



9th International Congress of Dipterology

25–30 November 2018

Windhoek, Namibia

Third Circular and delegates' information

Organising Committee

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ICD Honorary Members: Neal L. Evenhuis, Fan Zi-de, Nina P. Krivosheina, Emilia P. Nartshuk, Adrian C. Pont, F. Christian Thompson and D. Montgomery Wood.



Dear fellow Dipterists and Entomologists,

We have now begun the final countdown to the opening of the 9th International Congress of Dipterology and we look forward to welcoming you all in person to Windhoek on November 25th. In this, the third and final formal circular for ICD9, we provide some detailed information that will assist you to plan your Congress activities. Most the information contained in this circular is already available on the official Congress website <http://icd9.co.za/> and you should continue to refer to this for updated information.

Our Organising Committee has done its level best to make this Congress an international scientific highlight for colleagues from around the world. As well as four excellent plenary speakers, the Congress will cover all major aspects of dipterology, including systematics and taxonomy, morphology, evolution, biodiversity, phylogenetics and conservation, ecology, disease vectors, forensic entomology, phytosanitary Diptera, etc. We are especially pleased to note that many of these have special relevance to Diptera researchers based in Africa, specifically symposia on the themes of disease vectors, Diptera pollinators, economically important fruit flies and forensic dipterology. The overall theme of the Congress is "Afrotropical dipterology", but all themes and regions will be represented. A total of 273 full delegates and students from 51 countries, are attending the Congress, including 61 delegates from 13 African countries. This is the largest number of African delegates ever to attend ICD.

The scientific Programme is now finalised, which includes four plenary talks, 23 symposia, 258 oral presentations and 58 poster presentations. The final version of the Programme is attached (in PDF format) and a printed version will be included in the full delegates' and students' packages. Due to the large number of oral presentations in this Congress, we will run four parallel symposia sessions on most days and the Organising Committee has done its best to minimise conflicts among them. The Abstracts Volume for ICD9 is also attached (in PDF format), which includes 320 abstracts of oral and poster presentations submitted to the Organising Committee of ICD9. A printed versions of the book will also be included in delegates' packages.

ICD9 is dedicated to the memory of the late Roger Ward Crosskey (1930–2017), former Honorary Member of ICD, Editor of the *Catalogue of the Diptera of the Afrotropical Region* and author of numerous papers and books on the Simuliidae and Tachinidae, in recognition of his outstanding contributions to the study of dipterology in Africa and the world.

Some special features of the Congress include launch of the 2019 "Year of the Fly", the official launch of the *Manual of Afrotropical Diptera* and large symposia on "Tephritoidea – applied research and taxonomy", "Calyptate evolution and diversity" and "Advances in Diptera phylogenomics". The Congress also highlights recent developments in "The importance of Diptera in plant-pollinator networks" and includes some novel specialised symposia, including "Diptera interactions with amphibians". A number of contentious issues will also be raised in the symposium "Too many species, too little time: fresh approaches to "open-ended" genera", which should lead to some lively debate.

Social events at the Congress comprise a Welcome reception and a separate evening reception for the official launch of the *Manual of Afrotropical Diptera* (both open to all delegates) and happy hour sessions at the Hotel Safari and Safari Court bars. The Congress banquet (not included in the registration fee), will take place at the Safari Conference Centre, with a light after dinner speech by Dr Martin Hauser, entitled "Africa and me! – a dipterist's perspective".

ICD9 has organised a "Fly Photography Competition" with 14 entries and will award prizes and certificates for the "Best student presentation" and "Best student poster", with excellent academic books on Diptera as prizes. As part of our public outreach programme two public lectures, by Dr Mark Benecke and Prof. Stephen A. Marshall, will be held at the Safari Conference Centre in collaboration with the Namibia Scientific Society.

We have received active assistance from our partnering institutions: the National Museum, Bloemfontein (South Africa), the Ministry of Environment and Tourism, Gobabeb Research and training Centre and the Namibia Scientific Society (all Namibia). We have also received generous direct financial support from the National Museum, Bloemfontein, the JRS Biodiversity Foundation and the KwaZulu-Natal Museum. Delegates were supported to attend ICD9 through grants provided by the S.W. Williston Diptera Research Fund and the Belgian Development Cooperation (via the Royal Museum for Central Africa, Belgium), as well as other sponsorship as indicated on the back covers of the Abstracts Volume and Programme and on our website.

