



# Steph's Quick Budget Fact Sheet

## Paraguay - Ciudad del Este

### Quick Facts

- ✓ **Capital:** Asunción
- ✓ **Language:** Spanish, Guaraní
- ✓ **Population:** ± 294,000
- ✓ **Sq km:** ± 104
- ✓ **Currency:** Guaraní (PYG)
- ✓ **Country code:** +595 (61)
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Emergency codes:** 911
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / Yellow fever / DTP / Rabies / Dengue & Malaria prevention.



### History Recap Over 1 Drink

1525: Portuguese explorer Gracia visits – '26: Italian Cabort – '37: Spanish begin colonizing the interior Paraguay. 1609: Spanish Jesuits begin Roman Catholic conversion. 1776: transferred from Vice-royalty of Peru to La Plata (Arg) → '08: La Plata... Par. revolt against Buenos Aires. 1811: Paraguay independent. '65-80: War Triple Alliance with Arg/Braz/Ur over sea access → Paraguay loses 90% male population & large tracts of land. 1932-35: Chaco War with Bolivia: wins territory. '45: Joins UN. '54: General Stroessner seizes power (coup): start 30+ years of dictatorship → '89: deposed by coup General Rodriguez → pres. '92: Democratic constitution. '93: Wasmosy pres. '98: Cubas pres (fraud) → resigns when vice-pres Arhana gets assassinated → Macchi caretaker pres. '02: State of emergency declared after violent street protests (demand: resignation of Macchi & end of free-market policies. '03: Frutos pres, Macchi put on trial for corruption (6 years jail). '04: Peasant land invasions demanding redistribution of agricultural land. 420+ killed in a fire at a shopping center in Asuncion. '05: Duarte pres. '07: State of emergency: outbreak dengue fever & later that year after fire destroys 100,000+ hectares of forest and agricultural land. '08: Lugo pres. '09: deal with Brazil about energy cost of Itaipú hydro-electric plant. '12: vice-pres Franco takes over.

### Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Dry												
Wet (hot)		hot	-test			coolest		driest			wet	-test
High season												
Budget												

Altitude: 210m. Climate: Humid Subtropical Climate (Cfa).

### Bucket List For Free

- ☺ The [Saltos del Monday](#) waterfalls have a secret (free) entrance just before the parking lot that gives access to the official (paid) entrance.
- ☺ [Represa Hidroelectrica Itaipu Binacional](#) gives free tours on the Paraguayan side.
- ☺ Sights: Catedral de San Blas, Jesuitas Plaza, Friendship Bridge (bridge tú Argentina), Iglesia del Espíritu Santo.

### Worth The Extra \$€¥

- 👍 Scientific Monument Moises Bertoni.
- 👍 Indoor skiing in Parque de Nieve, Shopping Paris.
- 👍 Before entering expensive Argentina, consider duty-free shopping here.
- 👍 Visit the Iguazú Falls in Argentina or Brazil. Or go to the Saltos de Guairá and visit [Refugio Tati Yupí](#).

## Festivals

- ☼ San Blas Fiestas: Feb.
- ☼ Carnaval: Feb.
- ☼ Independence Day: 15-May.

## Budget Bites

- ⌘ Supermarket: Arco Iris, Super 6, Stock, Gran Via.
- ⌘ Markets: Mercado Municipal de Abasto, Mercado Municipal de Presidente Franco.
- ⌘ Cheap Paraguayan streetfood: Chipá (bread), Mbejú (cake), Arró Quesú, Sopa Paraguaya, Aasado, Bori Bori, Empanadas, Guiso Popó, Pira Caldo, Puchero, Lomitos, Hamburguesas, Lampreado, Mazamorroa, Soyo, Vori Vori.
- ⌘ Go vegan: Loving Hut, Gouranga.

## Nights Best Spent

The nightlife is to be found at the Gran Casino area, where spots as Versus can are located. Other option: Bunker.

The Earth Becomes  
My Throne

## Sleep Cheap

- ❖ Teko Arte Hostel, +595616518408, Avenida Rogelio Benitez.
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

## Free-Riding?

- Most distances within the centre of Ciudad del Este are easily walkable. For the suburbs you need alternative transport.
- With Ciudad del Este's traffic, biking is not recommendable.
- Taxi's aren't expensive in Paraguay, but be careful to only take official ones. Avoid the taxi-minibuses at the border, robberies have been reported.
- The bus terminal is located behind the Bernardino Caballero stadium, at Chaco Boreal s/n 7000. You can easily take a city bus to Argentina or Brazil and stop them at any bus stop.
- Hitch-hiking is not recommended at this border town. Not to scare you, but human trafficking happens here sometimes.

Tip: Download the Triposo Paraguay app for offline maps, landmark descriptions & more, or load Google Maps when you have Wi-Fi and leave it open, you will still be able to use it offline.

## Next?

- ➔ In Paraguay: Villarrica, Caaguazú, Asuncion, Concepción.
- ➔ International destinations close by: Argentina, Brazil.

## Mama Said

- ☠ You probably already read that this place is quite famous for smuggling and narcotrafficking. Don't worry, if you don't actively participate in those activities YOU'LL BE FINE!
- ☠ That said: Watch your bag, buy a lock. And don't park your own vehicle here or too close to the border. IF it gets stolen, you will never hear from it again. Also avoid walking around alone in the dark, like everywhere else in the world.