

Welcome to Nelson Mandela University

Dear ACP2023 Participants,

On behalf of the Local Organizing Committee (LOC) and the Regional Organizing Committee (ROC) of the ACP2023, I would like to take this opportunity to wish you a safe and pleasant journey to George, Western Cape, South Africa.

Members of the LOC will be waiting for your arrival at the George Airport and at various bus stations in George to transit you to the hotels (approx. 15minute drive). We will start registration of participants on Sunday 24th September due to the program on Monday 28th November starting early.

Please note that the conference dinner on the 28th of September requires formal dress code.

PLEASE KEEP THE INFORMATION BELOW WITH YOU AT ALL TIMES DURING YOUR JOURNEY AND DURING YOUR STAY IN GEORGE AND WHILE YOU ARE IN SOUTH AFRICA. I recommend that you also print and keep a hard copy of this document with you just in case you will not be able to access this information electronically.

The document contains personal information of people who will be assisting you. I therefore ask you to use the information for the purpose of ACP2023 only.

See you in George.

Azwinndini Muronga
ACP2023 Chair of the LOC and ROC

Emergency & Important Numbers

Local Organising Committee:

Chairperson – Prof Azwinndini Muronga: +27 41 504 2873 or +27 82 458 4535

Accommodation – Protea Hotel King George – Monique Roman 073 898 7651

Faculty of Science Rep – Ms Dolly Ntintili: +27 78 857 6062

Emergency Numbers:



Police: 0860 142 142 / 10111

Ambulance: 060 891 1911 / 10177

Fire Brigade: 044 801 6311/01

24 Hour Paramedics: 044 874 5122

Hospitals:

George Hospital: +27 44 874 5122

Mediclinic George : +27 44 803 2000

WHERE IS SOUTH AFRICA?

LAND OF PLENTY

South Africa is a country of diversity. This diversity cannot only be found in the country's people but also in its landscapes, architecture and wildlife.

GEOGRAPHICAL DIVERSITY

South Africa, a country situated at the southern end of the African continent, is a quilt of landscapes, fauna and flora. Each of the country's nine provinces offers visitors a unique view into some aspect of South African life, and that which Africa is so popular for, its natural wild side.

Each of South Africa's provinces, the Eastern Cape, Western Cape, Northern Cape, KwaZulu-Natal, Free State, North West Province, Northern Province, Mpumalanga and Gauteng, is divided into one of the three identified geographical regions, namely, plateau, mountains and coastal belt.

ECONOMICAL DIVERSITY

South Africa's economy is supported by a diverse variety of businesses. From big conglomerates and international companies to small, family businesses and street vendors, South Africa's workforce is indeed as diverse as the country. As the economic powerhouse of Africa, South Africa is the leading country on the continent in industrial output, mineral production and is generating most of Africa's electricity.

NATURAL DIVERSITY

South Africa is famous for its breath-taking scenery and abundance of wildlife. Wildlife does not roam free in cosmopolitan areas, but is confined to farms, uninhabited 'veld' (fields), private game lodges and national parks. Five famous inhabitants of the wild are especially popular, not only with tourists, but also with the locals. The 'Big Five', as they are known, are found mostly in the bigger national parks, however, in the last five years these animals can also be seen at some of the private game lodges. The Big Five includes: elephant, lion, rhino, leopard and buffalo. Other African icons like the hippo, giraffe, cheetah and whales can also be seen.



With over 200 mammal species it is hard to identify those that stand out, but the samango monkeys, baboons, dassies and meerkats are the most entertaining and interesting.

As a country that is bounded by the Indian Ocean in the east and the Atlantic Ocean to the west, it is no surprise that eight whale species can be viewed in South African waters. Another interesting fact about our waters is that 2000 other fish species, 16% of the world's total, swim around in these waters.

CULTURAL DIVERSITY

Probably the most diverse element in South Africa is its people and their cultures. As a country with 11 official languages, namely English, Afrikaans, isiNdebele, isiXhosa, isiZulu, Sepedi, Sesotho, Setswana, siSwati, tshiVenda, and Xitsonga.

South African cuisine has unusual variety, derived from the culinary traditions of its diverse population. Traditional foods include: bunny chow (curry in a half-loaf of bread), samp (corn) and beans, bobotie (a curried mince dish of Malay origin), milk tart, koeksusters (sweet syrupy deep-fried twisted pastries), and biltong (salty dried meat).

South Africans are very fond of enjoying a 'braai' (a barbecue which can include steaks, chicken and boerewors (spicy sausage). Potjiekos (meat & vegetable stew) and potbrood (baked bread), both cooked over coals in cast-iron pots, are also local favourites.

