

International Summit on Vaccine Coding & Standards

Bordeaux, France – May 2025






Travel Planning for the Americas

While attendance at the International Summit on Vaccine Coding & Standards is free, participants will need to arrange and cover their own travel and accommodations. We recognize that many attendees will be traveling on limited public health or personal budgets, so we want to ensure that travel is as efficient and cost-effective as possible. This guidance is intended for those traveling from North and South America.

Most flights from the Americas to France arrive in the morning due to the overnight flight schedule. From there, travelers will either take a train transfer from Paris or a connecting flight to Bordeaux. Flights back to North and South America typically depart in the morning.

For a smooth experience, we recommend the following schedule:

- Ideal arrival: Wednesday morning, May 7 – This gives one full day to recover from jet lag before the summit.
- Arrive no later than Thursday, May 8 – This allows time for travel delays and an extra evening to adjust.
- Departure no earlier than Saturday, May 10 – Morning departures require travelers to stay Friday night.

Expense Category	North America (USA/Canada)	Mexico, Central America & Caribbean	South America
 Round-Trip Airfare	\$800 – \$1,500 USD (from major hubs like New York, Toronto, or Washington, D.C.)	\$600 – \$1,200 USD (from Mexico City, Panama City, or San Juan)	\$900 – \$1,800 USD (<i>Chile & Argentina on the higher end</i>)
 Hotel (3-4 nights at Radisson Blu or similar)	\$150 – \$200 USD per night	\$150 – \$200 USD per night	\$150 – \$200 USD per night
 Local Transportation (tram, taxis, etc.)	\$50 – \$100 USD	\$50 – \$100 USD	\$50 – \$100 USD
 Meals	\$40 – \$75 USD per day	\$40 – \$75 USD per day	\$40 – \$75 USD per day
 Visa (if required)	\$0 – \$100 USD	\$0 – \$100 USD	\$0 – \$150 USD (<i>some South American countries require a visa</i>)
Total Estimated Cost	\$1,800 – \$3,000 USD	\$1,400 – \$2,500 USD	\$1,600 – \$3,200 USD



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Budget Travel Options

For participants looking to reduce costs, here are some potential savings:

- **Flights:**
 - **Booking** 3+ months in advance can save 20-40%.
 - Budget airlines (e.g., TAP Air Portugal, Air Europa) may offer lower fares with layovers.
 - **Flying** into Paris (CDG or ORY) and taking a TGV train to Bordeaux (~\$100 USD round-trip) can sometimes be cheaper than direct flights.
- **Accommodations:**
 - Budget hotels and Airbnbs range from \$80 – \$130 USD per night.
 - Consider sharing a hotel room with a colleague to cut costs.
- **Local Transport & Meals:**
 - Public transport (tram, bus, and river shuttle) is affordable, with a 1-hour ticket for €1.90 (\$2 USD) and a day pass for €5 (\$5.50 USD).
 - Grocery stores and bakeries offer budget-friendly meal options (~\$10–\$15 per meal).

For many travelers, flying into Paris (CDG or ORY) and taking the TGV high-speed train to Bordeaux is significantly cheaper than booking a direct flight to Bordeaux (BOD).

Travel Option	Estimated Cost	Time Required	Pros & Cons
Direct Flight to Bordeaux (BOD)	\$1,200 – \$1,800 USD	11–15 hrs total (incl. layovers)	<ul style="list-style-type: none"> ✓ No train transfer needed ✗ Fewer direct flights, often more expensive
Flight to Paris (CDG or ORY) + TGV Train	\$800 – \$1,300 USD (flight) + ~\$100 USD (TGV round-trip)	10–14 hrs total (incl. train)	<ul style="list-style-type: none"> ✓ More flight options, often cheaper ✓ High-speed train is fast & comfortable ✗ Requires train transfer

This route is often \$400–\$600 USD cheaper than a direct flight to Bordeaux, with minimal extra travel time.



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Dealing with Time Zone Shifts

Traveling from the Americas to Europe presents a significant time zone shift, which can impact energy levels and focus—especially for a full-day summit like this one. Bordeaux operates on Central European Summer Time (CEST, UTC+2 in May), meaning attendees from North and South America will be adjusting to a 5 to 9-hour time difference.

Understanding the shift in local time can help you plan your travel, adjust your schedule, and arrive well-rested for the meeting. Below is a time zone comparison to illustrate the difference:

Time Difference from Bordeaux (CEST, UTC+2 in May)

Region	Time Difference	Example: 9:00 AM in Bordeaux is...
Eastern Time (ET, New York, Toronto)	-6 hours	3:00 AM
Central Time (CT, Chicago, Mexico City, Panama City)	-7 hours	2:00 AM
Mountain Time (MT, Denver, Bogotá, Lima)	-8 hours	1:00 AM
Pacific Time (PT, Los Angeles, Vancouver)	-9 hours	12:00 AM
Brazil (Brasília, São Paulo, Rio de Janeiro)	-5 hours	4:00 AM
Argentina (Buenos Aires)	-5 hours	4:00 AM
Chile (Santiago)	-6 hours	3:00 AM

This means that attendees traveling from South America will experience similar jet lag effects as those from the U.S. East Coast.

Tips for Beating Jet Lag & Staying Alert

- Start adjusting before departure: Shift your schedule 1-2 hours earlier each night for a few days before flying.
- Stay hydrated & avoid heavy meals on the plane: Dehydration worsens jet lag.
- Try to sleep on the overnight flight: Use an eye mask and noise-canceling headphones to get rest.
- Get sunlight upon arrival: Exposure to daylight helps reset your internal clock.
- Stay active & avoid naps: Light activity after arrival will help keep your energy up.
- Caffeine strategically: A small amount in the morning can help, but avoid it in the afternoon to get proper rest before Friday.