I look forward to meeting you all in Windhoek in November 2018.



Ashley H. Kirk-Spriggs PhD
(ICD9 Chair and ICD representative)

Congress venue

Physical address:

Hotel Safari and Conference Centre
Corner of Auas and Aviation Streets
Windhoek
Namibia

Travel and accommodation

All visitors to Namibia must complete an entry and exit form, which is normally provided on the incoming flight or at the entry border post. You will need to state the reason for and duration of your visit and provide an address of where you will be staying in Namibia.

It is the delegates' responsibility to ensure they have the correct visa to enter Namibia and if in doubt please contact your local Namibian Embassy, High Commission or Consulate. Please have your letter confirming registration at ICD9 available, should you be asked by immigration officials.

Customs and duty-free allowance

Items carried for personal use and not intended for gifts or for sale are duty free, including cameras, video cameras, binoculars, portable computers, cellular phones, *etc.*, as are the usual quantities of beer, wine, spirits, tobacco and perfumes, *etc.*

Shuttle services and car rentals

Shuttle services are available from Hosea Kutako International Airport. All major international car rental companies (Avis, Budget and Imperial) operate in Windhoek and elsewhere in Namibia, with offices at Hosea Kutako International Airport. A shuttle service from the airport can be arranged for those staying at the Hotel Safari and should be requested at the time of booking (at a separate cost).

For those arriving by air, Hosea Kutako International Airport is situated 45 km from central Windhoek and the cost of airport shuttles is ± N\$300 one way.

Directions to venue

Directions from the Hosea Kutako International Airport to Safari Hotels:

- From Windhoek's Hosea Kutako International Airport, turn right into the B6 and follow the road into Windhoek. This becomes Sam Nujoma Drive.
- Continue through Klein Windhoek crossing Nelson Mandela Avenue and on through the city centre crossing Robert Mugabe Avenue, Independence Avenue and Tal Street.
- Turn left into the slipway at Mandume Ndemufayo Avenue.
- Travel south on this double carriage road through the Southern Industrial Area until the road signs show the turn-off to Rehoboth and the RSA.
- Turn left into the slipway at the traffic light into Auas Road, the B1 (it is called Hosea Kutako Drive on the other side of the traffic light).
- Drive south on Auas Road until you pass the Safari Hotels complex on the right hand side.
- Turn right into Aviation Street towards Eros Airport; after approximately 50 m turn right into the entrance of Hotel Safari and the Safari Court Hotel & Conference Centre.

A map is available at: <https://www.safarihotelsnamibia.com/contact/maps-directions/>

GPS reading of venue

22°35.940'S, 17°04.972'E

Congress

Formal on-site registration for ICD9 opens at 10 am on Sunday 25 November 2018. The Registration Desk is situated in the foyer area of the Safari Conference Centre. Please register before you attend the Welcome reception that evening, as you will need to wear your Congress badge and produce your entry ticket (see below).

Please note that no meals are provided as part of the registration cost on Sunday 25 October 2018.

Full registration and student registration includes the following: attendance at all sessions and social functions and coffee breaks (except the Congress banquet), hot buffet lunches, an ICD9 congress laptop bag, printed copies of the Programme and Abstracts Volume, a free ICD9 T-shirt and "2019 Year of the Fly Calendar" and other promotional materials included in the Congress package.

Regular full delegates and student Congress badges are white; accompanying persons badges purple; invited guests grey; honorary members of ICD yellow (gold); and members of the Organising Committee red.

Please note that for security reasons **your Congress badge must be worn at all times during the Congress and at social events.** Tickets for the Welcome reception (numbered white ticket), the Official launch of the *Manual of Afroropical Diptera* (numbered blue

ticket) and the Congress banquet, if paid in advance (numbered red ticket) are inserted into your name badge pocket. These tickets MUST be presented at the events and will be collected at the door.

Please note that cellular 'phones must be kept on silent during the Congress sessions and that talking during sessions must be kept to a minimum to avoid disturbing other attending delegates.

