

Welcome to Nelson Mandela University

Dear ASP2022/ Q2C Africa/ Mental Health Summit participant,

On behalf of the Local Organizing Committee (LOC) and the Regional Organizing Committee (ROC) of the ASP2022, I would like to take this opportunity to wish you a safe and pleasant journey to Gqeberha, Eastern Cape, South Africa.

Members of the LOC will be waiting for your arrival at the Chief Dawid Stuurman Internal Airport and at various bus stations in Gqeberha (formerly Port Elizabeth). We will start registration of participants on Sunday 27th November due to the program on Monday 28th November starting early.

Please note that the gala dinner on the 3rd of December requires formal dress code.

PLEASE KEEP THE INFORMATION BELOW WITH YOU AT ALL TIMES DURING YOUR JOURNEY AND DURING YOUR STAY IN GQEBERHA 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 ASP2022/ Q2C Africa/ Mental Health Summit only.

See you in Gqeberha.

Azwinndini Muronga
ASP2022 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 – Ms Pumeza Ngoqo: +27 41 504 1514

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

Faculty of Science Rep – Ms Reatile Mosia: +27 67 072 4001



On-campus emergency contact details:

Department	Contact Person	Contact Number
Emergency Line		041 504 2009
Student Health Services	Althea Hawkins	041 504 1149
Occupational Health and Wellness	Kobus Magielies Zilla Shaw	041 504 1003 041 504 1731
Wellness @ Work	University employees	080 0205 333
Safety Health and Environment	Donevin Lesch	041 504 9361
Protection Services	Simphiwe Nkosa	041 504 2490
Relay Ambulance Services - EMS		0861 061 061

Emergency Numbers:

On-campus emergency: +27 41 504 2009

Police: 10111

Ambulance: +27 82 911 (Netcare)

Fire Brigade: +27 41 585 1555

24 Hour Paramedics: +27 41 379 2111

Campus Health Services:

Summerstrand North Campus: +27 41 504 1149

Summerstrand South Campus: +27 41 504 2174

Second Avenue Campus: +27 41 504 3762

Missionvale Campus: +27 41 504 1337

Hospitals:

Life St George's Hospital: +27 41 392 6111

Mercantile Hospital: +27 41 404 0400

Netcare Greenacres Hospital: +27 41 390 7000



Security: Control Room

Security: +27 41 504 2490 / 2910

South Campus: +27 41 504 2482

North Campus: +27 41 504 3636

Second Avenue Campus: +27 41 504 3710

Missionvale Campus: +27 41 504 1231

You can call 9111 (anonymous crime line) or 2009 (emergency response line) from any South Campus university phone.

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 Port Elizabeth: 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

89, Walmer Park Shopping Center, 6056 Main Street · Tel: +27 41 368 3533

LOADSHEDDING

What is loadshedding?

The term 'load shedding' first started dominating the South African lexicon in 2007, when the country's national electricity utility, Eskom, announced that it was unable to supply power to the entire country at the same time.

As a result, they announced they would need to implement a blackout schedule – that they dubbed 'load shedding' – in order to prevent the entire power grid from collapsing.

Where to find the schedule?

You can download the loadshedding app using the link: <https://sepush.co.za/>

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 ASP 2022 Conference
- ✓ proof of travel insurance
- ✓ you have confirmed your arrival details with the ASP 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 as no bedding is provided
- ✓ 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.

PORT ELIZABETH AIRPORT

Your final arrival destination will be the small centrally situated Port Elizabeth Airport which is within easy reach of all parts of the city. When you arrive at the Port Elizabeth airport, members from the organising committee will be waiting with the shuttle which will transport all delegates to their accommodation. The airport is small and easy to navigate, however, if you do get lost please contact Reatile, Dolly of Prof Muronga for assistance.

An external useful contact is the Information desk contact number: +27 (0) 41 507 7319



If you miss the shuttle provided by the ASP organising committee there are Shuttle buses and Taxicabs at the airport which offer a convenient mode of transport into the city, and to the main international hotels in Port Elizabeth.

Using one of these private services will only be necessary if you miss the arranged shuttle or are traveling with family or friends who are not part of the conference delegation.

