



NewGen

FAMILIES

Bogotá Pocket Guide

We want you to have the most amazing trip to Bogotá!

This guide offers a few tips and tricks that we have picked up after visiting, exploring, and living in Bogotá.

Always check [Smart Traveller](#) updates before you travel!



Tickets, money, passports!

Things to check before you leave

MIG Form (Colombian Migration Form)

You must fill in an online document called "Check Mig" which can be filled in 24-hours before arrival. This must also be done when traveling home from Colombia. Complete your MIG form [HERE](#).

Visa

You travel as a tourist and have a return ticket. You don't usually need to apply for a visa: a 90-day tourist visa is granted on entry for Australian passport holders.

Transit through USA

You will need to complete an Electronic System for Travel Authorisation (ESTA) even if you are transiting through the USA. Once you have an ESTA, you can then enter the USA on the Australian Visa Waiver Program. If you are traveling on a passport that is not Australian, you will need to check the requirements for your country of citizenship. Complete your ESTA application [HERE](#).

Airline

Check airline travel requirements, including luggage and covid requirements

Covid Requirements

Always travel with hard and soft copies of your vaccination certificates and always check [Smart Traveller](#) for updates. Covid requirements are changing constantly.

Insurance

Check your international travel and health insurance coverage. You may be able to access travel insurance through your credit card provider. In many cases, travel insurance through your credit card is free and simply needs to be activated.

Passports & Driver's License

You will require a passport for entry. Your driver's license will only be required if you'd like to hire a car. Ensure you carry the original and also have hard and soft copies of all your ID, credit cards and travel documents. You'll need to refer to your passport number A LOT, so have it handy!

Face mask

You will need a face mask in airports and all indoor areas in Colombia (this may change).

Cash

I suggest purchasing a few hundred USD cash prior to leaving Australia. The AUD exchange rate in Colombia is horrendous, but a lot more favourable for USD exchange. You can use credit cards in most places, just like Australia, so cash will only really be needed for street vendors or small purchases.

Hello, Hello!

Phones, Internet and comms while you're away

Claudia the Coordinator

Claudia Mareno is the coordinator for Novafem clinic. Claudia is wonderful and will most likely meet you at your hotel to take you to the clinic for your first appointments. Claudia will also be your point of contact for all clinic appointments and on-the-ground assistance in Colombia.

Add Claudia Moreno **+57 320 898 66 96** to your contacts and make contact with her on WhatsApp prior to leaving Australia.

Phone

Check your roaming availability and charges with your provider. We were with Optus and found it easiest to just turn on our global roaming. If you'd like to purchase a SIM card in Bogotá, you can do so in a Claro store or other similar phone stores.

Internet

There is a lot of wi-fi! Many restaurants, cafes and venues have wi-fi. You will mainly need internet access for booking Ubers and map directions while you're walking and touring about.

Get app'y

A few apps that will help you along the way

WhatsApp

This is a great chat app that can easily message any mobile phone around the world. We will set-up a group chat prior to you leaving where we can be available to you at any time throughout your trip. Please send through photos and updates as you travel: we love to receive them!

Rappi

South America's response to DoorDash/UberEats. Here you can not only order food but also alcohol, medicine, clothes, groceries, pharmaceuticals and more at any time of day or night. Our lifesaver on many occasions!

Google Translate

This will be your lifesaver! We found that very few people speak English in Colombia, so unless you can speak Spanish, you will need a translator app. You can download an offline version of Google Translate, so you can talk to anyone without having a wi-fi/internet connection.

Google maps

Another lifesaver! And like the Google Translate app, you can download a map of wherever you need, to have at the ready at all times.

Duolingo

A Spanish course is fun, and surprisingly helpful. True, the phrase "the girl has the apple" which we learnt on Duolingo, never actually came up in conversation, but the program is a great way to start getting used to some key words, sounds and phrases.

Uber

Aside from walking, Uber was our go-to app to get around. It is very cheap (think \$AUD10 for a 40-minute ride), and we never waited more than 5 minutes for a car to arrive.

On the advice of many people, do not use regular street taxis as you can be charged exorbitant prices (which you don't know until you arrive at your destination) and/or worse.

Uber is the safest option as all rides are tracked and driver details recorded.

Other rideshare services, like DiDi, also operate in Bogotá. To be honest, we preferred Uber: they were more reliable than DiDi.

Getting high!

Altitude sickness can be rough

Bogotá sits at 2640 meters above sea level. Most Australians live well below 100 meters. You absolutely will feel some form of altitude sickness and its effect on your body.

Luckily, we only suffered from shortness of breath (literally 5 steps may have you gasping for breath!) and a little lethargy. We took it easy for a few days and then we were fine. However, the shortness of breath never left (even after 2 months) and going for an easy jog would be difficult (a few too many empanadas may have also been the culprit...)!

Signs of altitude sickness are headache, dizziness, nausea, vomiting, fatigue, shortness of breath and problems with sleep. You need to let your body rest and acclimatise to the new altitude, and this can take a few days. Altitude sickness does not discriminate: even the fittest of people suffer from altitude sickness!

So, what to do:

- ▶ rest and relax and do not exert yourself
- ▶ avoid cigarettes and alcohol
- ▶ drink sweet drinks, we found Gatorade type drinks worked well
- ▶ before you go, speak to your doctor about medication options for altitude sickness.

