



Y CARE INTERNATIONAL

PARTNER CONFERENCE 2022 INFORMATION PACK



WALKING TOGETHER IN PARTNERSHIP

BLANTYRE, MALAWI

16th- 21st October 2022



MALAWI PARTNER CONFERENCE GENERAL INFORMATION

ACCOMMODATION AND CONFERENCE VENUE

From Sunday 16th to Saturday 22th October, participants will stay at:

Protea Hotel, by Marriott, Ryalls Blantyre

2 Hannover Avenue, Blantyre

P.O. Box 21 Blantyre, Malawi

Tel. +265 (0) 1 820 955

Fax. +265 (0) 1827 000

Email. ryalls@proteamalawi.com

www.marriott.com/blzry

MEALS AND VENUE INFORMATION

Breakfast, lunch and dinner will be served at the Hotel.

All hotel guests have access to the gym and swimming pool.

There is free wireless internet access available throughout the hotel.

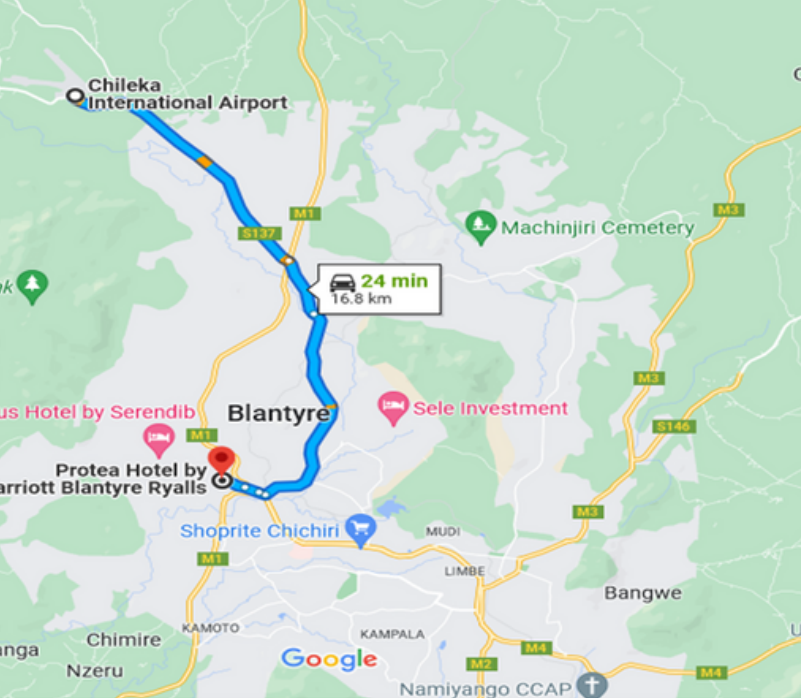


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TRANSPORT

All We Can/Y Care International will provide airport pickup service. There will be All We Can/Y Care International member(s) of staff waiting for you at the welcome bay at the airport with All We Can/Y Care International logos.

If you do not see anyone, please go to Information Desk in the airport and ask for help.

AIRPORT TO HOTEL

24 minutes drive from Chileka International Airport to Protea Hotel Blantyre Ryalls.

Please do not take your own taxi – there will be someone waiting for you and taxis will not be reimbursed.

