



**MACRA**

Communication services for a digitally transformed nation

## WOMEN IN CYBER – AFRICA CONFERENCE

1<sup>ST</sup>- 4<sup>TH</sup> AUGUST, 2023

### PRACTICAL INFORMATION

### REPUBLIC OF MALAWI



## 1. **VENUE**

The Women in Cyber-Africa Conference will be held at Bingu International Conference Centre (BICC) in the central District of Lilongwe located 25 kilometres from the Lilongwe International Airport.

## 2. **MALAWI**

Malawi is a landlocked country of about 118,484 Km<sup>2</sup> with a freshwater lake called Lake Malawi occupying about 20% of that area. The country shares its borders with Zambia to the northwest, Tanzania to the northeast and Mozambique which sandwiched the country from east to the south.

## 3. **TOURISM**

Malawi is well known for its beautiful freshwater lake (Lake Malawi) which stretches from the northern tip of the country to the southern part bordering both Tanzania and Mozambique. The lake boasts of the world renowned “Chambo” fish that is only found in Malawi and is a delicacy that should not be missed. The lake is also home to the 1<sup>st</sup> fresh water national park in the world (the Lake Malawi National Park) which is a World Heritage Site.

Apart from the Lake, Malawi is also famous for its various wildlife attractions and most visitors like visiting the National Parks and Game Reserves where game viewing is done.

Historical sites like Chamare Museum in Mua, Dedza have rich Malawian traditions where visitors can learn more about Malawian culture and traditions. In Blantyre the St. Michaels and All Angels Church, built in 1888, still stands out and offers unique attraction..

In Lilongwe which is Malawi’s capital city, key attractions in the city include the Kamuzu Mausoleum (Kamuzu was Malawi’s 1<sup>st</sup> President). Visitors can also take time off their schedule to take a drive from Lilongwe to the countryside and appreciate the serene beauty of the landscape or visit the tranquil Malingunde dam for some quiet moments. These attributes contribute immensely to the high degree of attractiveness that position Malawi as a prime tourist destination in the world

#### 4. **WEATHER**

Malawi is predominately sub-tropical; with two main seasons, cold-dry and hot-wet. The cold-dry season is from May - August hence you may need to carry warm clothing.

#### 5. **CURRENCY**

The Malawi Kwacha (MK) is used for local transactions. Currently as at May, 2023 the exchange rate from 1 US Dollar to Malawi Kwacha is MK1,025.83.

#### 6. **COMMUNICATION**

The access code for Malawi is +265 and it operates under the Central African Time zone. The country has one fixed landline operator and 3 mobile cellular network service providers namely, MTL, Airtel and TNM. Sim packs are readily available and can be obtained at the post office and at the conference. Internet access is also available from internet cafes in and around the major cities and hotspots at all major Hotels and International Airports.

#### 7. **BANKING BUSINESS HOURS**

Banks in Malawi open from 8am to 3pm from Monday to Friday and up to 11am on Saturdays. Money transfer agencies will also be available at the conference place throughout the meeting days.

When converting foreign currency, proof of identity in the form of a passport is required.

**Please note that changing money on the streets is illegal and unsafe.**

#### 8. **MEDICAL CARE**

The city is served by a number of prominent hospitals using mostly the Medical Aid Society insurance.

Visitors are required to check with their medical insurance service providers to confirm whether their medical requirements will be covered in Malawi.

9. **CULTURE, RELIGION AND LANGUAGE**

Malawi is a multi-racial society where people of different nationalities live in harmony. People living in urban areas have a westernized lifestyle and are predominately Christian, while in the rural areas many African traditions have been preserved. English is the official language and the other widely spoken language is Chichewa.

10. **AIRPORT DEPARTURE TAX**

This tax is incorporated in the ticket fare.

11. **ELECTRICAL APPLIANCES**

In main centres and main tourist resorts, all appliances run on 220 volts. Outlets are of the 3-pin, 13amp type.

The Malawi power grid uses 220/240 volts AC 50 Hertz. Wall sockets (square 3 pin) are rated to carry a maximum of 15 amps. It is important to carry a 3 pin square adapter.

12. **TRADITIONAL FOODS**

Hotels, restaurants and homes in Malawi offer a wide variety of meals ranging from oriental recipes, Chinese food, sea food to take aways but the best of all is the local traditional recipes, they offer excellent nutrition and are a healthy option. Pap (Nshima) is the staple food in Malawi and is made from maize meal and eaten as a thick porridge. A wide range of side dishes are available such as dried meat, chicken or a range of vegetables such as rape, mustard leaves, broccoli spinach, cabbage, okra and other exotic local specialities such as (pumpkin leaves).

### 13. **SECURITY**

Malawians are known for their big warm hearts and friendliness towards each other and visitors alike. Although all Malawians are generally very helpful it is always advisable to be cautious when dealing with strangers. Police officers are very helpful and are easily identified by their uniforms although some may be plain clothed police. Like everywhere in the world, valuables should always be safeguarded or left in the hotel safe box.

