



Pre-departure guide

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Your checklist for Amsterdam

Before we see you in Amsterdam, this quick checklist will ensure that you are organized for your trip:

Letter of invitation	
Registration confirmation (with barcode to print out the name badge on site)	
Required media accreditation documents (for those who need to complete their registration, bring a letter of assignment, two recently bylined articles, and a valid press card)	
Valid passport	
Visa(s) (ensure that you have this prepared early, and do not forget transit visas)	
Photocopies of your passport and visa(s) (for easy replacement if necessary)	
Hotel voucher	
Travel and health insurance (recommended)	
Money	
Medication (a note from your doctor for prescription medication)	

Note: Please be aware that fraudulent websites are advertising false registration and accommodation for AIDS 2018 at twice the standard rate. The only official [registration](#) and [accommodation](#) options for AIDS 2018 are offered through www.aids2018.org.

Conference venue

RAI Amsterdam
Europaplein 24
1078 GZ Amsterdam
The Netherlands

AIDS 2018 contacts and emergency numbers

AIDS 2018 contacts

General information	info@aid2018.org
Registration department	registration@aid2018.org
Media & communications	media@aid2018.org
Abstracts department	abstracts@aid2018.org
AIDS 2018 Scholarship Programme	scholarships@aid2018.org
Volunteers	volunteers@aid2018.org
Satellite symposia	satellites@aid2018.org

Accommodation department	accommodation@aids2018.org
Tour bookings	tours@aids2018.org
Affiliated Independent Events	affiliatedevents@aids2018.org
Pre-conferences	preconferences@aids2018.org

Emergency telephone numbers in the Netherlands

The pan-European emergency number, 112, is used to call the police, fire brigade or ambulance. You will be asked (in English) for the emergency service you require. Please indicate the service and nature of your emergency. You will then be asked for the address and city where you are calling from and the nature of the emergency. Alternatively, you can call certain services for non-urgent matters as follows:

- Police: 0900-8844
- AIDS and HIV info service: 0900-204-2040

Find more information here: https://www.expatica.com/nl/about/Emergency-numbers-for-expats-in-the-Netherlands_100591.html

HIV treatment centres

OLVG, locatie Oost
Oosterpark 9
1091 AC Amsterdam
Tel: (020) 599 91 11
Web: www.olvg.nl

MC Jan van Goyen
Jan van Goyenkade 1
1075 HN Amsterdam
Tel: (020) 305 58 00
Web: www.medischcentrumjanvangoyen.nl

VUmc
De Boelelaan 1117
1081 HV Amsterdam
Tel: (020) 444 44 44
Web: www.vumc.nl

MC Slotervaart
Louwesweg 6
1066 EC Amsterdam
Tel: (020) 512 93 33
Web: www.mcslotervaart.com

Registration information

The registration area is located in Hall 2, Entrance K. Registration opening hours:

Friday, 20 July	14:00 – 18:00
Saturday, 21 July – Sunday, 22 July	07:00 – 18:00

Monday, 23 July	06:00 – 20:00
Tuesday, 24 July – Thursday, 26 July	06:00 – 18:30
Friday, 27 July	06:00 – 14:30

Payment

If you have paid a bank transfer but not received an invoice/registration confirmation, **please bring a proof of payment/bank transfer slip with you to the conference.**

On-site payments can be made either by credit card (up to an amount of US\$7,000) or with cash. On-site payments will only be accepted in US dollars. Personal, company and Euro cheques will not be accepted.

Registration process

Please check your delegate status and then follow the relevant process listed below.

Registered delegates

- **If your registration is confirmed**, please bring your printed QR code confirmation to the badge printing terminals located in the registration area and print your name badge. After printing your name badge, please proceed to the *material pick-up counters* where you will receive your conference materials (as applicable).
- **If your registration is pending**, please go to the *registered delegate counter* in the registration area to complete your registration. Once your registration is completed, your name badge and conference materials (as applicable) will be handed over to you.

Media delegates

- **If your registration is confirmed**, please bring your QR code confirmation to the *badge printing terminals* located in the registration area and print your name badge.
- **If your registration is pending**, please go to the *registered media counter* in the registration area to complete your registration.

Please note: Any missing media credentials must be provided and approved by the IAS Secretariat before your media registration is completed. We cannot guarantee approval of pending media registrations on site.

Registered speakers

- In addition, remember to check in at the *speaker centre* (Europe Foyer 2) at least four hours before the start of your session. The opening hours are as follows:

Friday, 20 July	15:00 – 18:30
Saturday, 21 July – Thursday, 26 July	08:00 – 18:30
Friday, 27 July	08:00 – 14:00

Registered scholarship recipients

- Please bring your QR code confirmation to the *badge printing terminals* located in the registration area and print your name badge.
- You will need to present a form of identification (for example, passport) and your scholarship award letter to collect your daily allowance.

- For matters related to the AIDS 2018 Scholarship Programme and IAS Educational Fund Scholarship Programme, go to the *scholarship desk* in the registration area (Hall 2, at Entrance K). The opening hours are as follows:

Friday, 20 July	14:00 – 18:00
Saturday, 21 July – Monday, 23 July	08:00 – 19:00
Tuesday, 24 July – Thursday, 26 July	08:00 – 15:00
Friday, 27 July	08:00 – 13:00

Delegates registered as part of a group

- If you are registered as part of a group by a pharmaceutical company or another organization, please check with your group manager about when and where you will receive your name badge and conference materials (as applicable).

Certificate of attendance

Participants who are entitled to receive a certificate of attendance will receive it by email from the IAS 2018 registration department after the conference.

