

Second WHO Africa Health Forum  
26 –28 March 2019, Praia, Cabo Verde

## INFORMATION BULLETIN



Dear Participants

Welcoming you in the city of Praia on the occasion of the Second WHO African Health Forum is an honor and a pleasure.

On behalf of the Organizing Committee, we wish you a happy stay among us. We hope that the work will take place in a climate of frank dialogue, strengthening the ties that unite us.

Please find below some general information on travel and logistical arrangements put in place for the Second WHO African Health Forum, and on the city of Praia that you might find useful.

### **The President of the Commission**

## **VISAS**

All visitors entering Cape Verde require a visa (cost: 45 euros) and a passport that is valid for at least another 6 months after the travel date.

Citizens of the following 21 countries and territories can visit Cape Verde without a visa: Angola, Benin, Burkina Faso, Cote d'Ivoire, Gambia, Ghana, Guinea-Bissau, Guinea, Hong Kong, Liberia, Macau, Mali, Mauritania, Mozambique, Niger, Nigeria, Senegal, Sierra Leone, Singapore, Timor-Leste, Togo

There are three ways of getting visa for Cabo Verde:

1. Embassy or consulate: you can apply for a visa valid 30 days prior your arrival at a cost of 45 euros;
2. At the airport: you can get your tourism visa valid 30 days upon arrival at the cost of 25 euros on Sal, Boa Vista, São Vicente and Santiago international airports. You should be patient while the queue for the visa could be long;
3. Travel agencies: some local travel agencies organize visa formalities for their guests.

A visa is not required for holders of diplomatic or service passports.

A visa is not required for former citizens of Cape Verde and their spouses and children.

## **GETTING THERE – VENUE AND TRANSPORT**

The Second WHO Africa Health Forum will take place in the Cabo Verde National Assembly from 26 to 28 March 2019.

**TRANSPORT:** A shuttle will be available to pick up participants from the airport and drive them to selected hotels in town. During the entire period of the conference specific buses will be available to transport participants from the different hotels to the National Assembly and back at selected times of the day. Shuttle buses are available to transport participants staying at Park Inn, Radisson Blu and Meridien Rê Ndama hotels.

Kindly provide the organizing committee with your flight details (airline, flight number, date and time of arrival) so that they can arrange your shuttle to the hotel.

Confirmation and bookings for your return flights will be done by the Secretariat of the meeting. Delegates and participants are therefore requested to send your air tickets to the Secretariat to enable them to book/confirm your return flight, as well as to complete the registration form.

Participants may also opt for taxi services at their own expense. You have many different options on the Cape Verde islands to get from A to B. Transport is well organized. Whether you want to take a taxi, take a minibus or just rent a car. There are many possibilities and also relatively cheap.

### **Car Hire**

Alucar – 261 45 20

(Chã d'Areia)

Europcar– 2618484

(Platô)

Delcar – 262 37 17

(Achada Santo António)

### **Taxi**

Here are some taxi drivers we recommend:

Luis Varela - 9917450

Maximiano Mendonça (Chamane) - 9927441

José Mario Moreno (Nando) – 9928273

## **RECOMMENDED HOTELS**

The list of hotels for the Second WHO Africa Health Forum is attached as Annex 1. All Participants are requested to make **their own hotel reservations directly with the recommended hotels** and settle their bills accordingly. It is advisable to make your reservation as early as possible as rooms will quickly become unavailable due to the very high demand during the period of the Second WHO Africa Health Forum. To make a reservation with the hotel, please see the Annex 1 where you will find the room rates and contact addresses of each hotel.

## **REGISTRATION AND BADGES**

All information about confirmation of participation, including flight details, visa requirements and hotel reservations, should be communicated through the online registration platform at <http://reg.unog.ch/e/AHF2>. A step by step process for the online registration is attached as Annex 2.

If you need further assistance, please contact the nearest WHO country office or send an email to [africahealthforum@who.int](mailto:africahealthforum@who.int).

Participants will be required to register on line and collect their badges onsite prior to the opening of the Africa Health Forum. The venue for registration will be in the lobby of the National Assembly. For identification and security reasons, the official badge should be worn by all participants at all times during the Africa Health Forum session and at official social functions.

On-site registration will begin on 24 March 2019 in the lobby of the National Assembly.

## **CATERING FACILITIES**

Coffee Breaks and Lunch will be served free of charge to participants during the Second WHO Africa Health Forum.

## **GENERAL INFORMATION ABOUT PRAIA**

Praia is the capital of Cape Verde and the largest city in the country. One of the most emblematic areas is the "Plateau", where the various historic buildings are concentrated. Among these buildings are the Presidential Palace, the Church "Nossa Senhora da Graça", the Ethnographic Museum and the monument to Diogo Gomes, Portuguese navigator and discoverer of the island of Santiago in 1460.