South African wines are among the best in the world, and there are also good local beers. There are a variety of restaurants in George: including Indian, Chinese, Japanese, Thai, Italian, Greek and seafood restaurants, as well as numerous steak houses. There are also many coffee shops (which serve light meals) and fast food / take-away restaurants.

GENERAL FACTS

TIME

The South African Standard Time is two hours ahead of Greenwich Mean Time (GMT+2). There are no 'zone' or seasonal variations.

ELECTRICITY VOLTAGE

220 / 230 Volts AC at 50Hz. Appliances with a lesser voltage will require a transformer. Three-pin round plugs are in use. Adaptors can be purchased at airports and major shopping centres.

WEIGHTS & MEASURES

South Africa uses the Metric system

TAP WATER

High-quality tap (faucet) water is available almost everywhere in South Africa. It is treated to be free of harmful micro-organisms, and in any area other than informal or shack settlements, it is both palatable and safe to drink straight from the tap. In some areas, the water is mineral-rich, and you may experience a bit of gastric distress for a day or two until you get used to it. Bottled mineral water, both sparkling and still, is readily available in most places.

CURRENCY



The currency in South Africa is the Rand. One Rand (R) = 100 cents (c). Bank notes currently available are R200, R100, R50, R20 and R10; and coins are R5, R2, R1, 50c, 20c and 10c. There is no restriction on the amount of foreign currency being brought into the country, as long as it is declared to the Customs Officers on arrival.

VAT (Value Added Tax)

Currently, 15% is included in the price of most goods and services. Foreign visitors may claim back VAT paid on items taken out of the country when the total value exceeds R250. VAT is refunded at the point of departure (Oliver Tambo - Johannesburg & Cape Town International Airport) provided that receipts are produced.

TIPPING

Tipping is common practice in South Africa for a range of services. In restaurants, the accepted standard is around 10% of the bill, although sometimes a gratuity will be included (often in the case of a large party). Service station attendants will expect a tip of two or three Rand for filling up with petrol, checking oil, water and tyre pressure and cleaning windscreens. It is also appropriate to tip taxi drivers and tour guides. Uniformed parking attendants will offer to safeguard your car for a tip from two Rand and upwards.

CREDIT CARDS AND TRAVEL CARDS

Most international credit cards such as American Express, Diners Club, Master Card and Visa are accepted, as well as travel cards.

Foreign currency is not accepted in South Africa and will have to be converted into South African Rands. Most banks and other authorized institutions such as Bureaus de Change, American Express, Thomas Cook/Rennies, Travel Agencies and Airlines can assist with this task. Money can be drawn from local ATM's using most foreign bank cards. Please check with your bank beforehand.

Please Note: A commission fee is charged every time you exchange currency.

FOREIGN CURRENCY - EXCHANGE AGENCIES

Online Currency Converter: www.xe.com/ucc

MASTER CURRENCY FOREIGN EXCHANGE

Travelex (previously American Express) 97 York St, Dormehls Drift, George, 6529 · Tel: +27 44 874 6724

IMMUNIZATIONS / VACCINATIONS

Travellers entering South Africa from countries where yellow fever is endemic are often required to present their yellow World Health Organization (WHO) vaccination record or other proof of inoculation, or they must be inoculated at the airport in order to be permitted entry. It is recommended that you consult your personal physician in your home country for further advice and information on inoculations.

The Eastern Cape is a malaria-free area. Precautions should be taken if travelling to the Kruger National Park and other low altitude game parks and surrounding areas. Malaria prophylaxis should be taken before arriving in, during your stay in, and after departure from, these areas. Remember



that to be effective, these anti-malaria drugs must be taken regularly and in strict accordance with the doctor's instructions (www.travelclinic.co.za).

Pre-Arrival Checks

It is recommended that you book all flights, and any other form of transport, from your home country well in advance.

Before you leave your own country you need to be sure that:

- ✓ you have a valid PASSPORT for your period of study
- ✓ you have copies of your passport in case of theft
- ✓ you have your invitation letter for the ACP 2023 Conference
- ✓ proof of travel insurance
- ✓ you have confirmed your arrival details with the ACP Organising Committee
- ✓ you have confirmed your accommodation arrangements
- ✓ you packed an extra pair of clothing in your hand luggage in case your suitcase gets lost
- ✓ you packed bedding **if** no bedding is provided at your accommodation
- ✓ you have packed comfortable walking shoes
- ✓ all your valuables and important documents are in your hand luggage
- ✓ you will have enough money for emergencies
- ✓ you have informed your bank that you will be travelling abroad

Arriving in South Africa

You will have to pass through customs at Johannesburg or Cape Town Airport, so remember to pick-up your luggage at these airports and check it in again for the domestic flight to Port Elizabeth or George (Where possible, consult travel agent).