Getting around Amsterdam

Leaving Schiphol Airport

Train

Direct trains to the Amsterdam Centraal station run every 10 to 15 minutes between 06:00 and 00:30, and the trip takes 15 to 20 minutes. Second class tickets are EUR 5.10 and can be purchased either at the ticket desk on the arrivals level or at the yellow machines using Euro coins or credit/debit cards. Tickets can also be bought online. These trains leave from platforms 1, 2 or 3, which are all one floor below the airport terminal.

Find more information on buying tickets online here:

<http://adaminfo.rgi.ticketbar.eu/en/ticketbar-amsterdam/train-from-schiphol-to-amsterdam-/>

Buses

Buses depart every 30 minutes between 05:40 and 23:40. Tickets cost EUR 5 for a single journey and can be bought directly from the driver. The bus station is located outside the main entrance to the arrivals and train station level. It takes about 30 minutes to get to Amsterdam city using a bus. Please note that there is limited service over the weekends.

Schiphol Hotel shuttles

Shuttles leave the airport every 10 minutes between 06:00 and 21:00, from platform A7 outside the main entrance of the arrivals and train station level. A single journey amounts to EUR 17 for an adult and EUR 8 for children. Shuttles offer door-to-door services and may offer a complimentary airport shuttle service, depending on the chosen hotel.

Taxi

Taxis can be taken outside the main entrance of the arrivals and train station level. The journey takes only 20 minutes in off-peak hours and costs between EUR 40 and EUR 50. Please note that only official taxis should be used. Do not take a taxi that is offered to you at any other place.

Using public transport

Amsterdam boasts an impressive public transport network, including metros, buses, trams, ferries and trains, to help you get around the capital.

The public transport app, 9292, provides for detailed travel advice for Amsterdam's public transport network (available on Android, iOS, Blackberry and the web).

Find more information on the public transport app, 9292, here: <http://9292.nl/en>

Or you can also download the map: <https://assets.gvb.nl/plattegronden/Lijnenkaart2018-2.pdf>

Accessibility of public transport

Public transport operator GVB can provide specific information about accessibility on Amsterdam trams, buses and metro trains. For example, route folders and timetables indicate which transport stops are not wheelchair accessible, or which trams and bus services are not equipped with an accessibility ramp. Metro stations typically offer lift access and a wider check-in port for wheelchairs.

Find more information on accessibility here: <https://en.gvb.nl/reizen/toegankelijk-ov>

Bus

Amsterdam's bus network is extensive, connecting all neighbourhoods with other city areas and extending outwards into the Amsterdam Metropolitan Area.

The main bus companies include GVB (operating primarily within Amsterdam), Connexxion (R-Net) and EBS, with many routes operating to and from Amsterdam Centraal Station. Single-journey tickets or one-hour tickets can usually be purchased directly from the driver. However, it is well worth considering options such as 24-hour, 48-hour, 72-hour or 96-hour tickets (valid on GVB services).

The Amsterdam & Region Travel Ticket is also excellent value if you plan to explore the region. All buses have check-in and check-out ports, meaning that travellers in possession of a public transport chip card (OV-Chipkaart) can travel for less, paying only for the distance actually travelled.

Find more information here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/public-transport/bus>

Bus map: <http://en.gvb.nl/reisinformatie/plattegronden/Pages/Lijnennetkaart.aspx>

Ferry

Amsterdam's ferries provide essential, free connections across the River IJ for pedestrians, cyclists and mopeds. Many of these blue-and-white ferries can be found directly behind Amsterdam Centraal Station, providing a frequent and free service across the water to and from Amsterdam Noord.

The ride to Buiksloterweg is the most direct (five minutes) and runs 24 hours a day. It is the best way to reach the EYE Film Institute and Tolhuistuin. Another boat runs to NDSM-werf (15 minutes) between 07:00 and midnight (from 09:00 on weekends). Another goes to IJplein (06:30 to midnight). Bicycles are permitted on all ferries.

Metro

All of Amsterdam's metro stations are gated by check-in and check-out ports, accessible only with a public transport chip card (OV-Chipkaart) or another valid travel card. If you are not in possession of a personal chip card, you can purchase a one-hour ticket or a rechargeable non-personalized public transport chip card at GVB service desks or vending

machines at the station. Please note that the metro stations do not have manned service desks, but there may be an assistant on hand to help at ticket machines. Apart from Amsterdam Centraal Station, only two of the current metro stations are centrally located (Nieuwmarkt and Waterlooplein). For getting around in the city centre, you might consider walking, cycling or taking the tram and buses. However, the metro network is an especially efficient way to travel around the edges of the city.

Find more information here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/public-transport/metro>

Metro map: <http://maps.gvb.nl/nl/lijnen?metro&show=away>

Tram

Amsterdam's tram service runs frequently and reliably throughout the city, with Amsterdam Centraal Station serving as a main hub. There are two tram "stations" outside the front of Centraal Station – one on the east side, and one on the west side. They are just a short walk apart and, from both areas, trams go towards the city centre before radiating outwards to various neighbourhoods and districts.

When travelling by tram in Amsterdam, most locals make use of the public transport chip card (OV-Chipkaart), checking in and out at the start and end of their journeys (and whenever they change trams). However, it is possible to purchase a one-hour ticket aboard the majority of Amsterdam trams. A ticket attendant sits in a booth towards the rear of most trams; otherwise, the driver at the front can assist you. You can also purchase 24-hour and 48-hour tickets aboard the tram (valid only for GVB services, including buses and metro). You can buy other types of tickets at GVB Tickets & Info offices or GVB ticket vending machines.