CONTACT NUMBERS

Mr. James Kalikwembe - All We Can/Y Care International Country Coordinator

Contact numbers: +265 (0) 99 141 2220 and +265 (0) 88 241 0254



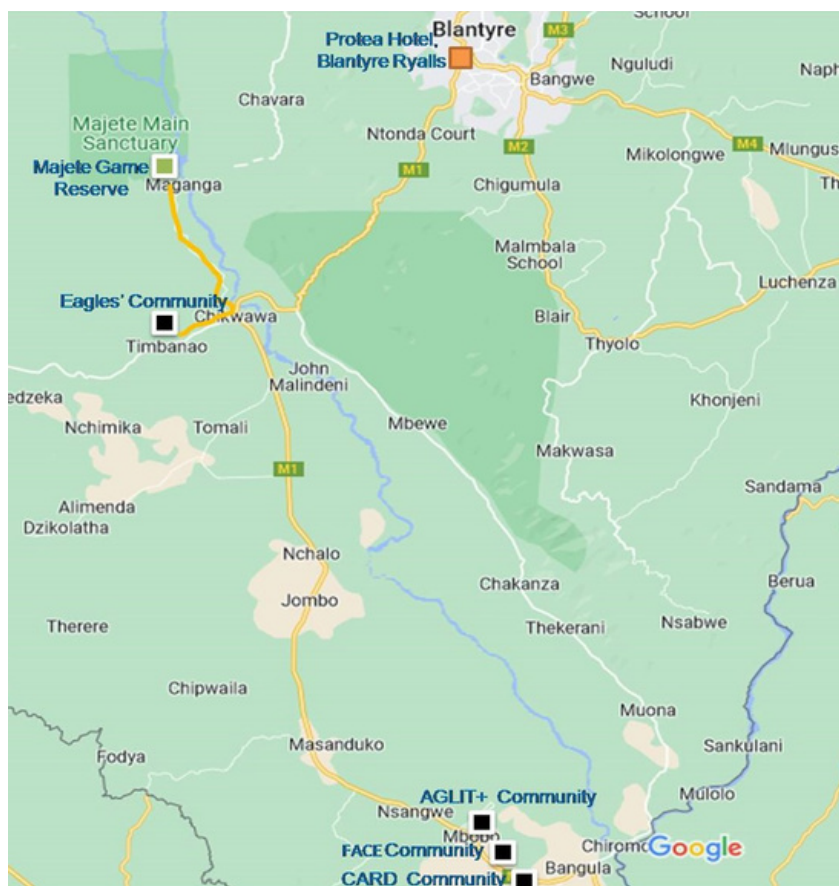
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TRANSPORT TO PARTNER COMMUNITIES ON WEDNESDAY 19TH OCTOBER



DISTANCE FROM HOTEL TO COMMUNITY VISITS

Community Visit Trips	Km
1. From the hotel to Eagles Community	62
2. From the hotel to AGLIT Community	110
3. From the hotel to FACE Community	121
4. From the hotel to CARD Community	133

