



People's Health Movement

Health for ALL NOW!!



WELCOME TO CAPE TOWN

The People's Health Movement looks forward welcoming you in Cape Town! Please have a look at the website of PHA3 to find out more details on what to bring and other practical information related to your stay. <http://www.phmovement.org/en/pha3>

Please find below some key information for your travel and arrival.

TRAVEL

Please bring a print out of your return ticket with you. This is needed to be allowed into South Africa.

UPON ARRIVAL

For those arriving 3- 4-5-6 July:

Upon arrival at the airport, please look out for the PHM and PHA3 sign attached to banner at the foreign exchange bank of ABSA. There will be such a place at Domestic and International Arrivals.

For those arriving 3 July: Please gather at this place until the shuttle service comes to pick you up

For those arriving 4-5-6 July: Please gather at this place until a PHA3 volunteer will take you to the transport

Should you not see these tables, please go to the 'Information Desk' and ask for a PHA3 pamphlet that will inform you where to go. Alternatively ask for directions to the ABSA foreign exchange. The 'Information Desk' is situated at the large windows in the main hall of the airport.

Please use the time you have at the airport to convert your money at the money exchange, use the ATM machine for cash, buy a SIM card (see information below) and to buy a plug for your electrical appliances (see information below)

PLEASE EXCHANGE MONEY AS YOU WILL NOT BE ABLE TO CHANGE ANY MONEY AT THE PHA3 VENUE. THERE ARE HOWEVER ATM FACILITIES.

We cannot accept USD/EUR at the venue for any payments so please exchange money at the airport.

You will be able to pay for registration, accommodation and food in the local South African currency.

Emergency number for travel - Ingrid Dekker- 0027 82 89 89 153

TRANSLATION DURING PHA:

We will be relying on translation via technology that uses FM radios - please take note of this important notice. This is very important as we will have French, Spanish and English presentations at the Assembly.

Please bring a battery powered FM radio receiver with headphones and batteries.

- A digital tuner is easiest to use, but an analogue can also be used.
- Make sure that the radio you bring can be tuned to a specific frequency and does not "auto scan".
- Many cell phones contain fm receivers but the battery life may not be adequate for a full day of presentations and plenaries.
- Apple I-pods do not have fm radios, but some other mp3 players do.

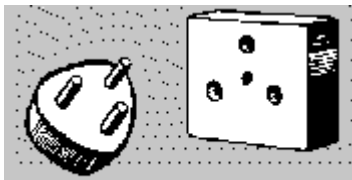
We have made Youtube video's explaining the kind of radio's needed for the PHA3. Please follow below link in your respective language.

- French
http://youtu.be/wnuJNhI5a_w
- Spanish
http://youtu.be/nix86_DaP4E
- English
<http://youtu.be/Af-9sL9LoOQ>



OUTLETS & ELECTRICITY

South Africa uses 230V/50Hz for everyday appliances. Electric outlets are three pronged, as in the image below. Please buy these converters at the airport if you wish to use your laptop. You will not be able to buy them at the PHA3 venue.



Plug Type M



ITEMS YOU WILL NEED – WHAT TO BRING

Below is a list of items you will need to bring with you to the PHA3, these items will not be provided by PHM:

- Extra blanket
- Rain coat and umbrella – Food corner is 7 minute walk from PHA3 venue
- Towels
- Toiletries- The accommodation does not offer shampoo, soap, toothpaste or any other toiletries.
- Padlock and two keys (for locking your room)
- Radio and lots of batteries (see note above)
- Adaptor for South African plugs (see above)
- Publications, posters of your organisation and banners
- Relevant videos, short films, documentaries
- Bottled water –The tap water in South Africa is perfectly safe and drinkable and we will therefore not be providing or selling bottled water. Please bring your own water bottle to fill and carry around.
- Songs (folk, health-related, rights-related, etc.)



REGISTRATION

Registration for the PHA3 and the national health assembly (NHA) will take place in the Great Hall Building from 4th of July. More information will be provided at the Great Hall building.

LOCATION & ACCOMMODATIONS

PHA3 will take place at the University of the Western Cape (UWC), Cape Town, South Africa.

[University of the Western Cape](#)

**Modderdam Road,
Belville 7535**

UWC is situated about 30 minutes from Cape Town and the airport. There are no shops or restaurants near the venue. Public transport to and from campus is very limited. Every participant will be staying in a simple, single or double room with linen and blankets provided. Please note that all the bathroom facilities are shared, there are six communal showers on each floor.

Please don't forget to bring a padlock with two keys to lock your room.

For more information on the venue, [please follow this link](#).

Upon arrival, you will be brought to the accommodation area where you will be receiving a welcome pack with more information on food, internet, venues and registration.

TELEPHONE & INTERNET

Internet: There will be WI-FI in the meeting spaces but not in the dorm rooms. From 5 July to 11 July, The Tintana computer lab will be available on campus.

More information on how to access the wireless internet will be provided upon arrival, or visit the PHA3

Please visit the PHA3 website to download instructions.

Local SIM card: Note that the PHM will not cover the expense of any phone calls. If you wish to purchase a South African SIM card, please arrange at the airport. Bring a copy of your passport and the letter of accommodation from UWC in order to get a South African SIM.

MEETING VENUE

The PHA3 is taking place at the University of the Western Cape in Cape Town South Africa. All the main program venues are situated on a 5 minute walk from each other (B Block, C Block, D Block, SOPH and S1). Food will be served in the Food Corner (student centre). Look out for the PHA3 signage to find your way around. A map will be provided upon registration which will take place in the foyer of the Great Hall Building (see below for more information).

Please wear your name tag at all times as you will not be able to access the venue without name tag. Name tags will be issued once you have registered.

More information on registration times and venue will be provided upon arrival.

WEATHER

This is the South African winter. To visit the South African Weather Service, [click here](#) for temperatures in Cape Town. In July it can be very cold (average temperature: 8 to 17 degrees celcius), rainy and windy in Cape Town. The residences are located a five to ten minute walk from the venue. Therefore we urge all participants to bring an **umbrella, rain jacket and warm clothes**

SAFETY

While vigilance and common sense will ensure a trouble-free and enjoyable stay in South Africa, it is advisable to take the following precautions: do not leave luggage, mobile phones or valuables unattended; keep cash, credit cards and identification documents in a secure place on your person.

Please be aware that the campus is not crime free and it is more likely to be targeted in specific areas and when showcasing valuables. We do urge all participants to be streetwise.