GEORGE AIRPORT

Your final arrival destination will be the small centrally situated George Airport which is within easy reach of all parts of the city. When you arrive at the George airport, members from the organising committee will be waiting with the shuttle which will transport all delegates to their accommodation in George (approx. 15 minute drive). The airport is small and easy to navigate, however, if you do get lost or miss the Shuttle buses, please contact Dolly or Prof Muronga for assistance.

An external useful contact is the Information desk contact number: Tel: +27 (0)44 876 9310 - Location: Terminal building, Arrivals.

ARRIVING BY COACH (BUS)

Coach (Bus) services operate daily from the rest of the country to George.

Travellers using the bus are advised to end their bus journey at the Sasol Garage N2, George.

Members from the organising committee will be waiting at the Garage with a shuttle to transport delegates to their accommodation in George.



ACCOMMODATION

Protea Hotel by Marriott George King George
King George Drive
King George Park
George
6529
South Africa

Contact Person: Monique Roman
Tel: (+27) 44 874 7659 / Cell: 073 898 7651
Email: kinggeorge@proteahotels.com / Monique.Roman@proteahotels.com

PICK-UPS

A member from the organising committee or the driver will be holding a sign board that reads: "ACP 2023 Conference - Nelson Mandela University". If you cannot find the member from the organising committee or driver please be patient and wait inside the building, especially if you arrived earlier than anticipated. If you were delayed, please go to the information desk at the bus station or airport and ask them to call either of these numbers:

Chairperson – Prof Azwinndini: +27 41 504 2873 or +27 82 458 4535
Faculty of Science Rep – Ms Dolly Ntintili: +27 78 857 6062

It is very important that all delegates arrive on the dates shared on the invitation letter and travel itinerary, not earlier.

EXCURSIONS:

Golfing:

Enjoy a round of golfing at either of the below destinations:

George Golf Club, Kingswood Golf Club or Fancourt Golf club

Herold Winery:

A perfect little gem that is hidden rather well. You will get to talk to the owner of the winery, who happens to be a winemaker himself. A tour into the cellars containing his wine and a wine tasting experience will make for a perfect morning more:

The Seven Passes Drive:

This should be one of the things to do in George and Knysna. The Seven Passes Road was built between 1867 and 1882 under the guidance of Thomas Bain a South African famous roads engineer. This scenic old road was at some point Garden Route's main highway. Today, it remains as just a quiet country lane offering an exhilarating driving experience in the country. You should plan to use this route when in the area just to take in its beauty.



The Outeniqua Farmer's Market

Home to 80 food and craft stalls, the Outeniqua Farmer's Market in the Garden Route has put George firmly on the tourism map. With food and lifestyle trends leaning towards organic food, provenance of food and handmade goods, the market offers a variety of farm fresh produce; artisan products; handmade goods; fruit; vegetables; dairy and cheese; biltong; speciality foods; gourmet meals and a plethora of food goods to pack into your basket for home. Open Every Saturday

Wilderness Beach:

This would be a perfect destination for anyone around George South Africa. The expansive stretch is just a 20-minute drive from George. It offers a tranquil environment that would be great for anyone that needs to stretch their legs after a long drive.

George Botanical Gardens:

These tranquil gardens offer a lot for people that want to have an adventurous trip. Offered at the place are geo-caching adventures, hiking trails, mountain biking, and gentle garden walks, meaning that there is always something for everyone.

The Cango Caves:

The Cango Caves are Africa's largest show caves and one of the Seven Wonders of Southern Africa, which makes the Cango Caves the archaeological and historical highlight of the Klein Karoo. The tour will require you to crawl, slide on your belly (or back) and climb to get a genuine idea of what spelunking is. Through memorable spaces like Lumbago Alley, Devils Chimney and the aptly named Devils Postbox, this experience is one never to be forgotten. The duration of the tour is about 90 minutes.

Tsitsikamma National Park:

The Tsitsikamma National Park, part of the Garden Route National Park in South Africa, is a place where you can experience the outdoors, stunning marine life and an adventure filled vacation.

Activities: Diving, snorkelling, kayaking, hiking, swimming, climbing, abseiling, mountain biking, sailing, bungee jumping

Ocean Odyssey Whale Watching Knysna:

Ocean Odyssey offers unforgettable marine adventures. Our close encounter, boat-based whale watching tours and marine eco-tours are perfect activities to add to any itinerary in Knysna. We offer three daily departures and a fleet of ocean going vessels. This is the ideal experience for local visitors and international tourists.

Knysna Ziplines Tours:

Get your adrenaline pumping and zip through the treetops of South Africa on a thrilling zipline tour in Knysna. Join a small group and don your gear for your exciting adventure down a series of ziplines. The multi-cable lines crisscross over a gorge, reaching heights of 650 feet (250 meters), definitely not for the faint of heart.