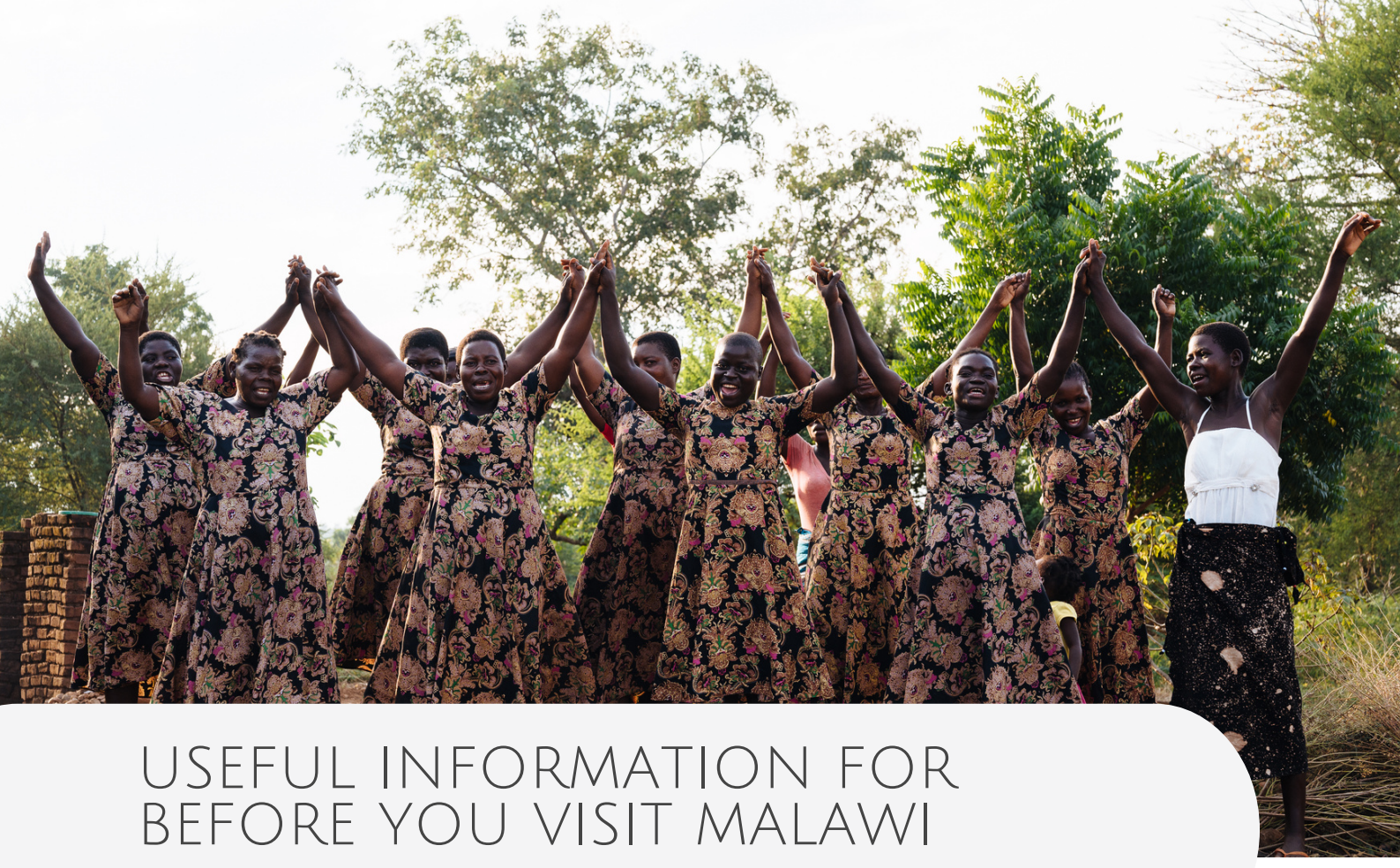


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USEFUL INFORMATION FOR BEFORE YOU VISIT MALAWI

COUNTRY INFORMATION

Population: 17,563,749 (2018)

Capital: Lilongwe

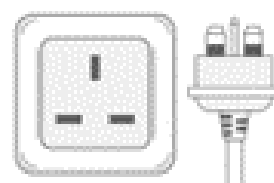
Languages: English and Chichewa (Official)

Country dialling code: +265

Currency: Kwacha (MWK)

Electricity: 230V and 50Hz

Type of Plugs: Malawi uses power outlets and plugs of type G, as shown above.



WEATHER

Malawi has two major seasons: the cool dry season between May and October with mean temperatures of around 13°C in June and July and the hot wet season between November and April with temperatures between 30°C - 35°C. The Conference will take place in the cool dry season and the average temperature for this month is expected to be 33°C daytime and 21°C evening time. It can be very warm and sunny in the day but relatively cold in the evenings! With You may wish to bring some warm clothes to wear in the evening!



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HEALTH AND SAFETY

Immunisation against polio, tetanus, typhoid and hepatitis A is recommended for visitors to Malawi. Yellow fever immunisation may be required only by visitors entering from a yellow fever zone. There is a risk of malaria and prophylactics should be taken.

There is a risk of contracting bilharzia if bathing in some parts of Lake Malawi but the risk is negligible near the main beach hotels. Although serious if left to develop, the infection is relatively easily treated once diagnosed.

Cholera has also been reported across the country and delegates are advised to refrain from eating fresh fruits and vegetables that have not been washed, and to avoid drinking tap water or ice in drinks. **Bottled water should be used, including when brushing teeth.** Those with access to cholera vaccination, should take the vaccination.