By now all delegates should have made their own accommodation bookings <http://icd9.co.za/accommodation/> and have applied for a visa (if necessary). Some rooms are still available at the Safari Hotel at our special discounted rates. Unfortunately, as our internal deadline has long passed, the ICD9 Organising Committee cannot further assist delegates with visa-related matters, other than issuing personalised letters of invitation.

Please note that no refunds are payable for cancellations after 1 September 2018 (including payments for the Congress banquet).

A list of poster presentations with the respective poster board numbers is provided on page 25 of the Programme booklet and a full list of attending delegates and students for ICD9, with countries and e-mail contact details on page 28.

Facilities

Scientific sessions will all take place in the Safari Conference Centre, with main plenary sessions in Omatako Hall (1 & 2), which seats 400 delegates (theatre style) and concurrent symposium sessions in Kuiseb Hall (1), Kuiseb Hall (3) (which seat 160 delegates each) and the Brandberg Hall (80 delegates). A plan of the Safari Hotels complex and Conference Centre grounds and a floorplan of the Safari Conference Centre are provided on page 5 of the Congress Programme. All conference halls are situated on the ground floor and IT facilities will be provided by the Hotel's in-house IT consultants.

The spacious foyer area of the Safari Conference Centre provide room for poster presentations and for the entrees to the Fly Photography Competition and for relaxation and discussion. Water dispensers and tea and coffee will be available in the foyer area for the duration of the Congress.

The Safari Hotel includes the "Skeleton Coast bar" a "Beer Garden", a coffee house and the "Welwitschia Restaurant". The Safari Court Hotel includes the spacious "Palms bar" and the "Acacia Restaurant", where delegates can meet and socialise. A list of other recommended restaurants in central Windhoek will be included in the delegates' packages.

Free Wi-Fi is provided throughout the hotel and conference areas.

A bulletin board near the Registration desk will offer information regarding short-term programme changes, messages for delegates, events and other activities and delegates should check the board regularly.

Coffee breaks (at 10h30 and 15h00 daily) will take place in the foyer area of the Safari Conference Centre. A hot buffet lunch will be served (Monday to Friday) at 12h30 in the "Welwitschia Restaurant" of the main Safari Hotel, across the car park from the Conference Centre (see map on page 5 of the Programme booklet).

Forty copies of volumes 1 and 2 of the *Manual of Afrotropical Diptera* will be available to purchase at specified times during the Congress on a first come first served basis. Cover prices of the books are N\$350 (volume 1) and N\$520 (volume 2). Only cash payments in Namibian dollars or SA Rand can be transacted. The weight of volumes 1 and 2 (combined) is 6 kg and you should consider this for your flight baggage allowance.

Smoking policy

No smoking is allowed in the Conference area and delegates can only smoke in designated areas.

Group photograph

A Group photograph will be taken on Wednesday 28 November 2018. Delegates should please meet in the car park area between the Safari Hotel and Safari Conference Centre at 14h30.

Oral presentations

File names, software compatibility, loading talks and IT support

Delegates should (if possible) load their talks onto the laptop computers provided **at the time of formal registration** at the Registration desk. It is especially important that ALL talks for the first day's session are loaded the night before (25 November 2018). Convenors should also ensure that all talks for their symposia are loaded at least one half day session ahead of the due symposium date. At other times presentations should be loaded on the PCs provided at the Registration desk and a user-friendly system to upload your talks is being developed. **Presentations are NOT to be uploaded directly in the symposium halls.**

Presentations must be prepared as a digital file in MS PowerPoint (see software specifications below). Name the presentation file with your surname (presenting author family name as used in the Programme booklet), the day of the presentation (Monday to Friday) and the keyword of the symposium, e.g., "Mwatawala Monday Tephritoidea"; "Wahlberg Tuesday Empidoidea"; "Jaschhof Thursday open-ended genera"; Muller Friday bioinformatics". See the below table for details.

