

27-30 NOVEMBER 2023

LUSAKA, ZAMBIA



International

**CPHIA** | 2023  
Conference on Public Health in Africa

# 3<sup>RD</sup> INTERNATIONAL CONFERENCE ON PUBLIC HEALTH IN AFRICA

BREAKING BARRIERS: REPOSITIONING AFRICA IN THE GLOBAL HEALTH ARCHITECTURE

# Delegate Information Pack 2023



Hosted by:



We are delighted that you will be attending the 3<sup>rd</sup> International Conference for Public Health in Africa (CPHIA 2023) in Lusaka, Zambia. We wish you a warm welcome and a pleasant stay in Zambia.

We are eager to be of assistance to you.



Hosted by:



# TABLE OF CONTENTS

Travel Tips	4
Customs Regulations	7
Power Supply	8
Healthcare	9
Changing Money	10
Dining Out	12
Transport	14
Places Of Interest	16
Safety	19
Important Contacts	20

This page offers helpful facts about transportation, weather, and visitor information.

### AVERAGE FLIGHT TIMES TO LUSAKA

FROM	TIME (HOURS)
Tokyo	21h 10m
Paris	11h 55m
Hong Kong	17h 5m
London	14h 5m
Rio de Janeiro	16h 35m
Los Angeles	1d 2h
New York	18h 45m

### WEATHER

MONTH	AVG. TEMP C (F)	RAINFALL MM (IN)
Nov.	24 (76)	102 (4)
Dec.	21 (70)	275 (11)

This page offers helpful facts about transportation, weather, and visitor information.

## Visas

“Visas on arrival” are being provided for **all** CPHIA 2023 participants. Delegates should indicate they require a visa when completing their registration. The necessary documentation will be shared prior to travel. All delegates must have at least six months’ validity on their passports from the date of entry and the passport must also have at least three blank pages. You will be asked to also share a copy of your air ticket when submitting your application for your visa to the conference organizers.

## Languages

English is the official language in Zambia, which is used to conduct business and is widely spoken and understood. There are many local languages (72); nevertheless, the most spoken local languages in Lusaka, are Bemba and Nyanja.

## Currency

- I. The Zambian Kwacha (ZMW) is the currency of Zambia.
- II. Coins are rarely used: 1Kwacha, 50 Ngwee.
- III. Banknotes:  
Freq Used: ZMW5, 10, 20, 50 and 100.

## What you need to know

Time Zone:	CAT (UTC+2)
Legal driving age:	18 years old
Legal drinking age:	18 years old
Emergency Services:	999 or 911 (Police) 993 (Fire) 0977 888077 (Ambulance)

## Airports

**Kenneth Kaunda International Airport, Lusaka**  
**+260 21 1271044**  
**[www.zacl.co.zm](http://www.zacl.co.zm)**

**Harry Mwaanga Nkumbula International Airport, Livingstone**  
**+260 21 3321153**

**Simon Mwansa Kapwepwe International Airport, Ndola**  
**+260 96 9565890**



Hosted by:



This page offers helpful facts about transportation, weather, and visitor information.

### Zambia Trains and Buses

The TAZARA Railway connects Kapiri Mposhi to Dar es Salaam (Tanzania) and is the only international line that is presently running. The two-day journey leaves every Tuesday and Friday at 4:00 p.m. An alternative is to go from Kapiri Mposhi to the Tanzanian border. There is also an inter-city railway that runs between Kitwe and Livingstone with stops along the way that includes Lusaka. There are two trains that run this route: regular day service and the faster Zambian Express. Rail transportation in Zambia is slow, but safe and reliable.

Minibus stops can be found everywhere, and buses are a used mode of transport in Lusaka, although they are irregular; however, they offer visitors an authentic experience. Larger, luxury coaches are best for long-distance travel and generally depart from or arrive at Lusaka's Inter-City bus station on Dedan Kimanathi Road.

### Driving

In Zambia people drive on the left, based on the UK's model. Driving in Zambia must be undertaken with caution. People with no knowledge of Zambian roads and traffic customs should hire a driver through a local tour operator, car hire firm or hotel.

Most of the roads in the cities are tar and Lusaka roads have been upgraded to very good quality tar in the last few years. However, away from the main arteries, the roads are gravel and dirty and usually poorly maintained. As a result, the best vehicle to drive is a high-clearance one, such as a 4WD.

Speed limits are 100 Km/h on main roads and vary between 40km/h and 60 km/h in towns. In the capital city, Lusaka, speed limit regulations are strictly enforced and there are also speed cameras. Also, beware of speed bumps, often without warning, when entering a town in both directions.