As from 1 June 2022, travelers can enter Malawi with EITHER a COVID-19 vaccination certificate OR a negative PCR test; All travelers that are fully vaccinated are no longer required to produce negative PCR tests.

All travelers that are not fully vaccinated or don't have a valid electronically verifiable COVID-19 full vaccination certificate are required to produce a negative PCR based COVID-19 certificate that is not older than 72 hours at the time of arrival in the country.

These regulations apply to those aged 12 and over. Under 12s can enter Malawi unconditionally (accompanying vaccinated parents/guardians)

Malawi is considered a safe country for tourists and Malawians are rightfully known for their friendliness. However, the usual precautions should be taken as would be advised for tourists anywhere.



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TIME DIFFERENCE

Malawi Time	Country	Time Difference
12:00 noon	Antigua	- 6 hrs
12:00 noon	Ethiopia	+ 1 hr
12:00 noon	India	+ 3:30 hrs
12:00 noon	Jamaica	- 7 hrs
12:00 noon	Liberia	- 2 hrs
12:00 noon	Madagascar	+ 1 hr
12:00 noon	Sierra Leone	- 2 hrs
12:00 noon	South Africa	0 hrs
12:00 noon	Tanzania	+ 1 hr
12:00 noon	Uganda	+ 1 hr
12:00 noon	United Kingdom	- 1 hr
12:00 noon	Zimbabwe	0 hrs

CURRENCY

Currency = Malawian Kwacha (MWK)
Average exchange rates (variable):
(www.oanda.com)

£1	=	MWK 1,192.12
US\$1	=	MWK 1,010.36
€1	=	MWK 1,005.48
1Rand/ZAR	=	MWK 59.41



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MALAWI VISA ARRANGEMENTS

DELEGATES FROM THE FOLLOWING COUNTRIES DO NOT NEED A VISA

- Antigua and Barbuda
- Zimbabwe
- South Africa
- Jamaica
- Uganda
- Kenya

DELEGATES FROM THE FOLLOWING COUNTRIES REQUIRE A VISA

- United Kingdom
- Ethiopia
- Liberia
- Sierra Leone
- Madagascar
- India

ADDITIONAL INFORMATION

·Visa fees are payable in United States Dollars (USD). Visa Fee is USD50

·Visa application should be done and paid for online www.evisa.gov.mw

·Visas in Malawi only accords permission to enter Malawi within the validity period of the Visa, subject to fulfilling other entry requirements.

