sure to check with your card issuer for current surcharge rates imposed for use of the card outside your home country. You should also inform your issuer that you are travelling for a specified period so your card is not flagged or temporarily suspended.

Bank-issued debit cards are accepted at many businesses in the US; however, using them to pay for many travel-related expenses, such as car hire and hotel rooms, often incurs a surcharge, deposit, or a hold on your account.

ATM

ATMs are widely available across the country.

TRAVELLERS CHEQUES

Widely accepted in US Dollar cheques; Pound Sterling traveller's cheques are rarely accepted and few banks will honour them. Change is issued in US Dollars. One or two items of identification (passport, credit card, driving licence) will be required.

BANKING HOURS

Variable, but generally Mon-Fri 0830-1700. In major cities newer banks are competing with one another and have extended hours, including weekend service.

CURRENCY RESTRICTION

There are no restrictions on the import or export of local or foreign currency. However, amounts in excess of US\$10,000 or equivalent should be declared at customs.

CURRENCY EXCHANGE

Hotels do not, as a rule, exchange currency and only a few major banks will exchange foreign currency, so it is advisable to arrive with US Dollars, or exchange foreign currency at the airport upon arrival.

DUTY FREE

The following goods may be imported by visitors over 21 years of age into the USA without incurring customs duty:

- 200 cigarettes or 100 cigars.
- 1L of alcoholic beverage.
- Goods up to a value of US\$800 (returning residents who have been out of the country for at least 48 hours; this limit is applicable once every 30 days and is reduced to US\$200 for travellers who have already used the allowance or have been out of the USA for less than 48 hours).
- Goods up to a value of US\$100 (non-residents visiting the USA for at least 72 hours).

Travellers arriving from certain Caribbean and Latin American countries may import up to 2L of alcoholic beverages, as long as at least 1L was produced in one of the applicable countries. Further information on US customs regulations is available online www.cbp.gov.

BANNED IMPORTS

Weapons and drugs.

4.8 FOOD AND DRINK IN MICHIGAN

The state of Michigan can call dibs on a variety of native foods, including Traverse City-grown cherries, a bounty of crisp apples and a smattering of Great Lakes fish. But the “mitten” — so called for its mitten-like shape — is also known for putting its own twists on familiar food, including Detroit-style pizza, double-baked rye bread and Mackinac Island fudge. All this and more make Michigan a state with specialties worth sampling, from fingertip to wrist, or from the upper peninsula down to the heart of Detroit. Seafood and steak are the common plates.



- **Steak:** the US tradition lives on with filet mignon and porterhouse cuts at steakhouses across the state.
- **Seafood:** Dungeness crab, shrimp, and swordfish are especially popular.
- **Detroit-Style Pizza:** The Sicilian-style square pizza that is making waves across the nation started in Detroit. In the mid-1940s Buddy's Pizza started making the pie at their original downtown Detroit location, eventually expanding to locations across the state. The deep-dish pizza dough made daily is double-stretched, resulting in a thick yet airy square, topped with Wisconsin brick cheese and a drizzle of sauce. Although a ton of toppings are available, the classic one is pepperoni that's tucked underneath the cheese to keep the meaty flavor without any charring.
- **Double-Baked Rye Bread:** Double-baked rye bread is to Michigan as bagels are to New York. Often imitated, this version of rye bread is like no other, and was created in the 1950s by Jack Goldberg, the owner of Stage & Co. Deli.
- **Chipati:** People outside Ann Arbor (where the University of Michigan is located) may not embrace the Chipati with the same enthusiasm as locals, but this simple salad — lettuce, mushrooms, cheese, peppers stuffed in a thick, oversized freshly baked and still-warm pita — has a cult following. The secret is in the sauce, which is served both as a dressing and as a dip for the bread. A bright orange, zingy, creamy concoction, the sauce is rumored to be a combination of hot sauce, ketchup and ranch dressing, but nobody has confirmed it. The stuffed salad was introduced in the 1970s at Pizza Bob's and became an instant hit with the to-go crowd. The opening of Pizza House in the mid-1980s allowed people to dine in and get their Chipati fix.

TIPPING

15% of the bill is customary, 20% for excellent service. Bartenders should be tipped at least one dollar per drink, regardless of the beverage price.

DRINKING AGE

Individuals must have government ID showing they are over 21 years old to purchase, order or drink alcohol.