Find more information on trams here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/public-transport/tram>

Tram map: <http://maps.gvb.nl/nl/lijnen?tram&show>

Arriving at RAI Amsterdam

There are two possible stops:

Amsterdam, Europaplein

- Tram 4
- City Bus 62

Amsterdam RAI station

- Train (<https://www.ns.nl/en>)
- Metro 50, 51 and 52*
- Tram 4
- City Bus 62

*The new metro line will go into service from **22 July 2018**. The new metro line will take you, in eight minutes, from Centraal Station to RAI/Europaplein: <https://en.gvb.nl/reizen/nieuwe-tijden/de-noordzuidlijn>

Cars and taxi service

- **Driving in Amsterdam**

Just a few reminders:

- In the Netherlands, you drive on the right.
- Safety belts are compulsory in both the front and back seats.

- If you are driving a motor vehicle, you must ensure that it does not produce unnecessary noise.
- Remember to come equipped with your international Green Card insurance.
- For motorbikes and scooters, the wearing of helmets is compulsory for both drivers and passengers.

Speed limits in urban areas are 50km/h (30mph); on main roads, 100km/h (62mph); on motorways, 130km/h (80mph); and on all other roads, 80km/h (49mph). There are a few service stations within Amsterdam and you will inevitably find some on the way in to the city.

- **Parking in Amsterdam**

Amsterdam is easy to navigate by car, but to make the most of your trip, there are some factors to keep in mind, especially when it comes to parking. Because of the compact layout of the city and the limited number of (affordable) parking spaces, Park+Ride locations on the edge of the city are a great option.

Find more information on Park+Ride here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/parking/park-and-ride>

The digital parking system in Amsterdam means that you need to enter your registration plate details into the parking meter when you pay for (on-street) parking. You don't need to display a parking receipt in your car, but you can still print a copy for your own administration. Your number plate now serves as your "receipt", and Cition (the local parking authority) can simply scan it to see if you have paid. Please note that Amsterdam's parking meters do not accept cash or coins. Payment can be made only using a Dutch bank card or any major international credit card.

You can also use your mobile phone to pay for parking. The five-digit number for phone parking is displayed on the street signs.

Find more information on parking here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/parking>
<http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/parking/parking-in-amsterdam>

- **Taxi service**

Taxis can be handy if you are travelling late at night when the trams have stopped running or when you are running late.

Taxi regulations

- The taxi meter will always be turned on and you will receive a receipt upon completion of the journey. Always store this receipt carefully as it contains all the information about the trip and the taxi.
- Taxi drivers must always accept short trips.
- Taxi drivers must deliver you safely to your destination via the shortest/quickest route.

Transparent fees: rates for 2017

Taxi car (maximum four passengers)

- Maximum start price: EUR 2.98
- Maximum price per kilometre: EUR 2.19
- Maximum price per minute: EUR 0.36

Taxi bus (five to eight passengers)

- Maximum start price: EUR 6.06
- Maximum price per kilometre: EUR 2.76
- Maximum price per minute: EUR 0.41

Waiting rate: EUR 38.98 per hour.

Hailing a taxi

The Amsterdam city centre is a myriad of roads, lanes and footpaths. Because space is limited, it is easiest to hail a taxi from taxi stands located throughout the city. [View a map of Amsterdam's fixed taxi stands.](#)

Official taxi operators:

- Taxicentrale Amsterdam (TCA): <http://www.tcataxi.nl/en.html>
- Staxi: <http://www.staxi.nl/>
- Taxistad: <http://www.taxistad.com/>
- Stads Taxi Amsterdam (STA): <http://stadstaxiamsterdam.nl/>
- Taxi Direct Amsterdam: <http://www.taxidirect.nl/>
- My Taxi Centrale: <http://www.mytaxicentrale.nl/>
- TCS Schipholtaxi: <http://www.mytaxicentrale.nl/>
- Taxi Electric: <https://book.taxielectric.nl/>
- Aemstel Taxi: <https://book.taxielectric.nl/>
- AMS: <http://www.amstaxi.nl/>

Find more information on taxis and taxi operators here: <http://www.taxi.amsterdam.nl/>

Biking Amsterdam

Biking in Amsterdam is safe and easy, thanks to the flat landscape and multitude of wide bike paths. Everybody is on a bike; cycling is the most egalitarian mode of transport in Amsterdam.

Cyclists are required to use the mandatory cycle track. If there is a break in the mandatory cycle track or in a cycle/motor cycle track, cyclists are required to use the main carriageway.

Bike rental in Amsterdam

Bike rental shops are spread across the city and are very popular with locals.

Find more information on bike rental here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/rental/bike-hire>

Find more information on cycling in Amsterdam here:

<http://www.iamsterdam.com/en/visiting/plan-your-trip/getting-around/cycling>

City maps

<http://www.amsterdam.info/map/>

Inside the venue (listed alphabetically)

Accessibility

AIDS 2018 is committed to accommodating the needs of individuals with disabilities by providing the following services:

- Accessibility information desk for assistance, located in the registration area
- Free registration for personal assistance (upon request and approval of required documentation)
-
- Wheelchairs (upon request)
- English international sign language interpretation for selected key sessions
- Live translation of speech into text (CART, or real-time captioning) for selected key sessions
- Braille Pocket Programme (upon request)
- Stage lift for speakers (upon request)

- Disability networking zone (DNZ).

Find more information on accessibility [here](#).

Accommodation desk

For hotel bookings and changes, please go to the desk located in the registration area.

Baby care lounge

The baby care lounge, located on Level -1 of the Elicium (via Entrance K), is equipped with three comfortable chairs for nursing mothers, a baby changing bench, a playpen, a refrigerator and a sink with hot and cold water.

Banking facilities

There are two ATMs: one at Entrance C and one at Entrance K (ground floor).

Childcare services

AIDS 2018 offers childcare service for children between the ages of 10 weeks and 12 years. The childcare room is located within the conference venue. The childcare services will be provided by Tante Marloes, which works with certified and experienced English-speaking nannies.