Table of symposia, days and keywords for labelling computer files

Symposium	Day	Symposium keyword
Tephritoidea – applied research and taxonomy	Monday	Tephritoidea
Forensic dipterology	Monday	Forensic
Ecology and behaviour of biting flies	Monday	biting flies
Systematics and taxonomy of lower Cyclorrhapha	Monday	Cyclorrhapha
Vectors of human disease, biology and environment	Monday	vectors
Systematics and ecology of Bibionomorpha	Monday	Bibionomorpha
Advances in Neotropical dipterology	Tuesday	Neotropical
Systematics and ecology of Empidoidea	Tuesday	Empidoidea
Developments in acalyptrate dipterology	Tuesday	acalyptrate
Diptera interactions with amphibians	Tuesday	amphibians
Taxonomy and phylogeny of Asilidae – honouring 40 years of Afrotropical research by Jason Londt	Tuesday	Asilidae
Advances in Diptera phylogenomics	Wednesday	phylogenomics
Biodiversity surveys and conservation of Diptera	Wednesday	Biodiversity
Advances in Afrotropical dipterology	Wednesday	Afrotropical
Flies in time – how fossils change our understanding of Diptera evolution	Wednesday	fossils
Calyptrate evolution and diversity	Thursday	Calyptrate
Too many species, too little time fresh approaches to “open-ended” genera	Thursday	open-ended genera
The importance of Diptera in plant-pollinator networks	Thursday	pollinator
Taxonomy and systematics of lower Brachycera	Thursday	Brachycera
Systematics and ecology of Culicomorpha	Friday	Culicomorpha
General dipterology	Friday	dipterology
Morphological character systems in Diptera	Friday	morphological
Biodiversity informatics of Diptera	Friday	informatics

Presentations should be compatible with MS PowerPoint 2013 and be saved as either a ppt or pptx file. Presentations should have an aspect ratio of 4:3 and not 16:9 widescreen.

Presentations prepared in MS PowerPoint for Mac could have compatibility issues on PC. If you are using MS PowerPoint 2013 for Mac or older, we recommend you make use of the Compatibility Checker of the software to check for any issues with PowerPoint 2013 for PC. MS PowerPoint 2016, however, does not have this feature. Ensure to use standard fonts shared between Mac and PC; Arial, Calibri, Times New Roman are recommended, please see this [safe list of fonts](#) for further information. When using images in your presentations, don't use any native Mac file formats, such as PICT, MOV.

It is up to all presenters to check whether their Mac or PC presentations are compatible with the venue's software. **Please verify that links embedded in your presentation do work prior to your talk.** PCs will be available in the IT room at the conference venue and we recommend that presentations are checked at least one day before the relevant symposium to allow time to adjust slides if necessary. When preparing your talks please bear in mind the symposium halls are not completely dark. Delegates are not allowed to use their own laptops unless this is pre-arranged with the relevant symposium Convenor and then only in exceptional circumstances.

A member of the IT team will be permanently on hand at each concurrent session to assist with any IT issues, with opening files, etc.

Microscopes will also be available in the IT room for those delegates that wish to examine specimens.

Duration of presentations

Please check on the Programme booklet (attached PDF) for the symposium hall and time allocated to your presentation/s. Convenors will introduce speakers and oversee the questions and Discussion sessions (if relevant).

Each regular oral presentation will be 12 minutes duration (with 3 minutes for questions if time allows). Each symposium normally includes a keynote address, which is 25 minutes duration (with 5 minutes for questions) and is normally the first presentation listed on the symposium programme, following the short introduction by the Convenor.

Speakers must keep strictly within time to allow the movement of delegates between sessions. The Convenor will inform speakers 2 minutes and 1 minute before the end of their presentation to allow them time to wrap-up, after which the talk must end. Some Convenors have allocated a separate 15 minute Discussion session at the end of their symposium at which broader themes raised in the symposium can be more widely discussed (see Programme booklet for details).

If any delegates cancel and do not give their scheduled presentation that session can either be used for discussion or a break taken in the programme in order to keep to the scheduled Programme times. Talks cannot be moved up in the programme as it effects those delegates moving from session to session to view different talks.

Convenors will be provided with separate forms for the marking of student oral presentations for the “Best student presentation” competition and should ask attending delegates before the symposium session to complete these and return them after the session is over. These are then handed in at the Registration desk by the Convenor. Final judging will take place at the end of the Congress by a panel of judges who will review the completed forms.

Poster presentations

Posters MUST be portrait format A0 (841 x 1189 mm) in size in order to fit on the panels provided.