4.9 RESTAURANTS

TABOR HILL WINERY & RESTAURANT

Address 185 Mt Tabor Rd, Buchanan,
MI 49107, United States
Tel +12694221161

TAQUERIA DON CHEPE

Address 1140 S 11th St, Niles,
MI 49120, United States
Tel +12696355225

MCCOY CREEK TAVERN

Address 215 E Front St, Buchanan,
MI 49107, United States
Tel +12692352284

JIM'S SMOKIN' CAFÉ

Address 220 E Main St, Niles,
MI 49120, United States
Tel +12696355154

CARRIAGE HOUSE DINING ROOM & GARDENS

Address 24460 Adams Rd, South Bend,
IN 46628, United States
Tel +15742729220

FRONT STREET PIZZA PUB

Address 510 N, Front St, Niles,
MI 49120, United States
Tel +12696874992

4.10 RESERVATIONS

➤ **SEL - Sport & Events Logistics S.r.l.** is the Official Carrier and Travel Agency of the FIM Motocross World Championship, for any reservation or information request you may contact your reference person in SEL:

VLADIMIR NIGRO, TEAM LEADER

Email vnigro@sel.it
Mobile +39.342.8624777

4.11 TRACK INFORMATION



RACE TRACK

Name **REDBUD MX**
 Address **13638 Redbud Trail North,
 Buchanan, MI 49107, USA**
 GPS coordinates **Track: 41° 52'11.89" N 86° 21'48.04" W**
 Welcome Centre **41°49'58.9"N 86°21'13.3"W - 401 River St.
 Buchanan, 49107**
 Phone **+1 269 695 6405**
 Website **> www.redbudmx.com**
> www.redbudmxon.com (in progress)
 Email **> amy@redbudmx.com**
> tim@redbudmx.com
> oscar@redbudmx.com

LOCAL PRESS OFFICER

Name **PAT SCHUTTE**
 Phone **+1 248 821 3380**
 Email **> pat@highprofilepr.com**
 Name **NICK KOESTER**
 Phone **+1 304 284 0101**
 Email **> nkoester@mxsportsproracing.com**

NATIONAL FEDERATION

Name **AMA (AMERICAN MOTORCYCLIST ASSOCIATION)**
 Website **> <https://americanmotorcyclist.com>**
 Email **> kcrowther@ama-cycle.org**

AIRPORTS

Name **SBN | SOUTH BEND INTERNATIONAL AIRPORT**
SOUTH BEND, INDIANA
Distance 34 km/21 miles
Website www.flysbn.com

Name **ORD | O'HARE INTERNATIONAL AIRPORT**
CHICAGO, ILLINOIS
Distance 188 km/117 miles
Website www.flychicago.com/ohare

Name **MDW | MIDWAY INTERNATIONAL AIRPORT**
CHICAGO, ILLINOIS
Distance 154 km/96 miles
Website www.flychicago.com/midway

Name **DTW | DETROIT METROPOLITAN AIRPORT**
DETROIT, MICHIGAN
Distance 296 km/184 miles
Website www.metroairport.com

TOURIST BOARD

Name **SOUTHWESTERN MICHIGAN TOURIST COUNCIL;**
Visit South Bend
Website www.swmichigan.org
www.visitsouthbend.com

ROAD DIRECTIONS

RedBud MX Location:
<https://goo.gl/maps/1Gok4u3EayD2>

From Detroit DTW Airport
<https://goo.gl/maps/DDPZr7UAvaC2>

From Chicago ORD Airport
<https://goo.gl/maps/Kvugucqeyg52>

Before driving from Chicago, travellers should check for current information regarding road construction and traffic problems at www.google.com/maps or call the track (+1 269 695 6405). The following may not be the best routes, depending on the day and time of travel!
*This route requires \$6 total tolls: 4 toll booths at \$1.50 each.

From Chicago MDW Airport
<https://goo.gl/maps/D8qdF1Qiq3y>

Before driving from Chicago, travellers should check for current information regarding road construction and traffic problems at www.google.com/maps or call the track (+1 269 695 6405). The following may not be the best routes, depending on the day and time of travel!
*This route requires \$10 total tolls: 2 toll booths at \$5.00 each.



5

ANNEX A

5.1 REFERENCES

- www.allianzworldwidecare.com
- www.cdc.gov
- www.countrycallingcodes.com
- www.foodnetwork.com
- www.goabroad.com
- www.huilenviajes.com.ar
- www.indexmundi.com
- www.indonesia-tourism.com
- www.info.dn.ua
- www.laangostura.com
- www.lonelyplanet.com
- www.netdoctor.co.uk
- www.sel.it
- www.tripadvisor.com
- www.viaggiasesicuri.it
- www.villalaangostura.com.ar
- www.welcomeargentina.com
- www.worldpopulationstatistics.com
- www.worldtravelguide.net
- www.wikipedia.org
- www.indonesia.travel/uk/en/destinations/bali-nusa-tenggara/sumbawa

5.2 PICTURES

- www.fortune.com
- www.neverendingvoyage.com
- www.stunningplaces.net
- www.thecrazytourist.com
- www.thousandwonders.net
- www.travelblog.com
- www.tripadvisor.com
- www.vanityfair.it
- www.cronachediviaggi.com
- www.eater.com
- www.lonelyplanetitalia.it