The childcare service itself is provided at no cost for registered AIDS 2018 conference delegates, and is available only upon request and confirmation of booking. However, the child has to be registered as an accompanying child at the applicable [registration fee](#) and in accordance with the [registration terms and conditions](#).

Find more information on childcare services [here](#).

Cloakroom

This is located on Level -1 of the Elicium (via Entrance K). The conference has implemented a policy on bags and prohibited items; it limits the size, type and contents of bags that may be brought into the venue. This measure will significantly enhance public safety and make it easier for all guests to gain access to the event. Only modest-sized handbags and laptop bags will be allowed inside the venue (subject to search and the discretion of the conference organizers). Anything larger must be placed in the cloakroom (subject to search and availability of space).

First aid

There are four first aid rooms within the RAI: one located on Level -1 of the Elicium (via Entrance K); one between Halls 10 and 11; one between the registration area and the speaker centre; and one in the Global Village, behind the main stage.

IAS booth

At the IAS exhibition booth, delegates can learn more about the IAS and its conferences, HIV Programmes activities, including the *Journal of the International AIDS Society (JIAS)*, and membership updates and campaigns. Visitors will have the opportunity to collect information, meet IAS staff and network with IAS Members and representatives of the IAS Governing Council. Delegates can also apply for or renew their IAS membership. A number of events will take place at the IAS booth. In addition to networking opportunities with IAS leadership, the IAS booth will host an IAS Educational Fund event and an IAS Members' networking reception. The IAS booth is located in the exhibition area (Booth 108).

Information desk

For general inquiries related to the conference, please go to the information desk located in the registration area.

Interfaith prayer and meditation room

There are two: one located on Level -1 of the Elicium (via Entrance K), with a washroom and two private cubicles for prayer or meditation in a peaceful environment; and one in Room L102 of the Global Village (Level 1).

Meals and snacks

A variety of catering outlets are accessible throughout the venue, from coffee carts to sit-down restaurants, offering a wide array of options. There are large seating areas in the exhibition area.

Media centre

The AIDS 2018 media centre will be located on Level 0 in Europe Foyer 1 and will have the following opening hours:

Saturday, 21 July – Thursday, 26 July	07:00 – 19:30
Friday, 27 July	07:00 – 18:00

The media centre will be staffed between 08:00 and 19:30 each day (except for Friday, with staffing from 08:00 to 18:00).

Only accredited journalists are allowed to enter and use the media centre.

For more information, visit www.aids2018.org/Media-Centre or send an email to media@aid2018.org. The AIDS 2018 media kit, which includes guidelines and practical information, will be available on the media centre page on the AIDS 2018 website at the end of June.

Positive Lounge

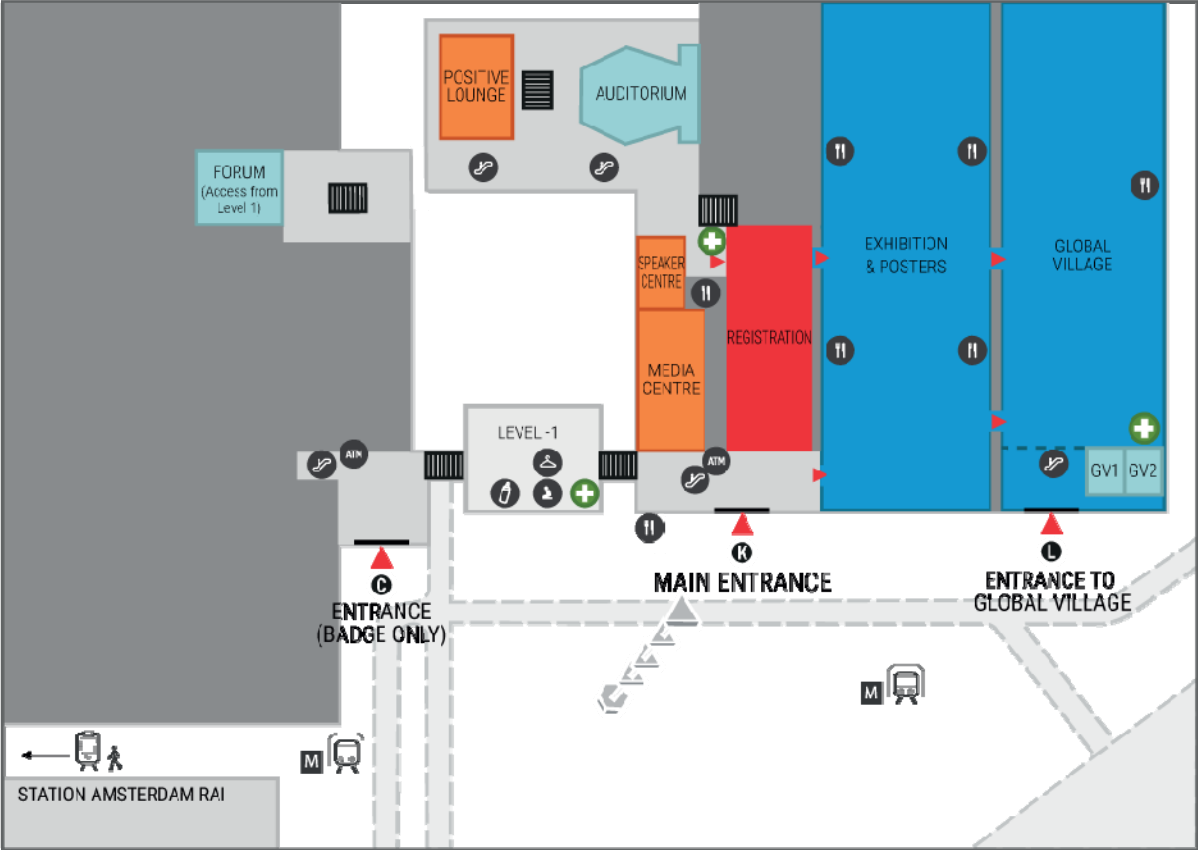
The Positive Lounge is designed to be a place of rest, support and networking for HIV-positive delegates. The lounge provides an opportunity to meet and talk with other people living with HIV from across the globe in a relaxed and nurturing environment. Limited complimentary snacks and spaces for informal meetings are provided. The Positive Lounge is intended for HIV-positive delegates only. Find it on the ground floor, in the Onyx Lounge.