Poster boards will be positioned in the foyer area of the Safari Conference Centre and can be erected by delegates from 12 noon on Sunday 25 November 2018.

All boards will be numbered with the relevant poster number, as printed in the list of posters at the back of the Congress Programme. Please ensure you erect your poster under the correct number. Some poster numbers have the postscript “(S)” which indicates “Student presentation” and is for the purpose of the poster judging only.

Adhesive materials will be provided for delegates to attach these to the boards (please only use the materials provided).

A poster session will take place on the afternoon of Wednesday 28 November, from 14h45–16h30 (after the Group photograph), when poster presenters should be available to answer questions and students to speak to the poster competition judges.

Posters must be removed from the poster boards by 12 noon on Friday 30 November or will be removed by Congress staff and left for collection.

Social events and other activities

A summary of the Social programme for ICD9 is provided on page 24 of the Programme booklet.

Welcome reception

The reception will take place on Sunday 25 November, from 18h30 until 20h30 in the Namib Hall of the Hotel Safari (see site map on page 4 of the Programme booklet). The Welcome reception is included in the registration fee and all delegates and accompanying persons can attend. A finger buffet and drinks will be provided. All delegates must register at the Registration desk before attending, wear their Congress badge and present the white event ticket situated in the badge pocket for collection at the door.

Official launch of the *Manual of Afrotropical Diptera*

The official launch will take place on Monday 26 November, from 18h30 until 21h30 and at the pool area of the Safari Court Hotel (see site map on page 4 of the Programme booklet). The event is generously sponsored by the National Museum, Bloemfontein and the JRS Biodiversity Foundation. Food and drinks will be provided and the event is open to all registered delegates, accompanying persons and invited guests. Please wear your Congress badge and present the blue event ticket in your badge pocket for collection at the gate.

Congress banquet

The Congress banquet will take place on Wednesday 28 November, from 18h30 until 21h30 in Omatako Hall 1 & 2 in the Safari Conference Centre (see site map on page 4 of the Programme booklet). The event is only open to those who have paid in advance and no further places are available. The banquet will be followed by a light after dinner speech by Dr Martin Hauser, entitled “Africa and me! – a dipterists perspective”. Please wear your Congress badge and present the red event ticket in your badge pocket for collection at the door. Dress will be smart casual.

Public lectures

Two public lectures will take place as part of ICD9s Congress outreach programme (in collaboration with the Namibia Scientific Society). Both lectures will take place at 18h30 at Omatako Hall (1 & 2) in the Safari Conference Centre (see site map on page 4 of the Programme booklet) and delegates and members of the public are encouraged to attend. The lectures will be followed by light refreshments.

On Tuesday 27 November, Dr Mark Benecke will present a lecture entitled “*How flies and other insects help us to understand and solve crimes*”.

On Tuesday 29 November, Prof. Stephen A. Marshall will present a lecture entitled “*Bye bye birdie – hello Year of the Fly!*” Gratis copies of the “2019 Year of the Fly Calendar” will be available for members of the public.

Details of both public lectures are included as part of the Congress programme and listed under the Social programme on page 24 of the Programme booklet.

Happy hours

ICD9 has arranged for Happy hours at the Skeleton Coast Bar (Hotel Safari) and the Palms Bar (Safari Court Hotel) on Tuesday 27 November and Thursday 29 November at 19h30 (to follow the two public lectures) and at 18h30 on Friday 30 November.

Accompanying persons

Registered accompanying persons should also formally register at the Registration desk in the Safari Conference Centre upon arrival and collect their name badges and events tickets (included in badge pocket). Accompanying person name badges are purple in colour and must be worn at all social event and at the partner's talk.

Accompanying persons receive a cloth "shopping bag", the "2019 Year of the Fly Calendar", Namibia and Windhoek city maps and other promotional materials advertising places to go and things to do in Windhoek. They are also entitled to attend the Welcome reception, Official launch of the *Manual of Afrotropical Diptera* (tickets included) and the buffet lunches provided by the Safari Hotel.

Competitions

ICD9 will be hosting the following competitions (certificates will be awarded and all prizes will be academic books on Diptera).

