



Health Advocates, LLC

The Thirteenth Annual International Conference on the Health Risks of Youth

January 3-6, 2024

Pueblo Bonito Ocean Front Resorts and Spa, Cabo San Lucas, México

(Edited 11/22/23)

Frequently Asked Questions about the ICHRY Conference

1) Do I need a passport?

Answer: Yes. Please make certain your passport is valid for six months past the date of the length of your stay in Mexico. It is also suggested you make a photocopy of your passport and keep it separately from the original. It is also a good idea to ask the front desk attendant at the hotel to make and keep a copy with your portfolio.

2) How do I get to the resort from the airport?

Answer: There are several transport services you can use, including a city bus (if you are so inclined). The hotel has a contracted travel service for which we receive a 5% discount. You are not obligated to use this travel service, but this is the one recommended by the resort event coordinator: <https://www.cabotravelsolutions.com/transportations-groups/29>. The contact person with the transportation company is Jesús Ruvalcaba.

In my cursory review of the site, it appears to be approximately 50.00 (USD) roundtrip from the airport to the hotel. Obviously, the more people in your party, the lower the cost. Please know that you must register and pay in advance to ensure your reservation.

3) Is Mexico safe?

Answer: Parts of Mexico are currently on the State Department do not travel list, but Cabo San Lucas is not. Like traveling in any foreign country, you should be aware of your surroundings and try not to advertise you are a tourist or from the United States. You are perfectly safe while at the resort, but you should use common sense if you go into Cabo and you are **strongly urged to avoid going alone into town.** If you don't speak Spanish, please be sure to have a business card from the hotel to give to cab drivers to make sure you are taken to and from the proper locations. Our resort is relatively close to the tourist area of town, so it should be safe.

4) What are the COVID 19 restrictions in Mexico?

Answer: As of 11/28/2022 you can enter Mexico and return to the US without wearing a mask or showing proof of vaccination.

Because COVID situations change rather quickly, please refer to the US Embassy web page for updates: <https://mx.usembassy.gov/covid-19-information-for-u-s-citizens-in-mexico/#:~:text=U.S.%20citizens%20are%20permitted%20to,health%20screenings%20including%20temperature%20checks>.

Status updates for Cabo and the surrounding states can be found at: <https://www.islandlifemexico.com/coronavirus-in-mexico/>.

5) How do I pay for items in Mexico?

Answer: Most major U.S. credit cards are accepted in Mexico and at the Pueblo Bonito Resort. Charges will be listed in pesos, but your credit card company will convert the charges to U.S. dollars. Many credit card companies charge international transaction fees, so check with your respective credit card company for their policies. **Please note you should notify your credit card company and bank that you are leaving the country so credit and debit card privileges are not frozen when charges from Mexico start appearing.**

You might have need for some Mexican pesos for local shopping, etc., but most places take credit and debit cards. However, carrying cash is sometimes helpful in negotiating the “best price”.

The conversion rate for U.S. dollars to Mexican pesos is approximately U.S. \$1.00 = 17.32 pesos (as of 11/19/2023). You can estimate the conversion rate through several sites including http://coinmill.com/MXN_calculator.html. Please note that currency conversion stands at the airport often have fees associated with each transaction. ATM machines are available in the hotel lobby for peso conversion. Regardless, only receive cash from ATM’s that are affiliated with a bank. The commercial ATM’s often have very high fees associated with them.

6) What is the best way to communicate with family/friends in United States?

Answer: International cell phone service can be very expensive. You are encouraged to establish an account with SKYPE or Zoom or I Phone Face Time through the Internet and use your computer to make phone calls. Also, several US cell phone companies have a standard international phone/texting package that can be purchased by the month and can be started/stopped at any time. Please check with your individual cell carriers for info.

Health Advocates has negotiated free internet service in sleeping rooms, meeting rooms, and public areas of the hotel for all participants, so e-mail, WhatsApp, and Facetime might be the venue with the fewest number of problems. Please see the information below from a web site that discusses issues with cell phones in Mexico: (<http://www.tomzap.com/telephon.html#cell>).

What can you do to minimize your international data charges?