The opening hours are:

Monday, 23 July – Thursday, 26 July	08:00 – 19:00
Friday, 27 July	08:00 – 17:00

RAI Amsterdam conference map

Ground level



First level



Smoking policy

It is prohibited to smoke in any indoor area of the RAI.

Wi-Fi and business centre

Wi-Fi is available free of charge to delegates throughout the conference venue under the name, AIDS2018. There will also be a business centre available to all delegates. It is located in the exhibition area and consists of: internet hook-ups (cabled and wireless), one printer and 12 work station that delegates may use for limited periods of time.

The business centre is open at the following times:

Tuesday, 24 July	10:00 – 18:30
Wednesday, 25 July	10:00 – 18:30
Thursday, 26 July	10:00 – 18:30
Friday, 27 July	10:00 – 14:00

Plan your conference itinerary

Mobile app

Stay connected during the conference: download the AIDS 2018 mobile app from the Apple Store and Google Play. The mobile app allows you to:

- Browse the complete conference programme by day and session type.
- View detailed information on sessions, workshops, satellites, exhibitions and affiliated events.
- Create your own personal itinerary.
- Locate rooms and exhibitor stands on the floor plan.
- Search the entire programme.
- Search conference abstracts by track and category.
- Share content with colleagues via email.

The AIDS 2018 app is kindly sponsored by ViiV Healthcare.

Online conference programme

Links to abstracts, PowerPoint slides with synchronized audio and video, rapporteur reports and e-posters will be accessible through the online conference programme, which you can find at [AIDS 2018 Conference Programme](#) and via the AIDS 2018 mobile app.

Before the conference, our Communications Department will upload programme highlights to the conference website with a selection of key sessions, late breakers and abstract sessions.

Pocket Programme

The Pocket Programme is a reference guide to the conference and is provided to all delegates at registration. It includes the times and locations of all sessions, as well as information on the satellite symposia, exhibition and poster exhibition. It also includes information on additional services offered at the conference, together with a map of the conference venue.

Conference embargo policy

In the case of AIDS 2018, as well as most scientific/medical conferences, all conference abstracts are released to delegates and media under a strict embargo policy. All regular delegates, presenters and media are asked to respect this policy.

Please consult the full conference embargo policy at <http://www.aids2018.org/Media-Centre/Resources/Conference-embargo-policy>.

Continuing medical education (CME) credits

AIDS 2018 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **24** European CME credits (ECMEC@s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

You can claim CME credits by completing the AIDS 2018 CME Evaluation Form, which is available on the conference website.

Continuing nursing education (CNE) credits

The Association of Nurses in AIDS Care (ANAC) will provide up to 15 hours of CNE for selected workshops and plenary sessions. ANAC is accredited as a provider of CNE by the American Nurses Credentialing Center's Commission on Accreditation.

To receive CNE, you must attend the entire session(s) and complete an online evaluation. To see the full list of CNE sessions and to pick up a postcard with the evaluation link, stop by ANAC's booth. For more information, contact ANAC at anac@anacnet.org.

More information on CME and CNE is available on the website at <http://www.aids2018.org/>.

Travel documents and medication

General visa information

A short-stay Schengen visa may be required for travellers who are not nationals of the Netherlands, the [Schengen Area](#) or certain [visa-exempt countries](#). This visa allows a person to visit the Netherlands and other Schengen countries on a temporary basis for tourism or business purposes for up to 90 days within a 180-day period. It must be applied for at the relevant Dutch embassy, consulate or representing Schengen consular office in the delegate's country of residence. If you want to leave and re-enter the Schengen area within the 180-day period, choose the multiple-entry option when making your visa application.

To enter the Netherlands, all delegates must be in possession of:

- A valid passport or other travel document that has been issued within the past 10 years and that will be valid for another three months after the date you intend to leave the Netherlands or the Schengen area. Your passport must have at least two blank pages.
- A valid visa (if required).

For general information on visa applications, please visit this [website](#). If you need some advice or clarity on the processes, please contact a Dutch embassy or consulate, or email visa@aids2018.org.

Transit visas

Citizens of some countries will also need an airport transit visa in order to stop over at an airport in another country, such as the United States. If you are transiting, please contact the relevant consulate of the transit airport's country to request a transit visa. For more information, please contact the AIDS 2018 Visa team at visa@aids2018.org.

Travel and health insurance

We strongly advise that you arrange sufficient travel insurance to cover unexpected events or costs, including any health emergencies. The conference organizers cannot accept liability for personal injuries, loss or damage to property belonging to conference delegates (or their accompanying persons) either during or as a result of the conference. Please visit this [list of Schengen-approved insurance companies](#) to cover your own travel or health insurance for your visit to the Netherlands.

Travelling with medication

Please check whether the medicine you would like to take with you to the Netherlands falls under the Opium Act with your pharmacist, or consult [List I](#) (heavy painkillers and ADHD medication) and [List II](#) (sleeping pills and drugs to reduce anxiety) of the Opium Act. If your medicine falls under the Opium Act, you will need to have a Schengen certificate. You can download the form to apply for a Schengen certificate [here](#).