### 14. **CUSTOMS CONCESSION**

Your personal possessions which are not intended for disposal or consumption in Malawi are allowed entry duty-free. For dutiable goods, a maximum value of USD250.00 is permissible duty free.

### 15. **TRANSPORT**

Transport will be availed to delegates as follows:

- On arrival and departure from and to Lilongwe International Airport
- Every day from the designated hotels to the meeting venue
- During the various social events organised for the delegates

***Please send us your travel itinerary for transport logistics facilitation.***

***DELEGATES ARE ENCOURAGED TO FLY DIRECT TO KAMUZU INTERNATIONAL AIRPORT***

### 16. **ACCOMODATION OPTIONS**

Delegates are kindly requested to choose their own accommodation bookings from a list and contacts to be provided by host. The host will provide airport shuttles and transport in between hotels:

**(LIST OF HOTELS WILL BE SENT IN DUE COURSE (NEGOTIATING GOOD RATES))**

17. **ENTRY RULES IN RESPONSE TO CORONA VIRUS (COVID-19)**

A COVID-19 vaccination certificate and a negative COVID-19 PCR test result is no longer mandatory requirement for entry into Malawi.

All outgoing travelers will be responsible for checking and complying with COVID-19 entry requirements in the countries of their destination or transit.

*Information will be updated on a regular basis when new developments occur.*

18. **COVID-19 PROTOCOLS TO BE OBSERVED WHILE IN THE COUNTRY**

Citizens and Visitors are urged to maintain alertness and adhere preventative behaviours which include:

- Wearing of face masks (where sick)
- Maintaining of social distancing
- Sanitizing of hands
- Washing hands thoroughly with soap and running water

General hygienic behaviour as observed in terms of WHO guidelines is encouraged by all people.

19. **PASSPORTS AND VISAS**

All visitors require valid passports to travel to Malawi and visa regulations vary according to nationality and country of origin. Delegates will be informed to check for information on Visa at their respective Malawi Embassy or High Commission before travelling.

Visa applications for the country can be done online through the Malawi Immigration website [www.immigration.gov.mw](http://www.immigration.gov.mw)

Printed copies of the visas are required upon arrival.

An Immigration Desk Officer will however be available at point of entry to assist participants who may need to process visas on arrival in a case where participants arrive without such.

Please find the Malawi Visa Regime below:

<p><b>CATEGORY A</b></p> <p><i>Visitors from the countries in this category are not required to have a visa to travel to Malawi.</i></p>	<ul style="list-style-type: none"><li>• ANGOLA</li><li>• ARUBA</li><li>• ANTIGUA &amp; BARBUDA</li><li>• BAHAMAS</li><li>• BARBADOS</li><li>• BELIZE</li><li>• BOTSWANA</li><li>• CAYMAN ISLANDS</li><li>• CONAKRY</li><li>• CYPRUS</li><li>• FIJI</li><li>• DEMOCRATIC REPUBLIC OF THE CONGO</li><li>• GHANA</li><li>• GRENADA</li><li>• HONG KONG SPECIAL ADMINISTRATIVE REGION OF CHINA</li><li>• JAMAICA</li><li>• KENYA</li><li>• KIRIBATI</li><li>• LEEWARD ISLANDS</li><li>• LESOTHO</li><li>• MADAGASCAR</li><li>• MALAYSIA</li><li>• MALDIVES</li><li>• MAURITIUS</li><li>• MALTA</li><li>• MONTSERRAT</li></ul>
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	<ul style="list-style-type: none"> <li>• MOZAMBIQUE</li> <li>• NAMIBIA</li> <li>• NAURU</li> <li>• SAMOA WESTERN</li> <li>• SAINT LUCIA</li> <li>• SAINT VINCENT AND THE GRENADINES</li> <li>• SEYCHELLES</li> <li>• SINGAPORE</li> <li>• SOLOMON ISLANDS</li> <li>• SOUTH AFRICA</li> <li>• ST KITTS AND NEVIS</li> <li>• SWAZILAND</li> <li>• TONGA</li> <li>• TRINIDAD AND TOBAGO</li> <li>• TURKS AND CAICOS ISLANDS</li> <li>• TUVALU</li> <li>• UGANDA</li> <li>• UNITED REPUBLIC OF TANZANIA</li> <li>• VANUATU</li> <li>• ZAMBIA</li> <li>• ZIMBABWE</li> </ul>
<p><b>CATEGORY B</b></p> <p><i>Visitors from the countries in this category are not required to apply for a visa before travelling but may pay for and obtain your visa when you enter Malawi.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> VIRGIN ISLANDS</li> <li><input type="checkbox"/> VATICAN</li> <li><input type="checkbox"/> VENEZUELA (BOLIVARIAN REPUBLIC OF)</li> <li><input type="checkbox"/> UNITED STATES OF AMERICA</li> <li><input type="checkbox"/> URUGUAY</li> <li><input type="checkbox"/> UZBEKISTAN</li> <li><input type="checkbox"/> UKRAINE</li> </ul>