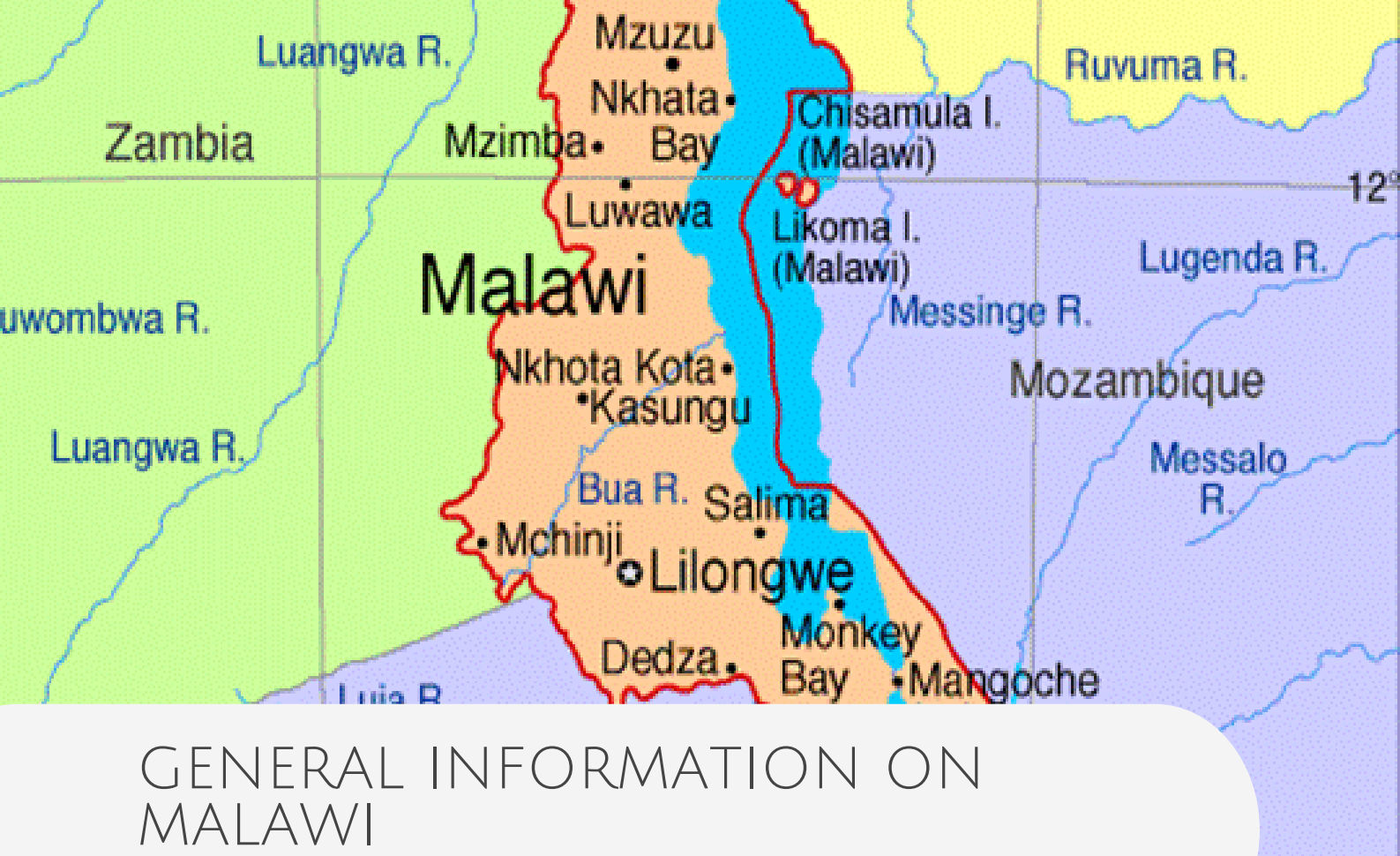


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GENERAL INFORMATION ON MALAWI

LOCATION AND TOPOGRAPHY

Malawi, a landlocked country in south-eastern Africa, is defined by its topography of highlands split by the Great Rift Valley and enormous Lake Malawi. The lake's southern end falls within Lake Malawi National Park – sheltering diverse wildlife from colourful fish to baboons – and its clear waters are popular for diving and boating. Peninsular Cape Maclear is known for its beach resorts. Largest river in Malawi is the Shire river, the only outlet of Lake Malawi. Highest mountain is Mount Mulanje at 3,002 m (9,849 ft).

Malawi shares international borders with Tanzania, Zambia and Mozambique. The country covers an area of 118,484 km². The nation is divided in three main regions: Northern, Central and Southern.

POLITICAL SYSTEM

Malawi, the former British protectorate of Nyasaland, became independent in 1964. Malawi is a presidential representative democratic republic with a multi-party system. The first democratic multi-party elections were held in 1994, after three decades of one-party rule. Head of state and head of government is the President, he appoints the cabinet, and is in charge of executive tasks. Malawi's unicameral parliament is elected by plurality vote every 5 years. The Supreme Court of Appeal is the highest court in the country.



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BUSINESS AND ECONOMY

The country ranks among the world's least developed with about 90% of the population living in the rural areas. Malawi's economy is based predominantly on subsistence agriculture and small-scale fisheries. Agriculture accounts for 27% of GDP and about 90% of its export revenue. Top exports are raw tobacco (55%), dried legumes, raw sugar, tea and raw cotton. There is a small tourism sector which is being primed for growth.

RELIGION



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Christianity and Islam are the two main religions of Malawi. According to the 2018 census, 77.3% of the population is Christian and 13.8 % is Muslim while about 8.9 % of population is for other religions and non-religion.