- **Fly Photography Competition** (open to all delegates; entries now closed)
- **Best student presentation** (open to registered students)
- **Best student poster** (open to registered students)

Presentations and posters will be judged by a selection panel of leading dipterists. Prizes and certificates will be awarded for first and second place at the ICD9 closing ceremony. All decisions regarding the outcome of competitions are at the discretion of the judging panel and all decisions are final.

Collecting/research permits

The closing date for the submission of collecting permits has now passed and this process is being handled by staff of Gobabeb Research and Training Centre. For enquires related to your application please contact Dr Gillian Maggs-Kölling gillianm@gobabebtrc.org and Dr Eugène Marais eugene@gobabebtrc.org, who can also provide advice on areas to collect in Namibia. Note that all delegates undertaking research require a business/work visa to do so.

Export permits

All researchers leaving Namibia with specimens require an Export permit issued by the Ministry of Environment and Tourism. A meeting will be scheduled during ICD9 when Mr. Kenneth Uiseb (MET) will address researchers and explain the process in full.

Day and post-Congress tours

Information on day, half day and post-Congress tours are available on our website <http://icd9.co.za/post-congress-day-tours/> including lists of the tour options being offered. We have kept some afternoons free to allow delegates to attend some tours and have the opportunity so see some of Windhoek and Namibia.

Windhoek City Tours/Lothem Safaris windhoekcitytours@lothemsafaris.com are arranging the day tours and will have an exhibitor's stand at ICD9, where tours can be booked 24 hours in advance. There is also an on-line booking form available on the website, where tours can be booked in advanced at discounted rates.

Post-Congress tours are being arranged by two companies. More affordable tours are being arranged by Lothem Safaris and more upmarket tours by The Luxury Traveler" <http://theluxurytraveler.com>. All post-Congress tours must be booked in advance direct with the tour agents.

For those accompanying persons and delegates who wish to visit central Windhoek for shopping and sightseeing, the Safari Hotel offers a courtesy shuttle bus service for registered hotel guests. The service leaves from the main entrance of the Safari Hotel with stops at Grove Mall, Maerua Mall and Windhoek city centre. Times of the departures can be found at the following link: <https://www.safarihotelsnamibia.com/contact/maps-directions/>

General information

Currency

The Namibian Dollar (NAD / N\$) is linked to the South African Rand (ZAR) at par value. The South African Rand (notes and coins) is also legal tender in Namibia. It is recommended that delegates at least exchange enough currency for immediate needs at the airport before departure.

Border posts (road travel)

Those wishing to enter Namibia by road should note the following border post details:

- Noordoewer, B1 on route to South Africa, open 24 hours.
- Ariamsvlei, B3 on route to South Africa, open 24 hours.
- Buitepos, B6 on route to Botswana, open 06h00 to 23h00.
- Wenela, B8 on route to Zambia, open 06h00 to 18h00.
- Ngoma, B8 on route to Botswana, open 08h00 to 18h00.
- Mata Mata, C15 on route to Botswana, open 08h30 to 15h30.
- Sendelingsdrift, across the Orange River to South Africa, open 08h00 to 17h00.

Climate

Namibia is arid to semi-arid, with the hottest months being November to February (average temperatures 20–36°C). The colder months are between May and August (average temperatures 6–10°C in the mornings and 18–22°C during the day).

November is the beginning of the wet season in Namibia and the climate is highly variable. Daytime temperatures are **very** hot, but humidity is still low, keeping it quite pleasant. On average, the daytime temperature is above 30°C/86°F, but can be a lot higher in the desert. Clouds are beginning to build up in the afternoons.

Population

Namibia has a small population of 2.113 million (2011 census), with a 1.9% growth rate. This population is relatively youthful with 38% of the population under 15 years of age and only 7% over 60 year of age. Despite rapid urbanisation, Namibia is still a mainly rural society with only 43% of the population living in urban areas. Regional population densities vary enormously, with almost two-thirds of the population living in four of the northern regions and less than one tenth of the population living in the south.

Windhoek

The charm of the City of Windhoek lies in its harmonious blend of African and European cultures and the friendliness of its people. It is a peaceful and relaxed city in a country with a proud record of political stability and is known as one of the cleanest cities on the African continent. As the capital city, Windhoek hosts Central Government, state-owned enterprises and head offices of most multinational companies active in the country and in the Southern African Development Community (SADC) region. Namibia's financial centre, including the Bank of Namibia, the head offices of commercial banks, the very active Namibia Stock Exchange and insurance industries, are all based in the city centre. All foreign diplomatic missions are located in Windhoek. Geographically, the total area of Windhoek is 645 km² with about 350,000 inhabitants, making up almost 15% of the country's total population of 2.113 million.