- UNITED ARAB EMIRATES
- UNITED KINGDOM OF GREAT  
BRITAIN AND NORTHERN IRELAND
- TURKEY
- TURKMENISTAN
- SWEDEN
- SWITZERLAND
- TAJIKISTAN
- SPAIN
- SLOVAKIA
- SLOVENIA
- SAMOA (AMERICA)
- SENEGAL
- SERBIA
- SAN MARINO
- SAO TOME AND PRINCIPE
- REUNION
- ROMANIA
- RUSSIAN FEDERATION
- RWANDA
- MARSHALL ISLANDS
- MEXICO
- MICRONESIA, FEDERATED  
STATES OF
- MOLDOVA
- MONACO
- NETHERLANDS
- NEW CALEDONIA
- NEW ZEALAND
- NICARAGUA
- NORFOLK ISLANDS
- NORTHERN MARIANA ISLANDS
- NORWAY
- PALAU ISLAND

- PALESTINE
- PANAMA
- PAPUA NEW GUINEA
- PARAGUAY
- PERU
- POLAND
- PORTUGAL
- PUERTO RICO
- LIECHTENSTEIN
- LITHUANIA
- LUXEMBOURG
- MACAO SPECIAL  
ADMINISTRATIVE REGION OF  
CHINA
- KOREA (SOUTH)
- KUWAIT
- KYRGYZSTAN
- LATVIA
- JAPAN
- COMOROS
- KAZAKHSTAN
- GUYANA
- HAITI
- HONDURAS
- IRELAND
- ISRAEL
- ITALY
- HUNGARY
- ICELAND
- INDIA
- INDONESIA
- IRAN, ISLAMIC REPUBLIC OF
- GUAM
- GUATEMALA

- GILBRALTAR
- GREECE
- GEORGIA
- GERMANY
- DENMARK
- ESTONIA
- ETHIOPIA
- FINLAND
- FRANCE
- FRENCH GUIANA
- FRENCH POLYNESIA
- FRENCH W/INDIES
- CZECH REPUBLIC
- DOMINICAN REPUBLIC
- ECUADOR
- EGYPT
- EL SALVADOR
- EQUATORIAL GUINEA
- CHILE
- CHINA
- CHINA (NON TOUR)
- COOK ISLANDS
- COSTA RICA
- CROATIA
- CUBA
- BURUNDI
- CANADA
- CAPE VERDE
- BRAZIL
- BRITISH VIRGIN ISLANDS
- BRUNEI DARUSSALAM
- BULGARIA
- BERMUDA
- BHUTAN

	<input type="checkbox"/> BOSNIA AND HERZEGOVINA <input type="checkbox"/> BELARUS <input type="checkbox"/> BELGIUM <input type="checkbox"/> BAHRAIN <input type="checkbox"/> ARGENTINA <input type="checkbox"/> ARMENIA <input type="checkbox"/> AUSTRALIA <input type="checkbox"/> AUSTRIA <input type="checkbox"/> AZERBAIJAN <input type="checkbox"/> ALBANIA <input type="checkbox"/> ALGERIA
<p><b>CATEGORY C</b></p> <p><i>Visitors from the countries in this category are required to pay for and obtain your visa before you travel to Malawi.</i></p>	<p><b>ANGUILLA</b></p> <input type="checkbox"/> BANGLADESH <input type="checkbox"/> BENIN <input type="checkbox"/> AFGHANISTAN <input type="checkbox"/> BOLIVIA <input type="checkbox"/> BURKINA FASO <input type="checkbox"/> CAMBODIA <input type="checkbox"/> CAMEROON <input type="checkbox"/> CD'IVOIRE <input type="checkbox"/> CENTRAL AFRICAN REPUBLIC <input type="checkbox"/> CHAD <input type="checkbox"/> COLOMBIA <input type="checkbox"/> ERITREA <input type="checkbox"/> DEMOCRATIC PEOPLE'S <b>REPUBLIC OF KOREA</b> <input type="checkbox"/> CONGO BRAZAVILLE <input type="checkbox"/> GABON <input type="checkbox"/> GAMBIA <input type="checkbox"/> DJIBOUTI REPUBLIC <input type="checkbox"/> GUINEA <input type="checkbox"/> GUINEA-BISSAU <input type="checkbox"/> IRAQ

- JORDAN
- LEBANON
- LAO PEOPLE'S DEMOCRATIC  
REPUBLIC
- KOSOVO
- LIBERIA
- LIBYAN ARAB JAMAHIRIYA
- QATAR
- REFUGEE
- PHILIPPINES
- OMAN
- PAKISTAN
- NIGER
- NIGERIA
- MONGOLIA
- MONTENEGRO
- MALI
- MAURITANIA
- MOROCCO
- NEPAL
- MYANMAR
- SAUDI ARABIA
- SIERRA LEONE
- SRI LANKA
- SUDAN
- SOUTH SUDAN
- SOMALIA
- THAILAND
- THE FORMER YUGOSLAV  
REPUBLIC OF MACEDONIA
- TOGO
- SYRIAN ARAB REPUBLIC
- TAIWAN
- TUNISIA

	<input type="checkbox"/> VIET NAM
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20. **CONTACT PERSONS**

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