

# 4<sup>th</sup> INTERNATIONAL CONFERENCE ON PUBLIC HEALTH IN AFRICA



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# Delegate Information Pack

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We are excited to welcome you to the 4<sup>th</sup> International Conference for Public Health in Africa (CPHIA 2025) in Durban, South Africa. We wish you a pleasant stay.

We are eager to be of assistance to you should you have any additional questions after reviewing this guide.

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This section offers helpful tips about traveling to Durban.

### AVERAGE FLIGHT TIMES TO DURBAN (DUR)

FROM	TIME (HOURS)
NOUAKCHOTT	9 hours & 36 minutes
DAKAR	9 hours & 24 minutes
ABIDJAN	7 hours & 13 minutes
YAOUNDE	5 hours & 49 minutes
DOUALA	5 hours & 57 minutes
PRAIA	10 hours & 2 minutes
BANJUL	9 hours & 12 minutes
BISSAU	8 hours & 57 minutes
CONAKRY	8 hours & 33 minutes
FREE TOWN - Lungi Intl	8 hours & 25 minutes
MONROVIA	7 hours & 57 minutes
BAMAKO - Senou Intl	8 hours & 19 minutes
OUAGADOUGOU	7 hours & 45 minutes
ACCRA	6 hours & 54 minutes
LOME	6 hours & 50 minutes
COTONOU	6 hours & 46 minutes
LAGOS	6 hours & 42 minutes
ABUJA	6 hours & 44 minutes
MALABO	5 hours & 59 minutes
BANGUI	5 hours & 29 minutes
LIBREVILLE	5 hours & 32 minutes
BRAZZAVILLE	4 hours & 35 minutes
KINSHASA	4 hours & 34 minutes
LUANDA	4 hours & 12 minutes
JOHANNESBURG	1 hours & 7 minutes
CAPE TOWN	2 hours & 5 minutes
PORT LOUIS	4 hours & 4 minutes

ESTIMATED WEATHER IN DURBAN

MONTH	AVG. TEMP (°C)	RAINFALL (MM)
Oct.	20 (68 F)	97
Nov.	21.3 (72 F)	101

## Visas

Citizens from countries subject to visa control must obtain visas in advance. No visas will be issued upon arrival. A list of countries exempt from visas can be found [here](#).

When applying for a visa, participants must provide:

- A valid passport
- A letter of invitation from the conference
- A copy of your flight ticket
- A copy of yellow fever vaccination ticket (if traveling through or from a country with yellow fever risk)
- Payment for visa application fees

## Tips on documentation

Make sure that all your documents are complete and correctly filled in. Incomplete applications can cause delays.

## Languages

South Africa has 11 official languages, but English and isiZulu are widely spoken in the Durban area.

## Currency

The official currency unit of Durban is the South African Rand, which is abbreviated (ZAR). 1 USD = 17.25 ZAR as of September 2025. Visa and Mastercard cards are accepted in South Africa. The South African Rand can be withdrawn from banks, ATMs, as well as Bureau de Change offices.

## What you need to know

Time Zone: SAST (UTC+2)  
Legal driving age: 18 years old  
Legal drinking age: 18 years old  
Emergency Services: 10111 (Police), 10177 (Fire), 10177 (Ambulance)

## Airports

- \*Durban King Shaka International Airport (DUR)
- Johannesburg O.R. Tambo International Airport (JNB) – 1 hour & 7 minute flight to destination
  - Connecting through Johannesburg to Durban is typically more economical than flying direct.
- Cape Town International Airport (CPT) – 2 hours & 5 minute flight to destination

## Durban Transport and Taxis

Durban does not have an extensive intercity rail network like North Africa, but delegates will find reliable transport options connecting the airport, hotels, and meeting venues:

- **Airport Transfers:** Shuttles will be provided between King Shaka International Airport and official hotels/meeting venues.
- **Local Taxis and Ride-Hailing:** Uber, Bolt, and metered taxis operate widely in Durban and are considered the most convenient way to move about the city. Payment can be made by card or in local currency (South African Rand – ZAR).
- **Buses and Minibus Taxis:** Durban has public bus services and informal minibus taxis. While affordable, they are primarily used by local commuters and may not be suited for delegates unfamiliar with the routes.