Examples of medicines that fall under the Opium Act are:

- Strong painkillers
- Sleeping pills and drugs to reduce anxiety, such as Valium or Seresta
- Medication for ADHD, such as Ritalin or Concerta
- Medicinal cannabis.

Your doctor must sign your Schengen certificate, indicating that the medicine you are taking to the Netherlands is necessary for your child's use or your own use. The certificate is then checked and declared legally valid by the Central Administrative Office (CAK). Please note that the Schengen certificate is valid only for a 30-day period. If you are travelling to the Netherlands or the Schengen area for more than 30 days, you must have multiple, successive Schengen certificates.

If you take medicines that fall under the Opium Act with you to the Netherlands without a Schengen certificate, you will risk facing a severe penalty under local law. Please consult your nearest Dutch embassy or consulate if you have any questions.

Carry your prescription and/or a certificate from your doctor (written in English) with you. Also, carry your medication in your hand luggage, bringing only the amount of drugs you require, and keep medication in its original packaging if possible. For more information, please visit [this website](#).

Vaccinations

No vaccinations are required in order to visit the Netherlands.

Other practical information

Banks and currency

There are exchange bureaus throughout central Amsterdam, particularly in the more tourist-oriented districts. Dutch banks are usually your best option for a fair rate. Another choice is the chain of GWK exchange offices scattered throughout the city, including one branch in Amsterdam's Centraal Train Station, which is open 24 hours a day.

Withdrawing Euros from ATMs is not only convenient, but will often guarantee you the best exchange rate. Most places in Amsterdam accept credit cards. However, make sure that you check with your bank before your arrival in Amsterdam so that you are aware of any extra fees that may be charged to your account for using ATMs and credit cards in the Netherlands. If your bank is in the Eurozone, you should not be charged extra fees for ATM withdrawals or credit card use.

On 1 January 2002, along with 11 other Member States of the European Union, the Netherlands adopted the Euro currency. These notes and coins can be used in any country belonging to the Eurozone: Austria, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal and Spain.

- €1 is divided into 100 centimes or cents.
- Notes: €5, €10, €20, €50, €100, €200 and €500.
- Coins: 5, 10, 20 and 50 cents; €1 and €2.

Business and shopping hours

Regular shopping hours in Amsterdam:

Monday: 12:00-18:00

Tuesday, Wednesday, Friday & Saturday: 09:00-18:00
Thursday: (*late-night shopping*) 09:00-21:00
Sunday: 12:00-17:00

(Sunday hours mostly reflect shops located on or near the Nieuwendijk and Kalverstraat. In other areas, you may find that only a selection of the shops is open on Sundays).

Amsterdam museums are open daily, staying open until late, 21:00 or 22:00, once a week. And most museums and attractions in Amsterdam are open on public holidays, though opening hours may vary. If you are planning to visit on one of these days, we recommend checking the museum's website beforehand for alternative public holiday opening hours.

Find more information on museum opening hours here:

<http://www.allaboutamsterdam.com/things-to-do-in-amsterdam/amsterdam-museums>

Climate and clothing

Summers in Amsterdam are generally warm, averaging 18°C with occasional colder periods. Rain can be expected throughout the year, so it is best to pack a jacket and a raincoat.

Find more information on climate and clothing here: <http://www.amsterdam-2-go.com/weather-in-amsterdam.html>

Drug laws

The Dutch have divided drugs into two groups, depending on their influence on human health – soft drugs and hard drugs.

Hard drugs, such as cocaine, LSD, morphine and heroin, are forbidden in the Netherlands although drug use is not prosecuted, only drug sale. In case of an emergency, users of illegal drugs are strongly advised to indicate the drugs they have used in order to allow health workers to operate adequately. This for your safety and health, and they will not involve law enforcement at any time.

Soft drugs, such as cannabis in all its forms (weed, hashish, hash oil) and hallucinogenic mushrooms (so called magic mushrooms or paddos – from Dutch: paddestoel = mushroom), are legal for “personal use”. As a result, smoking of cannabis, even in public, is not prosecuted. Neither is selling it, although technically, it is still illegal under the Opium Act (the Act dates from 1919, and cannabis was added as drug in 1950). Cannabis use is widely tolerated provided that it happens in a limited, controlled way (for example, in a coffee shop, small portions, 5 grams' maximum transaction, sale only to adults, no minors on the premises, no advertising of drugs). Please note that coffee shops are the only safe place to acquire legal drugs.

The sale of most of hallucinogenic mushrooms was forbidden from 1 November 2008. More than 200 different mushrooms were put on the banned list; the Opium Act regards them as being as dangerous as cocaine or heroin.

In the Netherlands, there are strict laws limiting quantities of the allowed soft drugs, conditions of their sale and use. Driving under the influence of soft drugs is equal to driving under the influence of alcohol.

Find more information on drug laws here: <http://www.amsterdam.info/drugs/>

Electricity

In the Netherlands, the norm is 230 volts, with a frequency of 50Hz, while in the United States or Canada, for example, it is 110 volts for 60Hz. Voltage and sockets vary from country to country and so an adapter might be necessary. Universal adapters are available throughout the city and at Schiphol/Amsterdam Airport. Most hotels will also have adapters or USB plug-in points available.

Engagement tours

The engagement tours provide delegates with unique learning experiences through interactive site visits to community-based organizations in Amsterdam. The goal is to exchange knowledge, best practices, successes, challenges and innovative solutions through dialogue and hands-on activities.

Tours are available to conference delegates at no cost. Registration will take place on a first-come, first-served basis. Tours are limited to one per delegate. As demand for the tours is high, we cannot guarantee space for all interested delegates.

