

Customs Regulations

You may bring in, duty-free, three bottles of perfume and one of alcohol; three packets of tobacco or 50 cigars or 200 cigarettes; and gifts up to the value of US\$5.

Health and Personal Security

Uruguay has the highest health standards in Latin America, easily comparable to those in Canada. You can safely eat raw vegetables and fruit, and drink milk and tap water throughout the country. Some visitors, however, may find the water purifying chemicals cause initial upset.

Medical services are very good but expensive. Travellers are advised to arrange adequate health coverage before leaving Canada.

Uruguay is generally a safe and pleasant place to visit. However, as elsewhere, personal safety is a matter of common sense and precaution.

Communications

Communication, both voice and data, between Canada and Uruguay is easy as the system is now automatic throughout the country. Mail delivery, however, is slow; international air courier services are recommended.

Business Calls and Entertainment

A visitor can probably achieve three or four business calls plus a working lunch during a working day. One unscheduled day at the end of a visit would allow for any new leads that might arise during discussions. Business entertainment usually means lunch, cocktails or dinner. Appointments should be made in advance through your local representative or the Embassy and, as in Canada, should be confirmed and respected.