When driving in Zambia, one can expect to be stopped regularly by the police. Usually, one will be asked to show your insurance documents or driver's license; failure to do so will incur a fine.

Seat belts for driver and all passengers should be worn at all times.



This section outlines the customs regulations in Zambia for allowable currency, import and export, prohibitions and restrictions, and also the immigration processes required to enter the country.

### Currency Import/Export regulations:

Currency Import regulations:

Local currency (Zambia Kwacha-ZMW) and foreign currencies amounts exceeding USD\$ 5,000.  
- or equivalent must be declared.

Currency Export regulations:

Local currency (Zambia Kwacha-ZMW) and foreign currencies amounts exceeding USD\$ 5,000.  
- or equivalent must be declared.

### Import regulations:

Free import:

1. By persons 18 years of age and over:
  - 400 cigarettes or 0,5 grams of pipe tobacco or 0,5 kg. cigars.
  - 1,5 liters, 2,5 liters of wine and 2,5 liters of beer.
2. Goods for personal use, up to a value of USD 1,000.

Prohibited: the import of poultry and related products.

This section will provide you with helpful information regarding connecting to a local mobile phone provider, electrical/charging information and available courier services.

### Electrical Appliances

Zambia operates on a 230V, 50Hz electrical system. The power sockets used in Zambia are mainly of Type G and sometimes Type C or Type D. It's recommended to bring a universal travel adapter to ensure your electronic devices can be used with the local power outlets. (illustrated below).



### Mobile Phone Networks

There are 3 local mobile phone networks; Airtel, MTN and CellZ (Zamtel) all offering pre-paid services. SIM cards are inexpensive, but you'll need to register with the service provider, and you are required to provide a copy of your ID and they also take your photo. SIM cards can be bought at the airport and there are mobile phone provider outlets at East Park and Manda Hill Shopping Centers.

### Mobile Phone Network Providers

Airtel

[www.africa.airtel.com/zambia](http://www.africa.airtel.com/zambia)

MTN

[www.mtnzambia.com/zm](http://www.mtnzambia.com/zm)

CellZ

[www.zamtel.zm](http://www.zamtel.zm)

### Courier Services

DHL

[www.dhl.co.zm/zm](http://www.dhl.co.zm/zm)

FedEx

[www.fedex.com/zm](http://www.fedex.com/zm)

iShop

[www.ishop-worldwide.com](http://www.ishop-worldwide.com)



This section provides information on the healthcare system in Zambia, and the facilities available to visitors.

### Clinic

A medical clinic and ambulance services will be available on-site at the venue at no cost to delegates.

### Health and Vaccinations

Please check with your healthcare provider for recommended vaccinations before travelling to Zambia. Malaria is present in some areas, and we advise for you to consult a healthcare professional for malaria prophylaxis.

### Vaccinations

No specific vaccinations are required for entry into Zambia, but we advise you to consult your doctor for recommended vaccinations and medications.

### Covid-19 Travel Restrictions

All Covid-19 travel restrictions for entry into Zambia have been lifted by the Zambian government. Passengers transiting through other countries on their way to or from Zambia should verify the specific rules in those countries before traveling. Prior to travel, all passengers entering or leaving Zambia are encouraged to check with their airline about their regulations.

### Emergency services in Zambia

In the event of an emergency, ambulances will be onsite provided by the Zambian Ministry of Health. Alternatively, contact 991 to request a private ambulance. Medland's Private Hospital, near Manda Hill, has a 24-hour A&E department; Telephone 3111.

### Health insurance in Zambia

Private medical facilities are available in Lusaka, but it is advisable to have travel health insurance in place. It is important that this medical plan is comprehensive, including cover for medical evacuations.

### Pharmacies in Zambia

Please bring any prescribed medication with you. Pharmacies are generally open from Monday to Saturday, with very few operating on Sundays and none on a 24/7 basis. In the case of an emergency, delegates should try pharmacies attached to hospitals or clinics such as Medland Hospital (+260 761101600) and Care for Business (CFB) +260 (0)211 254396/8 off Addis Ababa Road.

### Health hazards in Zambia

Zambia is in a malaria belt (albeit thankfully not in Lusaka) and a TB zone. Before departure, consult a doctor about appropriate medication. In Lusaka, bug repellent is a must-have item. Cholera and dysentery are also prevalent, especially during the rainy season. Zambia likewise has a relatively high HIV/AIDS prevalence.