Tours

- LGBT history tour: Homomonument, gay marriage, Amsterdam as frontrunner in LGBT rights
- The ins and outs of a nationwide HIV monitoring system
- Surviving the streets: Harm reduction among homeless populations
- Drug consumption rooms: An option to prevent HIV contamination
- LGBT heritage
- Going Dutch: The Dutch perspective on drugs

Find more information on the engagement tours here:

<http://www.aids2018.org/Programme/Conference-Programme/Engagement-tours>

Experience Amsterdam

- **Eating out**

Whether you're looking for Michelin-standard cuisine or a cosy local joint, you'll find plenty to please your palate in Amsterdam. Amsterdam holds its own on the restaurant front, offering a culinary melting pot reflective of the city itself. Restaurants offer everything from Indonesian to tapas, and from Mediterranean to modern Dutch.

Find more information on restaurants and cafés here:

<http://www.iamsterdam.com/en/visiting/what-to-do/eating-and-drinking/dining-out-amsterdam>

- **10 things for first-time visitors to do in Amsterdam**

- Soak up some culture in Museumplein, home to the Rijksmuseum, the Van Gogh Museum and the Stedelijk Museum of Modern Art.
- Go on a canal cruise and get lost in the 165 canals that encircle the city.
- Visit Anne Frank's house. Plan ahead as tickets sell out very quickly and can be reserved online up to two months in advance.
- Immerse yourself in Amsterdam's park life and picnic in the 47-acre Vondelpark.
- Rent a bike and get cycling.
- Have your photo taken on the iconic I amsterdam sculpture
- Wander in the artsy Jordaan.
- Buy tulips at the Bloemenmarkt.
- Be brave and give raw herring a chance! You can buy it from one of the many herring carts across the city.
- Catch the ferry to Amsterdam North and explore another facet of the city.

- **Museum card**

If you intend to visit many of the museums in Amsterdam, you may want to get a *museumkaart*. This card gives you access to all museums in the Netherlands. You can buy the museum card at any museum in Amsterdam. You can find more information here:

<http://www.amsterdam.info/museums/museumkaart/>

- **Free or almost-free activities**

There is plenty to do in Amsterdam even if you are on a tight budget.

Find more information on free or almost-free activities here:

<http://www.iamsterdam.com/en/visiting/about-amsterdam/itineraries/amsterdam-for-free>
<https://www.lonelyplanet.com/the-netherlands/amsterdam/travel-tips-and-articles/77699>

- **Beyond Amsterdam**

To truly experience Amsterdam, be sure to head out beyond the borders of the city centre and explore the Amsterdam area. In less than 30 minutes, you'll find excellent shopping cities like Haarlem, the majestic windmills at Zaanse Schans, the famous tulip fields in and around the Keukenhof, and historic towns like Edam and Volendam.

Find more ideas here:

<http://www.iamsterdam.com/en/visiting/areas/city-escapes>
http://www.huffingtonpost.com/college-tourist/8-gorgeous-day-trips-from_b_8186630.html

Harm reduction services on site

We are pleased to inform you that harm reduction services will be offered at AIDS 2018. AIDS 2018 will be equipped with a harm reduction networking zone (HRNZ), a safe space offering information to people who use drugs or people who want to know more about them. Opioid substitution therapy (OST) will also be made available on request. The HRNZ will provide the following services:

- Information about medical services available in Amsterdam for people who use drugs
- Guidance from harm reduction experts on overdose prevention and care
- The free provision of drug use and injecting equipment
- Sharps containers for the safe disposal of syringes and other equipment
- Condoms.

The HRNZ will be accessible to the general public and located in the Global Village (Booth 509) between 08:30 and 18:30 on Monday to Thursday (23 to 26 July) and 08:30 to 14:00 on Friday (27 July). In addition to serving as a meeting space for participants interested in harm reduction, available services on site include: free provision of drug-use and injecting equipment, sharps containers, and condoms.

Harm Reduction services offered by the Public Health Service (GGD) of Amsterdam

While in Amsterdam, the International AIDS Society is required to follow rules and guidelines for provision of harm reduction services as determined by The Public Health Service (GGD) of Amsterdam.

Day	Time	Location
Friday, Saturday and Sunday (20 to 22 July)	10:00 to 12:00	Valckenierstraat 4, 1018 XG Amsterdam
Monday to Friday (23 to 27 July)	10:00 to 12:00	Room L101, 1 st Floor Global Village (next to film screening area)

Services: on-site physician to provide medical information and (if necessary) methadone or suboxone prescriptions. In line with national policy in the Netherlands, ambulances and the emergency wards at Amsterdam hospitals are all accommodated with naloxone. In case of an opiate overdose, the physicians on duty in the ambulances and emergency wards can inject (intravenous) naloxone. In the Netherlands, medical assistance can be used without fear of persecution.

For more information about harm reduction services and specific legal questions about drug use in Amsterdam, download the following resources or visit the AIDS 2018 harm reduction services [webpage](#).

[Information about the use of drugs while in Amsterdam](#)

[Drug testing services in Amsterdam](#)

[Recommended pharmacies](#)

[ИНФОРМАЦИЯ ОБ ИСПОЛЬЗОВАНИИ НАРКОТИКОВ В АМСТЕРДАМЕ](#)

If you need access to OST while in Amsterdam, please contact harmreduction@aims2018.org as soon as possible.

Health services

- **Accident and emergency (A&E) departments and emergency doctors**

Bring identification and an insurance pass if possible when going to the A&E department. Everyone in the Netherlands is legally obliged to take out health insurance, and standard coverage will normally cover hospital treatment. In some situations, paying a deductible amount may be necessary.

The A&E department of a hospital is meant for serious situations requiring immediate specialist medical treatment. Going to the A&E department for treatment that in normal cases would be done by a GP will probably lead to having to pay out of the deductible portion (eigen risico) of the health insurance.