The construction of the city began in 1615, with a plateau located near a beach (Santa Maria Beach) that offered good conditions for the ships.

Initially used as an illegal port, Praia gradually acquired characteristics of a village, with the relocation of the population of the City of Ribeira Grande (now Cidade Velha) to the region.

In 1770 the capital moved from Ribeira Grande to Praia.

In 1858, by decree, Praia was elevated to the category of city and became the capital of Cape Verde, concentrating the functions of political, religious and economic center.

After the independence of Cape Verde, which occurred on July 5, 1975, the city had a rapid population growth and also the number of facilities. The population of the city of Praia was 131 602 inhabitants in 2010 (last census realized).

## **CLIMATE**

Average daytime temperatures stay steadily at 23 degrees Celsius while daytime high peaks to 25 degrees. Night time temperature can drop as low as 18 degrees Celsius, but barring extraordinary climatic phenomena, it never drops any lower.

**Sea Temperature** also stays at 23 degrees. Cape Verde enjoys 8 hours of daily sunshine in March and this is yet another relatively dry month.

Even though the islands see rain during 4 days of the month, that rain amounts only to a measly 1mm of total precipitation.

In March, strong north-western winds are frequent on many Barlavento islands. These winds also affect the Sotavento islands, but to a much smaller extent. These winds are known to reach a force of 4, 5 and sometimes 6.

## **SPOKEN LANGUAGE**

Cape Verdean Portuguese is the official language of Cabo Verde.

Cape Verdean Creole is the dominant language in Cape Verde, with almost all Cape Verde residents having knowledge of the language. The language does not have an official designation, but is locally referred to as "creole" in the country.

In recent years, English has gained a significant number of speakers in Cape Verde, the majority of who are foreign workers in the country. English is also used in several tourist establishments in the country, such as hotels and museums.

## **COMMUNICATIONS**

In Cape Verde they have good wireless internet connections (WiFi). This way you have direct and fast access to the internet. Most restaurant, cafes and hotels offer their customers free wireless internet.

There are two telecommunications operators in Cape Verde: Cape Verde Telecom and UNITEL T + which have vendors and sales outlets throughout the city. Prepaid SIM card can be purchased at the cost of 200 ECV (2 euros) which also includes a small calling credit.

The country code is: + 238

### **Time difference**

The offset time to Cape Verde is UTC-1.

## **CURRENCY**

The Cape Verdean currency is the escudo (ECV), whose exchange rate in relation to the Euro is 1 euro = 110,265 ECV. You can make the change in the commercial banks, in the exchange shops and in the hotels.

The banks are open from 8am to 3pm Monday to Friday. The exchange offices are open from 08h to 12h and from 14h to 18h, also from Monday to Friday.

Most commercial stores in the city of Praia accept VISA credit card.

## **ELECTRICITY**

For Cape Verde there are two associated plug types, C and F. Plug type C is the plug which has two round pins and type F is the plug which has two round pins with two earth clips on the side. Cape Verde operates on a 220V supply **voltage** and 50Hz. Please remember to bring the appropriate convertors for your 110 V electrical appliances.

## **HEALTH**

**It's Highly recommended to take the yellow fever vaccine**

## **SECURITY**

**The main streets are equipped with vigilance cameras.**

**If you need to walk out from the hotel you should contact the protocol person before it.**

**Although it's safe to walk in the streets at Praia City, it's not recommended to carry large amount of money or valuable objects.**

**The emergency police number is 132.**

## **WATER**

**We recommend to drink bottled water**

## **RESTAURANTS**

- Mirage (in Praia Shopping) - 2623676
- Tia Irene (Achada de Santo António) - 2622126
- O Poeta (Achada Santo António) – Tel: 2613800
- Plaza Park (Achada Santo António) – Tel: 2621080
- Gamboa (Chã d’Areia) – Tel: 2614408

## **VISAS**

Courtesy VISA will be provided for the Forum participants. You will be asked to provide us passport copy.

## **SHOPPING**

The shops and other services are open from Monday to Friday from 08h to 12h and from 14:30 to 19h.

On Saturdays they are open from 08h to 13h.

The Sucupira Market (open fair), on Av. Cidade de Lisboa, is open from Monday to Saturday, from 09h to 18h.