## Driving

If you choose to rent or drive:

- South Africa follows the **left-hand side of the road**.
- Speed limits are generally **120 km/h on highways, 80 km/h on secondary roads, and 60 km/h in urban areas**, unless otherwise posted.
- Seatbelts are always compulsory for all passengers.
- Speed cameras and random police checkpoints are common, particularly near major urban areas. Drivers should carry a valid driver's license and insurance documents.
- Roads in Durban and the surrounding KwaZulu-Natal province are well-maintained, but vigilance is required for unexpected speed bumps, road construction, or pedestrian crossings.

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

**Currency Import/Export regulations:**

**Currency Import Regulations:** There is no limit on the import of foreign currencies but amounts exceeding ZAR 25,000 (approximately USD 1,400) or its equivalent must be declared upon entry.

**Currency Export Regulations:** Foreign currencies can be exported up to the amount declared on entry or up to 25,000 ZAR if not declared.

Ensure you declare any amounts exceeding these thresholds.

**Import regulations:**

**For persons 18 years and over:**

- No more than 200 cigarettes and 20 cigars per person.
- No more than 250 grams of tobacco per person.
- No more than 50ml perfume and 250 ml eau de toilette per person
- No more than 2 litres of wine per person
- No more than 1 litre in total of other alcoholic beverages per person.

**Prohibited items:**

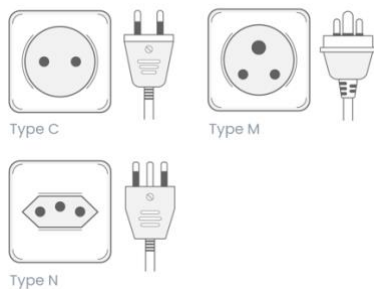
The import of narcotics, fully automatic and unnumbered weapons, explosives, counterfeit goods, or penitentiary goods is unlawful.

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

South Africa operates on a 220V AC, 50Hz with rounded three-pronged sockets. Most plus are 15 amp three-prong or 5 amp two-prong. Appliances made in the United States may need a transformer.

Most hotel rooms have 110V outlets for electric shavers and appliances. While many hotels can provide their own adapters upon request, **we recommend that delegates bring their own adapters to ensure compatibility with local power outlets.** South Africa uses plus of types C, M, & N as photographed below.



## Mobile Phone Networks

South Africa has four major mobile network operators: Vodacom, MTN, Cell C and Telkom Mobile, all of which offer both prepaid and postpaid plans. To purchase and activate a SIM, buyers must register it under the national RICA regulation by providing valid identification (passport for visitors, or national

ID for residents) plus proof of address (such as hotel). SIM cards are affordable and widely available at airports, shopping malls, telecom shops, and many retail outlets nationwide.

## Mobile Phone Network Providers

Vodacom

[www.vodacom.co.za](http://www.vodacom.co.za)

MTN

[www.mtn.co.za](http://www.mtn.co.za)

Cell C

[www.cellc.co.za](http://www.cellc.co.za)

Telkom Mobile

[www.telkom.co.za](http://www.telkom.co.za)

This section provides information on the healthcare system in South Africa and the facilities available to visitors.

### Clinic

A fully equipped medical unit and ambulances will be available on-site for emergencies. Please make sure you have travel medical insurance for any other service.

### Vaccinations

No specific vaccinations are required for entry into South Africa. However, travelers coming from or transiting through yellow fever risk countries must show proof of vaccine.

### Covid-19 Travel Restrictions

All Covid-19 travel restrictions for entry into South Africa have been lifted. Travelers are not required to present proof of vaccination or testing. Airlines may have their own policies, so please confirm before departure.

### Emergency services in South Africa

In case of emergency, dial 10177 (ambulance services) or 112 (from any mobile phone). Durban has hospitals and clinics available 24/7, including Netcare St Augustine's Hospital and Life Entabeni Hospital.

### Health insurance in South Africa

Public and private clinics and hospitals are widely available in Durban. It is strongly advised to take out comprehensive travel medical insurance that cover hospitalization and medical evacuation, as treatment in private facilities must be paid for upfront.

### Pharmacies in South Africa

Please bring all prescribed medications with you. Pharmacies ("chemists") are generally open Monday to Friday from 8:00am to 6:00pm, Saturdays until 1:00pm. Selected on-call pharmacies operate on Sundays and public holidays; information on these can be found online or through your hotel.