ARRIVING BY COACH (BUS)

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

Travellers using the bus are advised to end their bus journey at the Intercape Office, C/O Fleming and North Union Street (Central).

Members from the organising committee will be waiting at the Intercape Office, C/O Fleming and North Union Street (Central) bus terminus with a shuttle to transport delegates to their accommodation.

COACH SERVICES

- Intercape: Tel: +27 (0) 86 128 7287 / www.intercape.co.za
- Pumza Mbata: Tel: +27 41 360 9409 / pumza@xlbaytravel.co.za

ACCOMMODATION

Sol Plaatjie Residence
Sanlam Student Village
Nelson Mandela University
South Campus
University Way
Summerstrand
Gqeberha
SOUTH AFRICA
6001

Contact Person: Ms Pumeza Ngoqo
Tel: (+27) 41 504 1514
Email: Pumeza.Ngoqo@mandela.ac.za

PICK-UPS

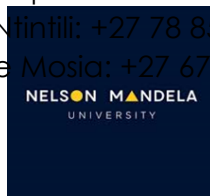
A member from the organising committee or the driver will be holding a sign board that reads: "ASP 2022 Conference - Nelson Mandela University". If you cannot find the member from the organising committee or driver please be patient and wait inside the building, especially if you arrived earlier than 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

Accommodation – Ms Pumeza Ngoqo: +27 41 504 1514

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

Faculty of Science Rep – Ms Reatile Mosia: +27 67 072 4001



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

EXCURSIONS

- Are you a keen hiker? Great hiking trails are close to all our campuses. Try the Sacramento Beach Trail at Schoenmakerskop – you'll love it!
- If you want to escape the city, why not club in with friends and head for Addo Elephant National Park, a 30-minute drive away? While entrance fees can be a bit steep on a student budget, entrance is free during SA National Parks Week in the second week of September.

One of South Africa's top tourist destinations is on the doorstep of our Gqeberha campuses. Addo Elephant Park is a true African experience at this malaria-free National Park.

- Do you have access to a mountain bike? Then hop on and take a cycle through our nature reserve on the South Campus. Depending on the recent weather, you may need to push through the sandy areas but the surrounds will be worth it. You may also spot our resident zebra, springbok, red hartebeest, duiker and of course, the grysbok after whom the hiking trail is named.
- If surfing and the beach are your thing – then you are in for a treat! Beautiful sandy beaches are just a walk away from the University's Summerstrand campuses include Pollok, Hobie, Humewood and King's beaches.
- Keen game viewing fan? Mandela University's campuses are situated close to some of the finest game reserves in the country – including Shamwari, Lalibela, Kariega and Amakhala close to the Gqeberha (formerly PE) campuses and Botlierskop, Gondwana and Buffelsdrift close to our George Campus.
- Just 77kms from our Gqeberha campuses, is Jeffreys Bay - one of the best surfing spots in the world and hosts international surfing competitions most notably, the Corona J Bay Open, the seventh stop on the Men's Surfing Championship Tour.
- Being at Mandela Uni, you will have close access to a number of historical sites including the Donkin Reserve and the Campanile in the City centre, the South End Museum and the Mandela Bay Theatre Complex (formerly known as the PE Opera House) - the oldest theatre on the continent of Africa and the Southern Hemisphere.



- Route 67 is a walking trail along the streets of PE, with 67 public artworks created by Eastern Cape artists, symbolising the years that Nelson Mandela devoted to the freedom struggle. The route starts at the Campanile (that tall tower near the harbour), goes through Vuyisile Mini Square (Market Square), and then makes its way to the Donkin Reserve (with its massive South African flag).
- Passionate about sea birds? Then pop in for a visit at SANCOBB - the Southern African Foundation for the Conservation of Coastal Birds just a stone's throw from the University's South Campus. SANCCOB is a registered non-profit organisation whose primary objective is to reverse the decline of seabird populations through the rescue, rehabilitation and release of ill, injured, abandoned and oiled seabirds – especially endangered species like the African penguin. Some of Mandela University's Department of Zoology academics are also involved with penguin research, including acclaimed researcher, Professor Pierre Pistorius.