## **PLACES TO VISIT IN PRAIA AND ITS ENVIRONS**

Tarrafal Concentration Camp - 90 minutes

Rui Vaz (Quinta da Montanha Restaurant) - 30 minutes

Santa Catarina (City of Assomada) - 40 minutes

Botanic Garden in São Jorge dos Órgãos 30 minutes

Dam of Poilão, in São Lourenço dos Órgãos - 30 minutes

Cidade Velha (Historic Site, World Heritage) - 15 minutes

## **CONTACTS**

If necessary, here are some useful telephone contacts:

General support for the event:

Fátima Lima: 00 238 5170859

## **MEDICAL**

**Medical support will be provided to the Forum participants if needed.**

### **Others**

TACV - 2608800

Airport - 2631010

Firefighters - 131 or 2612727

Police - 26213 32 or 132

Hospital - 2612462 or 130

## **ANNEX 1: LIST OF RECOMMENDED HOTELS**

## **ANNEX 2: GUIDE FOR ONLINE REGISTRATION**

Nº	Nome	Custo em euros	Telefone	Email
1	Hotel VIP	€ 103,00	2603280/2624189	<a href="mailto:booking@hotelvippraia.cv">booking@hotelvippraia.cv</a>
2	Hotel Praia Mar	€ 93,00	2608440	<a href="mailto:reservas.praiamar@oasisatlantico.com">reservas.praiamar@oasisatlantico.com</a>
3	Hotel Pérola	€ 72,00	2601440	<a href="mailto:reservas@hotelperola.cv">reservas@hotelperola.cv</a>
4	Hotel Trópico	€ 116,00	2614200	<a href="mailto:reservas.tropico@pestana.com">reservas.tropico@pestana.com</a>
5	Boutique Hotel Pescador	€ 99,00	2612130	<a href="mailto:reservas@pescador.cv">reservas@pescador.cv</a>
6	Hotel Santiago	€ 55,00	2604980/2624106	<a href="mailto:hotelsantiagocv@gmail.com">hotelsantiagocv@gmail.com</a>
7	Hotel Vista	€ 78,00	2602570/2623658	<a href="mailto:j.ccardoso@live.com">j.ccardoso@live.com</a>
8	Sol Hotel	€ 61,00	2622188	<a href="mailto:solhotelcv@gmail.com">solhotelcv@gmail.com</a>
9	Hotel Rotterdam	€ 70,00	2602900/04	<a href="mailto:hotelrdam@hotmail.com">hotelrdam@hotmail.com</a>
10	Ola Mar Hotel	€ 56,00	2624543	<a href="mailto:reservas.olamarhotel@gmail.com">reservas.olamarhotel@gmail.com</a>
12	Hotel Santa Maria	€ 100,00	2614337	<a href="mailto:hotelsantamaria@girassol.cv">hotelsantamaria@girassol.cv</a>
13	Hotel Vulcão	€ 76,00	9948141	<a href="mailto:info@hotelvulcao.com">info@hotelvulcao.com</a>
14	Hotel Por do Sol	€ 55,00	267 16 22	<a href="mailto:axa@cvtelecom.cv/almeidaxisto@gmail.com">axa@cvtelecom.cv/almeidaxisto@gmail.com</a>
15	Beramar Hotel	€ 56,00	2616400/3560520	<a href="mailto:reservas@beramar.cv">reservas@beramar.cv</a>
16	Hotel Praia Confort	€ 55,00	2600200	<a href="mailto:praiaconfort@gmail.com">praiaconfort@gmail.com</a>
18	Hotel Cesaria	€ 59,00	2616556	<a href="mailto:hotelcesaria@gmail.com">hotelcesaria@gmail.com</a>
19	LT Aparthotel	€ 73,00	2629788	<a href="mailto:ltaparthotel@gmail.com">ltaparthotel@gmail.com</a>
20	Hotel Felicidade	€ 50,00	2615585	<a href="mailto:hotelfelicidade@cvtelecom.cv">hotelfelicidade@cvtelecom.cv</a>
22	Pensão Benfica	€ 56,00	2629313	<a href="mailto:pensoabenfica@cvtelecom.cv">pensoabenfica@cvtelecom.cv</a>
23	Pensão VIP	€ 50,00	2614433	<a href="mailto:pensoavip@gmail.com">pensoavip@gmail.com</a>
24	Pensão Eurolines		2603010	<a href="mailto:eurolines@cvtelecom.cv">eurolines@cvtelecom.cv</a>



## Guide for online registration

1. Copy the link: <http://reg.unog.ch/e/AHF2> on the Web page of your browser: **Chrome, Microsoft Edge, Safari or Opera.**
2. On the Second WHO Africa Health Forum page, click on the link [Register now](#)
3. You will be re-directed to the connection page. Next click on [Create a new account](#).
4. Fill the form to set up the account and then click on [Confirm](#).
5. You should receive an email to activate the account within a few minutes.
6. Click on the account activation link to activate your account.
7. Your account is now active and you will be re-directed to the Second WHO Africa Health Forum page.
8. If you are not yet connected, you can do so using your new user name and your *Indico* password. You may use this same account in the *Indico* system for all other meetings of the Regional Office for Africa.
9. The registration form for the Forum has been pre-filled with some of your details. Please upload an identification document with a photo or use the Webcam to take a photo; then populate all fields on the form. Click on the [Register](#) button when you finish filling the form.
10. You will receive an automatic mail acknowledging receipt of your registration form. Subsequently, you will receive an email informing you on whether your request has been approved.