### Health hazards in South Africa

Tap water in Durban is generally safe to drink, but bottled water is widely available if preferred. To avoid foodborne illness, practice standard precautions: wash hands, eat freshly cooked food, and avoid undercooked meat or unpasteurized dairy.

## ATMs and Credit Cards in South Africa

ATMs are widely available throughout Durban and other major cities in South Africa, most commonly located in banks, shopping centres, and retail precincts. They dispense South African Rand (ZAR) and generally accept international debit and credit cards linked to Visa and MasterCard networks. American Express and Diners Club cards may be accepted at some establishments, though not as widely. Card payments are common in hotels, restaurants, and larger retail outlets, but smaller businesses, informal vendors, and markets may still prefer cash.

Visitors are advised to notify their banks of travel plans to avoid card interruptions, and to take standard safety precautions by using ATMs in well-lit, secure locations such as malls or inside banks.

## Currency Exchange in South Africa

Foreign exchange services are available at Durban's King Shaka International Airport, in banks, large shopping centres, and through licensed bureaux de change. These facilities offer cash-exchange services for major international currencies, including US Dollars (USD), Euros (EUR), and British Pounds (GBP).

When exchanging money, visitors will usually need to present a valid passport or identity document, and some locations may also request proof of address. Exchange rates and fees can vary, so it is advisable to compare options before making large transactions. South Africa's exchange control regulations, overseen by the South African Reserve Bank, apply to both residents and visitors, and it is important to ensure all transactions are made through licensed providers.

## List of Banks in Durban

Standard Bank Group

[www.standardbank.com/sbg/standard-bank-group](http://www.standardbank.com/sbg/standard-bank-group)

Absa

[www.absa.co.za/personal/](http://www.absa.co.za/personal/)

First National Bank

<https://www.fnb.co.za/>

Nedbank

[personal.nedbank.co.za/home.html](http://personal.nedbank.co.za/home.html)

This section provides you with information on taxi services and food deliveries.

## 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.

## Taxi Services in Durban

In South Africa, the term “taxi” often refers to shared minivans—Quantum taxis—which cover fixed routes. Regulated taxis—iLocal taxis—operate the same as taxis in other parts of the world, seating 4-7 people and using a meter or fixed fare rate. These are more commonly arranged over the phone than caught at a taxi stand.

### iLocal Taxis:

These are sedans or other compact cars used for short trips within a local township. A Local taxi might be a Toyota Avanza, Venture or older Mazda sedan vehicles.

### Quantum Taxis:

A 16-seater Toyota Quantum which can be caught at a taxi rank. You wait for the vehicle to reach capacity before it departs. You can stop one anywhere on the road by pointing your index finger to the sky.

### Ride-Hailing Services:

In Durban, the most used ride-hailing services include:

- Uber
- Bolt
- inDrive

These apps allow you to book rides, view fare estimates, and pay directly through the app, making transportation straightforward and hassle-free.

## Food Deliveries

Here are some online food delivery apps available in South Africa. You can download the apps via Google Play or the App Store. Please note that payment can be made in cash upon delivery or by card upon delivery.

- UberEats
- Glovo
- Mr D Food

Durban is a welcoming and vibrant city for international visitors especially due to its fantastic October beach weather. As in any major urban area, it is important to remain alert, take sensible precautions, and follow local guidance to ensure a safe and enjoyable stay. South Africa has strong security measures for international events, and visitors who exercise awareness can expect a positive and memorable experience.

### Road travel

In South Africa, vehicles drive on the **left-hand side of the road** and seat belts are required for both drivers and all passengers. Always obey speed limits, avoid using mobile phones while driving unless hands-free, and be cautious at traffic lights and intersections. Keep car doors locked and valuables out of sight when parked. If renting a car, use a reputable company and familiarize yourself with local rules before setting off. Driving at night in poorly lit or unfamiliar areas is not recommended.

### Air travel

Durban is served by **King Shaka International Airport (DUR)**, located about 35 km north of the city centre. The airport hosts both domestic and international carriers, including South African Airways, Airlink, FlySafair, Lift, Emirates, Qatar Airways, and Turkish Airlines. Use only licensed airport taxis or reputable ride-hailing services (e.g., Uber or Bolt, both active in Durban) for transportation around the city. Keep your belongings close at hand and secure, especially in busy areas such as arrivals and baggage claim.