In case of emergency

Police Phone 112

Ambulance Phone 123

Australian Embassy

Edificio Tierra Firme, Ak. 9 #115-06/30, Bogotá, Colombia Phone **+57 16577800**

Novafem Clinic

Cl. 90 # 19A 49, Localidad de Chapinero, Bogotá, Phone **+57 300 9121727**



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Out and about!

Touristy things that we loved and will help you explore the city



Free Walking Tour of La Candelaria

This was such a great tour to do as one of our first stops in Bogotá. We learned of the local culture, local traditions and it also helped us navigate La Candelaria, which is quite large and hosts many museums and attractions. The tour is free, but a nice tip for the tour guide is recommended (expected) on completion.



Museo Botero

You may not know Botero, but you've probably seen his chubby little friends at some point. Set in a colonial mansion in La Candelaria, this was such a beautiful museum. We spent a good few hours here and absolutely loved it. Entry is free but check the website for guided tours.



Gold Museum (Museo Del Oro)

The free walking tour of La Candelaria meets out the front of Museo Del Oro. You could try and combine both the free walking tour and the Museo Del Oro into the one day. Museo Del Oro was incredible. We loved learning about the culture and traditions and the folklore from the pre-Colombian era. The artifacts, jewellery and ceremonial tools were incredibly stunning, and the curation was beautiful. An incredible experience and a must-do for us!



Plaza de Bolivar

Also not far from Museo Del Oro! Plaza de Bolivar is the main square of Bogotá. Please do not confuse here with the million other squares, parks, lakes, streets, and buildings also named after Simón Bolivar, the former President of Gran Colombia. You will quickly find that everything is named after Bolivar. Do a little research to see what's on while you're visiting as Plaza de Bolivar hosts farmers markets, music events and other cultural and family events. It is a great vibrant hub where you can easily navigate to a few of our other favourite things, like the Free Walking Tour of La Candelaria, Museo Del Oro, Museo Botero and La Puerta Falsa restaurant.



Monserrate

This is such an experience and offers the most stunning views across Bogotá. You can take the funicular or cable car to the top or you can walk it. I would suggest that you save the walk until you are very acclimatised to the altitude. There are restaurants at the top, which look beautiful. We wish we had planned appropriately to enjoy one of the restaurants!



Museo Nacional De Colombia

This is a beautiful museum, the oldest in Colombia, housed in a beautiful fortress. This museum holds art and artifacts that represent the art, life and culture of Colombia. We thoroughly enjoyed this museum, however if short on time, this would be one that we'd leave to our next visit.



Usaquen Flea Market

A fantastic market to explore. Full of local artists and crafts and an awesome atmosphere. You can spend hours exploring and eating and just relaxing.

There is so much to do, so plan and take it slow and save a few for your next trip – when bubba is born!

Food!

Food glorious food...and food markets

There is so much good food in Bogotá. You will see the main cultural dishes everywhere; ajiaco, empanadas, paticones, arepa, tamales, plantain and bandeja paisa! Try these dishes from various places as everyone prepares these a little differently, some in nicer restaurants and many from amazing street vendors.

Aside from the amazing street vendors, here are a few of our favourite eating places, not all Colombian food, just great places we experienced!

La Puerta Falsa

If you google this, you will find many reviews and youtube videos about La Puerta Falsa. At 200 years old, they have their stuff together. Go here, eat the tamales, they are incredible and the best we've ever had. Also try the hot chocolate and cheese: not for us, but definitely a must try.

La Puerta De La Catedral

Just a few doors down from La Puerta Falsa. Such a beautiful building and the best ajiaco we had anywhere.

Restaurante Leo

Now this is an experience. Named one of the world's top 50 restaurants and Leo Espinosa, the chef, was recently named the world's best female chef of 2022. The dishes can be challenging, but such an amazing experience and a dive into the culture and various regions of Colombia. Check it out and see if it's for you!

5 & Quince

Beautiful Spanish restaurant on the edge of Parque 93 (near the clinic and where most IP's stay). We dined here weekly; it was just so good.

Cantina La 15

A fantastic Mexican restaurant. Amazing atmosphere and the décor is fabulous. This

is near Parque 93 and also Andino Shopping Centre. We ate here a lot and consumed many margaritas while watching the world go by or listening to Mariachi music. Highly, highly recommend Cantina La 15 as a great starting point!

Papa Johns

Now, this is a guilty pleasure. Papa Johns is an American pizza chain, but it's so different to the Australian style of pizza. This would be a cheeky Rappi delivery to our apartment on a Friday night after Hugo was asleep and we were exhausted. Loved it, miss it.

BBC

Bogota Beer Company. This is your typical beer garden/pub with a lot of beers on tap. You'll see them everywhere and it's a great place to hang and have a few local Colombian beers.

Carulla

Not a place to eat, but an upmarket supermarket. You will see these dotted around and we did most of our grocery shopping from the local Carullas! There are other larger supermarkets (like Exito), but in the Zona Rosa area, there is only Carulla available (unless you order groceries through Rappi).

Andino Shopping Centre

Bogota's nicest shopping centre and forms the heart of Zona Rosa. Great to explore, many of the same shops that we have in Australia, but a good central point that you can navigate from!

Plaza De Mercado La Perseverancia

Go here!! Such awesome food from a variety of different vendors. Google this market, look at what other people say, and watch some youtube clips about the vendors. Such a great vibe, where you're embedded amongst the locals, just enjoying some awesome food!



Buen Viaje!

We hope you have a wonderful trip
and make amazing memories that
you can share with your baby!



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For more information,
please email us at
info@newgenfamilies.com