Water in Zambian cities is drinkable but should be avoided. Bottled water is commonly accessible and the ideal alternative for delegates staying for a short period of time.

This section provides information on the banking system in Zambia, ATMs and bureau de changes.

### **Banking in Zambia**

There are several international banks in Zambia and local banks include Zambia National Commercial Bank ZANACO, (the largest domestic bank), Investrust Bank and Indo-Zambia Bank, while international banks operating in Zambia include ABSA (formerly Barclays), Standard Chartered Bank, Stanbic, African Banking Corporation and Citibank.

Opening hours for Zambian banks are usually from 08:15 to 14:30, Monday to Friday. Most banks are closed on weekends.

### **ATMS and credit cards**

There are plenty of ATMs in the main cities such as Lusaka and Livingstone, but almost none in the rural areas. Don't count on a particular ATM working. It's worth planning expenditure ahead of time because of this unreliability.

While Zambia remains a largely cash society, credit cards are accepted at most establishments in Zambian cities, and it is common to swipe and tap at most restaurants and bars. Visa is the dominant credit card service in Zambia, and MasterCard and American Express cards are not widely accepted. Additionally, most places that accept credit or debit cards are relatively expensive and buying cash goods is usually cheaper. Even with the higher costs, many places add an additional five percent charge for their bank costs.

Please remember to inform your bank about your travel plans to avoid any issues with card access.

All ATMs dispense Zambian Kwacha only.

This section provides information on the banking system in Zambia, ATMs and bureau de changes.

## Bureau de Changes

There are several bureaux all offering cash changing options for a limited number of currencies in the larger shopping centers of Manda Hill, East Park and Arcades. You will need to give your current address and provide your passport. Currencies generally accepted are US\$, GBP, SAR, and EUROS.

## List of Banks

ABSA Group (formerly Barclays)

**[www.absa.co.zm](http://www.absa.co.zm)**

Standard Chartered Bank

**[www.sc.com/zm](http://www.sc.com/zm)**

Stanbic (Standard Bank)

**[www.stanbicbank.co.zm](http://www.stanbicbank.co.zm)**

First National Bank

**[www.fnbzambia.co.zm](http://www.fnbzambia.co.zm)**

Access Bank

**[zambia.accessbankplc.com](http://zambia.accessbankplc.com)**

EcoBank

**[www.ecobank.com](http://www.ecobank.com)**

Atlas Mara Bank

**[www.atlasmarazambia.com](http://www.atlasmarazambia.com)**

Citibank

**[www.citigroup.com](http://www.citigroup.com)**

This section provides information on dining options.

Lusaka has a large concentration of international and local dining options, including pizza, fried chicken, Indian, fusion Peruvian to name a few. Any meal in Zambia will go well with one of the local beers, which is the perfect way to cool off from the hot sun.

### Three Trees Café

Set in a garden with covered and cool seating areas. Large western menu including wraps, grills, salads, and excellent sushi. All Halal. Open daily from 08 to 16 hrs.

**Corner of Addis Ababa and Nchanchibaya Roads, Rhodes Park +260 964830105**

### M’Poto Yathu

Local cuisine with the local “nshima” and millet porridge, grilled meat, and fish. Open Mon to Sat from 12 to 17hrs, Friday 12 to 22.30hrs and closed Sundays.

**21 Omelo Mumba Road, Rhodes Park +260 979 491863**

### Prime Joint

Stylish barbequed meat and fish restaurant with indoor and outdoor seating. Booking advised. Extensive cocktail list. Open daily up to 22hrs.

**East Park, Great East Road, Lusaka +260 764 377228**

### Prime Catch (Prime Joint’s sister restaurant)

Stylish fish restaurant which also offers sushi. Warehouse style décor with indoor and outdoor seating. Open daily up to 22hrs.

**East Park, Great East Road, Lusaka +260 761 557744**

### Marlin Restaurant – Longacres and East Park

One of the oldest restaurants in Lusaka and the best place to find Zambia's world-renowned steaks and Cajun food. Very popular and essential to book. There’s also a branch located in East Park Shopping Mall.

**The Lusaka Club, Los Angeles Boulevard, Lusaka and at East Park Mall  
+260 966 765462**

### Eataly Restaurant and Pizzeria

A very cozy and earthy mini-Italian escape in Lusaka. Open daily from 10 am to 10pm

**Twikatane Road Lusaka +260 973871985**



This section provides information on dining options.

### Royal Dil Restaurant

Great Indian food with a wide range of vegetarian dishes. Consistently good quality.