### General safety tips

- Stick to well-lit and populated areas, especially at night.
- Avoid carrying large amounts of cash; credit/debit cards are widely accepted.
- Use hotel safes to store passports and valuables when possible.
- Be mindful of pickpocketing in crowded spaces and tourist areas.
- In an emergency, dial **10111** (police) or **10177** (ambulance).

Hotel Name	Rating	Room & Rate	Booking Link
<a href="#">Protea Hotel Fire &amp; Ice! by Marriott Durban Umhlanga Ridge</a>	4 stars	<ul style="list-style-type: none"> <li>• Standard King Room R1950</li> <li>• 1 Bedroom Bi-level Loft, In Loft: 1 King R2700</li> <li>• 2 Bedroom Apartment, Bedroom 1: 1 King, Bedroom 2: 2 Twin, Balcony R2950</li> <li>• 2 Bedroom Presidential Suite, Bedroom 1: 1 King, Bedroom 2: 1 Double, Balcony R3450</li> </ul>	<a href="#">Available here</a>
<a href="#">Hilton Garden Inn Umhlanga Arch</a>	4 stars	Standard Single BB R1650	<a href="#">Available here</a>
<a href="#">Oyster Box</a>	5 stars	<ul style="list-style-type: none"> <li>• Classic Garden Facing Room R4 998.00</li> <li>• Classic Sea Facing Room R5 150.00</li> <li>• Luxury Sea Facing Room R5 150.00</li> <li>• Junior Cabana R7 644.00</li> <li>• Sea Facing Cabana R9 700.00</li> <li>• Luxury Sea Facing Suite R14 300.00</li> <li>• Deluxe Sea Facing Suite R16 600.00</li> <li>• Superior Garden Villa R14 300.00</li> <li>• Presidential Suite R150 000.00</li> </ul>	Available soon
Southern Sun	4 stars		Available soon

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

### Contacts

1. For all onsite queries contact: [luochewe@gmail.com](mailto:luochewe@gmail.com); [temfackE@afriacdc.org](mailto:temfackE@afriacdc.org)
2. For general information contact: [CPHIAsecretariat@afriacdc.org](mailto:CPHIAsecretariat@afriacdc.org)
3. For all travel and accommodation information contact:  
[CPHIAsecretariat@afriacdc.org](mailto:CPHIAsecretariat@afriacdc.org)

## Location 1: Durban City Hall & Durban Art Gallery/Durban Natural Science Museum

 1km from ICC – 14 min walk, 3 min drive

In the heart of Durban’s city centre stands the grand Durban City Hall—also known as the eThekweni City Hall—an Edwardian, neo-Baroque style building which was completed in 1910. The building houses several notable destinations for an enjoyable afternoon: the mayors parlour & municipal chambers, a public library and auditorium, the Durban Art Gallery and the Natural Science Museum. City Hall’s ornate façade, domes, and classical detailing make it one of the city’s most recognizable architectural icons amid a forest of modern skyscrapers.



On the second floor, the Durban Art Gallery exhibits an international collection with a particular emphasis on South African contemporary art. On the first floor, the Natural Science Museum offers engaging displays of fossils, animals, birds, reptiles, historical artifacts and ecosystem models. Both museums are free to enter, and their hours are typically Monday – Saturday 8:30am to 4pm and Sunday 11am to 4pm. Be sure to check hours closer to your visit in case local holidays cause schedule changes.

Together, these institutions provide visitors with a unique window into Durban’s artistic and natural heritage. Stepping out onto the square, you will find yourself in the heart of the palm tree lined CBD where the city’s colonial architecture and modern South African dynamism meet.

## Location 2: Kwa Muhle Museum

 1.1km from ICC – 16 min walk, 3 min drive

As the former headquarters of Durban’s Native Administration Department, the KwaMuhle Museum offers a powerful look into the city’s history under apartheid. Once the site of discriminatory law enforcement, the building has been transformed into a place of reflection and education. Its exhibitions document the experiences of Black South Africans under the migrant labor system and celebrate those who resisted oppression. The museum also highlights Durban’s multicultural heritage and its ongoing journey toward reconciliation, making it an essential stop for visitors who want to understand the city beyond its beaches and skyline.