DRESS

Dress is generally informal. Swimwear and very skimpy clothing is confined to the beach resorts. For safaris, "natural" colours should be worn in preference to light/bright colours. In the uplands, especially in the winter (April-September), it can be cold in the evening and extra layers may be needed.

When visiting the rural communities women are encouraged to wear a piece of cloth (chitenje). A chitenje is a traditional rectangle of African print fabric (usually 2 x 1 metres) sold in the markets and fabric shops and is commonly worn by as a wraparound dress or skirt.

Women can also wear long skirt or dress in place of chitenje.



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LANGUAGES AND ETHNIC GROUPS

English and Chichewa are the official languages. The main language used is Chichewa which is native to the Central Region.

Ten major ethnic groups are historically associated with modern Malawi—the Chewa, Nyanja, Lomwe, Yao, Tumbuka, Sena, Tonga, Ngoni, Ngonde, and the Lambya/Nyiha. All the African languages spoken are Bantu language

COMMON PHRASES IN CHICHEWA

Hello: "Moni"
How are you?: " <u>Muli bwanji?</u> "
Good Morning: " <u>M'mawa wabwino</u> " or " <u>mwadzuka bwanji?</u> "
Good Afternoon " <u>Masana abwino</u> " or " <u>mwaswera bwanji?</u> "
Good Night: " <u>Usiku wabwino</u> " or " <u>mugone bwino</u> "
Bye: " <u>Ndapita</u> " or " <u>ndikupita</u> "
Please: " <u>Chonde</u> "
Thank you: " <u>Zikomo</u> "
See you tomorrow: " <u>Tionana mawa</u> "
It is well: " <u>Zili bwino</u> "



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CULTURAL FACTS

- Always ask permission before photographing local people; do not photograph public buildings where prohibiting posters are put up.
- Upon meeting, a gentle handshake is customary but due to COVID-19 this is observed with caution.
- A Malawian man takes his father's name as his surname and is traditionally known and called by his father's name. However among his peers he is called by his first name.
- Women change their surname upon marriage but it is not a taboo to put their maiden name in the middle.
- Cutlery is used when eating Malawian dishes. However you need to use your hands to enjoy Malawi's staple food "nsima" made from corn/maize flour. You will be given an opportunity to wash your hands before eating.
- Malawi uses the Gregorian Calendar which 12 months and 365 days in a year with an extra day every four years (the leap year).

TRADITIONAL DISHES OF MALAWI

Nsima, a thickly-mashed maize porridge dish is the national food. It is so relied upon by Malawians that it is not uncommon to see people eating variations of it for breakfast, lunch, and dinner. It is so famous that even people in neighboring countries like Mozambique, Tanzania and Zambia also make it. It is usually consumed with different stews. As much as it's not easy to pin down a national dish for Malawi, Nsima served with Chambo (fresh water tilapia) stands out as a favourite that you shouldn't depart Malawi without tasting this.

For the majority of Malawians when it comes to breakfast, they like to take it easy. This doesn't mean that it'll be lacking in flavour. A good Phala la Mgaiwa (a type of ground corn), sweetened with some sugar, honey and milk is common. Coffee and tea is a common beverage at breakfast and other times too.



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FURTHER INFORMATION

USEFUL TELEPHONE NUMBERS

Police Emergency Numbers (24 hrs): 990 or 997

Nearest Hospital - Blantyre Adventist: +265 (0) 998 610 222 or +265 (0) 885 507 839

WORKING HOURS IN MALAWI

Civil service working hours: from 0730 to 1630 with a one-hour lunch break.

Business Hours (including shops) are usually open from 0800 to 1230 and 1330 to 1930, Monday through Friday. Some are also open on Saturdays and few on Sundays.

ADDITIONAL LINKS

For more details about Malawi and Blantyre City in particular check online on the following links;

<https://www.malawitourism.com>

<https://www.visitmalawi.mw>

<https://bccmw.com/>



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