**Acacia Park, Thabo Mbeki Road and Arcades Roundabout and also located at 153 Ibex Hill Road, Kabulonga +260 211 841015, 0971 759564**

### Marula by Afrigonia

Africa meets Patagonia – Peruvian inspired cuisine with ceviche on the menu of course! Limited vegetarian menu.

**Acacia Park, Thabo Mbeki Road and Arcades Roundabout  
+260 954 756245**

### La Cantina

In their words, 'We are a Mexican Inspired Snack Bar with progressive food and a killer cocktail/wine list in the heart of Lusaka!'

Open Tuesday to Thursday 12-14.30 and 17-22hrs, Fri and Sat 12-14.30 and 17-23hrs.

**Off Mwapona Rd in Woodlands, on an unnamed road. Check their FB page for directions.  
+260 975 403741**

## Shuttles

Transport from the airport to respective hotels and drop off points will be provided for all delegates. These shuttles will also transport delegates to and from their respective hotels or drop off points and the conference venue, Mulungushi International Conference Centre (MICC).

## Taxi Services

There are official cabs with a horizontal, orange colored stripe around them (orange for Lusaka). These are not metered, but instead run on a fixed rate with a typical short journey costing just around US \$4 but you will need to negotiate with the driver before the journey starts. There are a few online taxi hailing services; Ulendo which is very reliable, and you pay before you ride so no need to negotiate on the fare, and Yango. You can download the app via Google Play or App Store <http://apl.bz/download/ulendotaxizambia/passenger> or <http://yango.com>

Security Note: Don't get in the cab if there are other passengers in the vehicle already.



Kenneth Kaunda International Airport and Lusaka City offers a wide selection of car choices which can be rented with a local driver.

Here are some of the Car rental Companies:

1. **Voyagers Rental/Europcar**  
+260 212 627 800; res@vrzam.com
2. **Benmak Car Hire**  
+260 (977) 810600
3. **Avis**  
+260 211 271 020

## Food Deliveries

Below are some of the online food delivery service apps found in Zambia. You can download the apps via Google Play or the App Store. Please be advised you will be required to pay cash on delivery or pay by card on delivery.



Yango Deli

<https://play.google.com/store/apps/details?id=com.yango.eats>



Ulendo

<https://play.google.com/store/apps/details?id=com.ulendoeats.customer>



Tigmoo Eats

<https://play.google.com/store/apps/details?id=com.tigmooeats>

From Victoria Falls, one of the Seven Natural Wonders of the World, to the Kafue National Park with its large herds of the Kafue and Black Lechwe, South Luangwa National Park in the east is the top spot for a safari, housing the largest concentration of wildlife in all of Africa and the Lower Zambezi National Park just a short flight from Lusaka.



### Victoria Falls

One of the Seven Natural Wonders of the world, at more than twice the size of Niagara Falls, it took an estimated 100,000 years of erosion for Victoria Falls to be naturally created. Named Mosi-o-Tunya (“Smoke that Thunders”) by the local Lozi people, Scottish missionary David Livingstone changed its name to Victoria Falls in 1855. The surrounding area has been designed to give visitors the most up close and personal experience, with its bridge over the gorge allowing for spectacular views. The spray causes permanent rain and beautiful rainbows, as well as picture-worthy smoke. A must-see for all, there are plenty of “extreme” activities that can be enjoyed in the surrounding rapids and gorges, and from a bird’s eye view.

### South Luangwa National Park

Zambia’s most visited national park is a wildlife sanctuary and one of the best spots to see Africa’s amazing creatures. The 5,624 square meter park is home to Thornicroft’s giraffe, Craw shay’s zebra, leopard, lion, puku, hippo, and elephants. Over 400 species of birds also inhabit the area, which is made up of dry woodland. It is one of the few parks that allow for night safaris so many opt to spend at least one night here. There are plenty of lodges right inside, as well as camping sites for those going to it independently.







### Lower Zambezi National Park

On the border between Zambia and Zimbabwe, and on the north bank of the mighty Zambezi River is the Lower Zambezi National Park. Bordered by the escarpment hills to the north, this game park has abundant animals from elephant, hippo, buffalo, lion, and leopard. It is one of the closest parks to Lusaka and offers 3-to-5-star accommodation both in the park and in the GMA (game management areas).

### Mosi-o-Tunya National Park

Technically where Victoria Falls is located, the other half of the park is a wildlife sanctuary with palm trees, grasslands and miombo woodland. The ravine forest is home to a plethora of native Zambian wildlife and birds and is often explored by raft or canoe along the Zambezi River. Stay in the historic, first capital of Zambia, Livingstone at the many lodges along the river front.