Health issues

It is important to check the validity of your vaccination card and consult an experienced medical practitioner for updates.

Health risks and preventive measures:

Medical and health services in Namibia are of a high standard. However, the availability of most services is limited to main cities and towns.

Malaria:

Namibia's capital, Windhoek, is malaria-free. However, travellers to the north of Namibia should take precautions against malaria. The disease is especially prevalent in places near rivers, meadows or stagnant water. Mosquito nets are recommended, as well as mosquito spray for the skin. For extra precaution, the traveller can take anti-malaria prophylaxis. A physician should be consulted in this instance.

Food hygiene:

Tap water in Namibia is fit for consumption in most places, including Windhoek. Although most restaurants maintain a high level of hygiene, travellers should be wary of eating food from street vendors and other informal food establishments.

Other recommendations:

It is advisable to obtain health and travel insurance when coming into the country to cover any unforeseen medical costs. Any necessary prescriptions should be brought along in properly labelled bottles.

Namibia is very hot in November and the sun extremely fierce. Visitors should drink plenty of water at all times and wear sunscreen and a hat if outdoors.

Time

Namibia has two time seasons:

Summer Time – GMT + 2 hours

Winter Time – GMT + 1 hours

Banking services

Banks are open between 08h30 and 15h30, Monday to Friday and on Saturdays from 08h30 to 11h00. The Namibian banking sector is linked to major international communication networks, ensuring fast and efficient transfer of funds to and from literally anywhere in the world.

Money can be changed at bureaux de change at Hosea Kutako International Airport or at all local banks with bureau de change facilities. All internationally recognised currencies are accepted for exchange. Most establishments in the country accept international credit cards and ATM services are available everywhere that accept major credit cards.

Telecommunications

Digital telecommunications network across the country which is developed, managed and maintained by the national telecommunications utility, Telecom Namibia. Two Cellular network providers, MTC and TN Mobile provides coverage in most towns and along all the major routes. Wifi is available at most hotels and guesthouses, but delegates should check beforehand.

Business and shopping

Trading hours on weekdays are from 08h00 to 17h00 and Saturdays from 08h30 to 13h00. Many shops also open on Saturday afternoons until 17h00 and on Sundays from 09h00 to 13h00.

Driving and speed limits

Like most other countries in Southern Africa, Namibia drives on the left side of the road. Unless otherwise indicated, the speed limit on national and other paved roads is 120km/h and 60km/h in built up areas. Motorists are urged to take extreme care when driving on gravel roads, which are generally very good, but need to be negotiated with care. The recommended speed limit on these roads is 80km/h. Driving at night, especially on rural roads, should be avoided, as most motor accidents are caused by motorists colliding with wild animals, especially kudus at night.

Electricity

Mains power in Namibia and throughout Southern Africa is 220/240 Volts AC, 50-60Hz. Power sockets in Namibia are of the 15 amp, 3-pin round type. Many hotels also provide 2-pin, 110 Volt sockets.

Safety tips

Beware of petty crime and look after your belongings at all times, especially cell 'phones and laptops. You are advised to inquire about the security situation at your hotel and, as in any major city, take care when venturing out alone. Delegates are strongly advised against walking around alone at night in the city centre. Delegates should only use metered taxis or taxis that are clearly indicated as official taxis.

Useful emergency contacts

Hosea Kutako International Airport – 299 6600

Medical emergencies

City Police – 302302 (toll free)

Ambulance – Windhoek Municipality – 21 111

International SOS Emergency Services – 230 505 or 081707

EMed24 – 299 9924 or 081 924

Fire Brigade – 21 111

Hospitals

Windhoek Central Hospital – 203 9111

Medi Clinic – 22 2687

Rhino Park Private Hospital – 375 000

Roman Catholic Hospital – 270 2911

Please refer to the official ICD9 website <http://icd9.co.za/> for further information. Regular updates will also be posted on our Facebook page and on our Twitter account.