## Location 3: Juma Masjid Mosque

 1.7km from ICC – 23 min walk; 6 min drive

Situated in Durban’s bustling central business district, the Juma Masjid Mosque—also known as the Grey Street Mosque—is the largest mosque in the Southern Hemisphere. Built in 1881 and expanded over time, its white domes and tall minarets dominate the skyline, reflecting both Indian and Islamic architectural influences. The mosque stands as a testament to Durban’s large Indian community, many of whom are descendants of indentured laborers brought to the city in the 19th century. Today, it remains a vibrant place of worship and a powerful symbol of Durban’s multicultural identity. Visitors are welcome to admire the mosque’s exterior and, when appropriate, enter respectfully to appreciate its serene interior spaces.



#### Location 4: Victoria Street Market “The Vic”

 1.9km from ICC – 26 min walk; 10 min drive

A short walk from the mosque, Victoria Street Market is one of Durban’s most iconic and lively marketplaces. Known locally as “The Vic,” it blends African and Indian influences in its bustling stalls, where vendors sell everything from fragrant spices and incense to handmade crafts, textiles, and jewelry. The market’s origins stretch back more than a century, and today it remains a meeting point of cultures, colors, and flavors that reflect Durban’s diverse heritage. For visitors, a stroll through the Vic offers a chance to experience the rhythms of daily life in the city while picking up souvenirs infused with local character.



#### Location 5: Botanic Gardens

 /  3.1km from ICC – 45 min walk; 7 min drive

Founded in 1849, the Durban Botanic Gardens is the oldest surviving botanical garden in Africa and one of the city’s most beloved green spaces. Originally established for the trial of tropical crops such as tea and coffee, it has evolved into a showcase of rare and exotic plant species, including one of the world’s finest collections of cycads, palms, and orchids. Strolling its shaded paths, visitors can enjoy tranquil ponds, a butterfly habitat, and seasonal concerts on the lawns. More than just a garden, it is a living museum of botanical heritage and a peaceful retreat from the bustle of the city.



## Location 6: Phansi Museum

🚗 5.3km from ICC – 15 min drive

Nestled in Durban’s Glenwood district, the Phansi Museum is dedicated to the preservation and celebration of Southern Africa’s cultural heritage. Its collections include beadwork, textiles, pottery, and ritual artifacts that speak to the creativity and spirituality of Zulu, Xhosa, and other communities.

Housed in a converted Victorian home, the museum’s intimate setting allows visitors to experience the vibrancy of indigenous traditions up close. Guided tours offer rich stories that connect these artifacts to living practices, making Phansi a must-visit for those interested in the intersection of history, art, and cultural identity.



## Location 7: Mahatma Gandhi Settlement / Phoenix Settlement

🚗 20.7km from ICC – 30 min drive

On the outskirts of Durban lies the Phoenix Settlement, established in 1904 by Mahatma Gandhi during his time in South Africa. Gandhi founded the community as a place to practice self-sufficiency and to advance his philosophy of *Satyagraha*, or nonviolent resistance, which would later shape global movements for justice. Though the original settlement was damaged during political unrest in the 1980s, it has since been restored and today houses a museum, library, and community center. Visitors can walk through Gandhi’s home and printing press, gaining insight into the formative years of one of the world’s most influential leaders and the settlement’s role in South Africa’s liberation story.

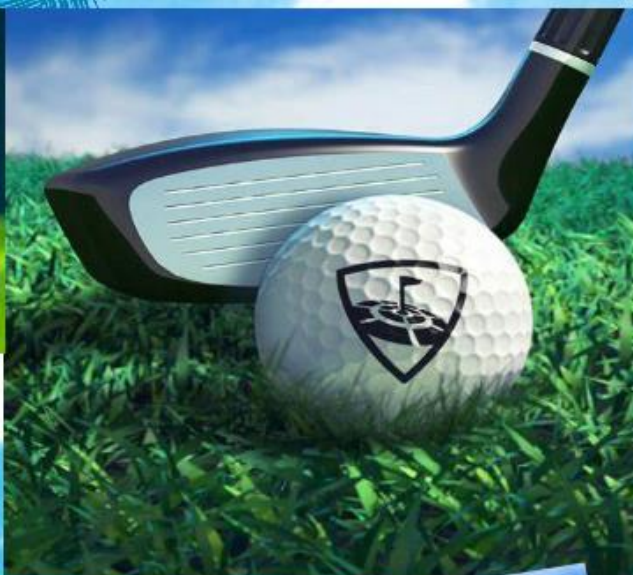




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