An emergency doctor's office exists for problems outside of regular doctor's hours. The service operates around the clock (24 hours) and is available at nights, on weekends and on public holidays.

The emergency number in Amsterdam is 112. The operator will connect you with an emergency doctor in your area.

- **Pharmacies**

In a pharmacy (in Dutch: apotheek), you can get some drugs that are sold only with a doctor's prescription. Additionally, pharmacies sell some non-prescription medicines that can also be bought at drugstores. The pharmacies are usually open Monday to Friday, from 09:00 to 17:30, but times may vary. For example, the pharmacy at Leidsestraat, located within a large drugstore, is open until 22:00.

At night and on the weekends, there is always some a pharmacy open on rotating shifts. To find an open pharmacy, call the central number for pharmacies (020 592 33 15) or go to the nearest pharmacy; the name of the pharmacy on duty will be displayed on the door or in the pharmacy window.

- **Interpreters**

Simultaneous interpretation from English to Russian will be provided for the opening ceremony, daily plenary sessions, special sessions and the closing session.

- **Languages and helpful phrases**

The official language in Amsterdam is Dutch, and English is widely spoken. You can get by effortlessly without knowing a word of Dutch. However, for those keen to try, learning a few words or phrases in Dutch will go a long way with the locals.

Here are a few helpful tips, words and phrases in Dutch:

Do you speak English?	Spreekt u Engels?
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Hello	Hallo
Good morning	Goedemorgen
Good afternoon	Goedemiddag
Good evening	Goedenavond
See you soon	Tot snel
Goodbye	Dag or doeï (pronounced: doowee)
Excuse me	Pardon
Thank you	Dank u
Cheers	Proost
It has been nice	Het was gezellig
Please	Alstublieft (pronounced: alst-u-bleeft)
Yes	Ja (pronounced: yah)
No	Nee (pronounced: nay)
Entrance	Ingang
Exit	Uitgang
My name is ...	Mijn naam is ... /Ik heet ...
To eat	Eten
To drink	Drinken
To shop	Winkelen

- **Local Charitable Giving Programme**

The Local Charitable Giving Programme financially supports a local project each year in the city that is hosting the International AIDS Conference or the IAS Conference on HIV Science.

Once the IAS selects the organization, delegates have the option to contribute to the programme through the registration process. Delegates can choose an amount to donate by ticking a box on the registration form (US\$5, \$15, \$25 or \$50). The funds collected are transferred to the organization or programme after the conference.

[HIV Vereniging Nederland has been selected for the AIDS 2018 Local Charitable Giving Programme.](#)

HIV Vereniging Nederland is an association of people living with HIV (PLHIV). It was founded in Amsterdam in 1987. HIV Vereniging Nederland's mission is to defend the interests of PLHIV at national policy level. It is involved in the setting up of Dutch healthcare and political and legal environments for PLHIV. It provides up-to-date legal and other relevant information to PLHIV and their relatives. It also offers mutual support and peer contacts for empowerment.

Find more information on the AIDS 2018 Local Charitable Giving Programme [here](#).

- **National and international calls**

The international access code to call abroad from the Netherlands is 00, plus the code of the country you wish to call.

When calling Amsterdam from abroad, dial 0031 for Holland and 20 for Amsterdam: 0031 20 (number).

For mobile use, while most international SIM cards can operate on Dutch networks, it is also possible to purchase a prepaid SIM card from high-street telecom shops. Contact your mobile phone operator, who will confirm whether or not your mobile is compatible with the Dutch network and also explain how you will be charged for calls received from your own country or that you make while abroad (local and international calls).

- **Security and safety**

Amsterdam is renowned for its friendly, welcoming ambience and prides itself on being a safe city. However, in order to ensure they enjoy their time in the city to the fullest, visitors are advised to keep basic health and safety considerations in mind and remain alert to petty crime, especially in crowded areas, public transport and the busy city centre.

Find more information on security here: <http://www.iamsterdam.com/en/visiting/plan-your-trip/practical-info/health-safety>

- **Smoking laws**

In 2004, the Netherlands enacted a smoke-free law covering public transportation and non-hospitality workplaces, except within separately ventilated rooms. The law was extended in July 2008, making shopping malls, tobacco shops, gaming establishments and convention centres smoke-free. The 2008 law also covers restaurants, cafés, bars, festival tents and nightclubs, except in separately ventilated areas not serviced by employees. Employees may be required to enter such smoking rooms only in emergencies.

Since the beginning of 2017, it is prohibited to smoke in all trains, stations, waiting areas and on platforms in Amsterdam. Special smoking areas have been created. There are designated smoking pillars where you can smoke and extinguish your cigarettes. The fine for smoking outside this area is EUR 25, and throwing your cigarette butt on the platform can cost you EUR 40.

- **Taxes**

All travellers staying in one of the following types of accommodation have a legal obligation to pay the tourist tax: tourist hotels, aparthotels, furnished rentals, bed & breakfasts, holiday villages, outdoor accommodation and youth hostels. The amount of tourist tax varies from €0.20 (for 1- and 2-star campsites) to €4 per person and per night.

This amount is not always included in the price of the accommodation; the hotelier, proprietor or owner could ask the traveller to pay it separately.

- **Time zone**

Amsterdam is in the Central European Time Zone. You can see Amsterdam's time in relation to most cities on the globe by visiting www.TimeAndDate.com.

- **Tipping**

Although all restaurants, pubs, cafés and hotels must include value added tax and tips in their published prices, leaving a tip is customary in the Netherlands. Generally, 5-10% of the total amount is a good guideline if you are just having a light snack and something to drink; 10-15% is acceptable for a more extensive meal.