### Lake Kariba

The world's largest artificial lake was made after the completion of the Kariba Dam, which floods the Kariba Gorge into the Zambezi River. The lake is 140 miles long and 20 miles wide and is a great place for leisure activities like fishing, boating, and camping and is the closest thing Zambia has to a beach resort. Siavonga is the main town on the Zambian side and excellent accommodation is offered at Lake Safari Inns. Approximately a 3-hour drive from Lusaka.

**Ceila Resort, Bonanza Golf Course and Spa**

Nestled in green abundant Zambian countryside, yet only 30 minutes' drive from Lusaka, Ciêla defines a new chapter in African hospitality. It is a great resort for a weekend with its large pool, comfortable rooms, excellent dining at Botanica Restaurant or the other a la carte restaurant and a short walk from the golf course, microbrewery, and running/cycle track.



**Elephant Orphanage at Lusaka Game Park**

This is the first elephant orphanage in Southern Africa and the second on the continent. Its mission is to return rescued elephants back to the wild. The team take orphaned elephants out for regular walks, put them on feeding schedules and even watch over them while they sleep. You can go and see them being fed at 11.30hrs every day and also at the same time visit the Lusaka Collective with its large range of curated craft items. About 20 minutes' drive from Lusaka.

**Lusaka National Park**

Lusaka National Park is located roughly 30 kilometers (20 minutes' drive) from Lusaka. It opened to the public in June 2015, making it Zambia's newest and most accessible park. The 20th National Park established in Zambia, and only the second national park established in a city environment (the first one is in Livingstone). Many species are found inside the park, including giraffe, eland, hartebeest, zebra, sable, kudu, blue wildebeest, waterbuck, black lechwe, impala, puku, bushbuck, reedbuck, warthog, pangolin, and deer. It is recommended to visit from 11:00hrs to see the bottle feeding of elephants at the elephant orphanage located within the park. (see above)



**Lusaka 365**

Get early word on what is happening in and around the city with Lusaka365 - Tips on restaurants, live music events etc. It's a useful information tool whilst in the city.

<https://www.lusaka365.co/>



Hosted by:



## Safety tips when in and moving around in Zambia.

Travel in any major city in Zambia, is generally safe during daylight hours. However, serious crimes can and do occur, like armed robberies, home invasions and sexual assault. Vehicle hijackings happen across the country from time to time. Don't stop to offer a lift to people at the roadside and watch out for objects that have been placed to block the road.

Be vigilant, keep all vehicle doors locked and windows closed when driving, and remain aware of your surroundings, especially after dark.

Bag snatching, pick pocketing and theft from parked cars are common at some restaurants and cafes, particularly in shopping malls. Be wary of people approaching you and distracting you from keeping an eye on your bag/laptop/phone. Keep large amounts of money, expensive jewelry, cameras, and phones out of sight or better still, locked in your hotel room's safe. Never trade big amounts of cash in crowded public places because After taking money out of banks, thieves have followed victims and robbed them at gunpoint.

Security risks increase after dark, especially in tourist areas and the city Centre.

Use reputable banks, bureau de change or ATMs to exchange money. Make sure you are not followed after carrying out your transaction.

### Road travel

Take care if you are going to hire a vehicle and drive independently. Roads are often poorly lit at night and inadequately maintained. Other vehicles can sometimes have few or no lights working. Drunk driving and driving while talking on mobile telephone are illegal.

Road travel at night in rural areas can be hazardous. Abandoned vehicles, pedestrians and stray animals are a danger. Many roads are severely potholed or otherwise unsafe, especially during the rainy season (November-April) when bridges and roads risk being washed away by sudden floods.

### Air travel

ProFlight is a Zambian operated airline and very well respected for safety and service, offering international and domestic flights. Zambia Airlines is the national carrier and operated with Ethiopia Airlines. Other airlines operating flights into Zambia are Emirates, Air Ethiopia, Qatar Airlines, Kenya Air, Rwanda air, Air Tanzania and South African Airlink.



For additional information, local recommendations, or specific queries, please feel free to reach out to the following:

Email: [info@iplevents.com](mailto:info@iplevents.com)

You can reach out to someone by calling the numbers listed below.

1. For all onsite queries contact:

Nataizya Chipeta

**+260 977 697512**

2. For general information contact:

Leya Lungu

**+260 977 775335**

3. For all travel and accommodation information contact:

Marlon Kananda

**+260 966 861010**