- **Turn Data Roaming "OFF":** By default, this setting for international data roaming will be in the "OFF" position.
To turn data roaming "ON/OFF," tap on Settings>General>Network>Data Roaming
 - – Turning "OFF" data roaming blocks email, browsing, and downloads, but it will not block text or picture/video messages.
 - – When abroad, international roaming rates apply when you send text or picture/video messages.
- **Utilize Wi-Fi:** Wi-Fi is available in many international airports, hotels and restaurants to browse the Web or check email.
- **Turn Fetch New Data "OFF":** Check email and sync contacts and calendars manually instead of having the data pushed to your iPhone automatically. This way you can control the flow of data coming to your iPhone.
To turn off the Auto-Check functionality tap on Settings>Mail, Contacts, Calendars>Fetch New Data, Change Push to "OFF" and Select to Fetch Manually

7) Are meals/drinks included in the cost of conference registration?

Answer: Yes. The Pueblo Bonito Resort is all-inclusive meaning all meals and drinks are covered as a part of your hotel room registration. However, certain drinks and meal options are subject to an up-charge, but this additional fee is clearly listed on all bar and food menus. We will have a group opening dinner on Wednesday night that is included as well.

8) What is included in my hotel registration?

Answer: Per the Health Advocates contract, your hotel room rate includes all taxes, fees, and tips, etc. In short, your final bill should reflect the room rate only, with one small exception. There is a government-mandated environmental tax that is approximately 1.90 (USD per day. That is the *only* other charge that should appear on your final bill. Please confirm this information when you check in as it is easier to solve these issues ahead of time rather than when you are rushing to leave the hotel. It is also easier for you to try to solve any issues before contacting Dr. Wiley. It is often the case that the front desk staff will not share information about your respective reservations, so please try to resolve any issues personally, if possible.

Please be aware that you are automatically tipping the bell and housekeeping staff through your daily room charges, so do not feel obligated to give the bell staff a tip when they deliver your luggage. I can promise they will have their hands out for a tip, but just tell them that you are already being charged a service charge that they will receive. I realize it is awkward situation, but do not feel obligated to provide them with an additional tip.

9) How do I register for one of the tour packages?

Answer: You can book tours through the hotel concierge or with any of the tour companies at the hotel or available on the web. Health Advocates once attempted to book a group outing, but it ended up being a lot of work with minimal interest.

10) Why are the conference sessions starting so early in the day?

Answer: We are starting early in the day to give all participants as much time as possible to enjoy golf, tours, or pool time. We will start and end promptly as scheduled each day of the conference.

11) Will there be handouts at each session?

Answer: Presenters are free to bring hard copy handouts if desired, but the goal is to make this conference as “green” as possible. In the past, I have tried to upload all handouts into one Drop Box folder, but it became too much of a bureaucratic hassle, so each presenter is asked to provide handouts in a manner he/she sees fit (hard copies or electronically). You will be provided with a roster of all participants that includes contact information, so you can always reach out to presenters for presentation materials.

In addition, hard copies of the conference program will ***not*** be provided at the conference. You will be sent an electronic copy of the final program before the end of the year and you can print a copy, should you so choose.

12) How do I receive my CHES/MCHES Continuing Education Contact Hours (CECH)?

CHES/MCHES CECH are included in the registration fee and will be provided for each session. Dr. Kelly Wilson is our CECH coordinator and will handle all CECH submission documentation and paperwork. She will make a brief presentation about the process at the conference.

13) What is the "dress code" for the conference?

Answer: The dress code is extremely casual. You should not feel obligated to wear what you might normally wear at a professional conference. For example, slacks, jeans, golf shirts, sundresses, dress shorts, sandals, etc. are perfectly acceptable. Coats and ties for men and closed-toes shoes for women are strictly forbidden. :) Seriously, we want everyone to be comfortable and have a good time, so common sense is probably the best guide for dress at this conference. Please note that the hotel meeting rooms are often quite cold, so a light jacket or sweater might be a good option.

14) What if I have last-minute questions?

Answer: I am available by phone or text (512-426-6693) through January 1, 2024, but will be traveling on the 2nd. I am always available by e-mail (wileyhealthadvocatesllc@gmail.com or healthadvocatesllc@live.com), so feel free to shoot me an e-mail as well.

I look forward to seeing each of you and hope you enjoy your time in Cabo!!