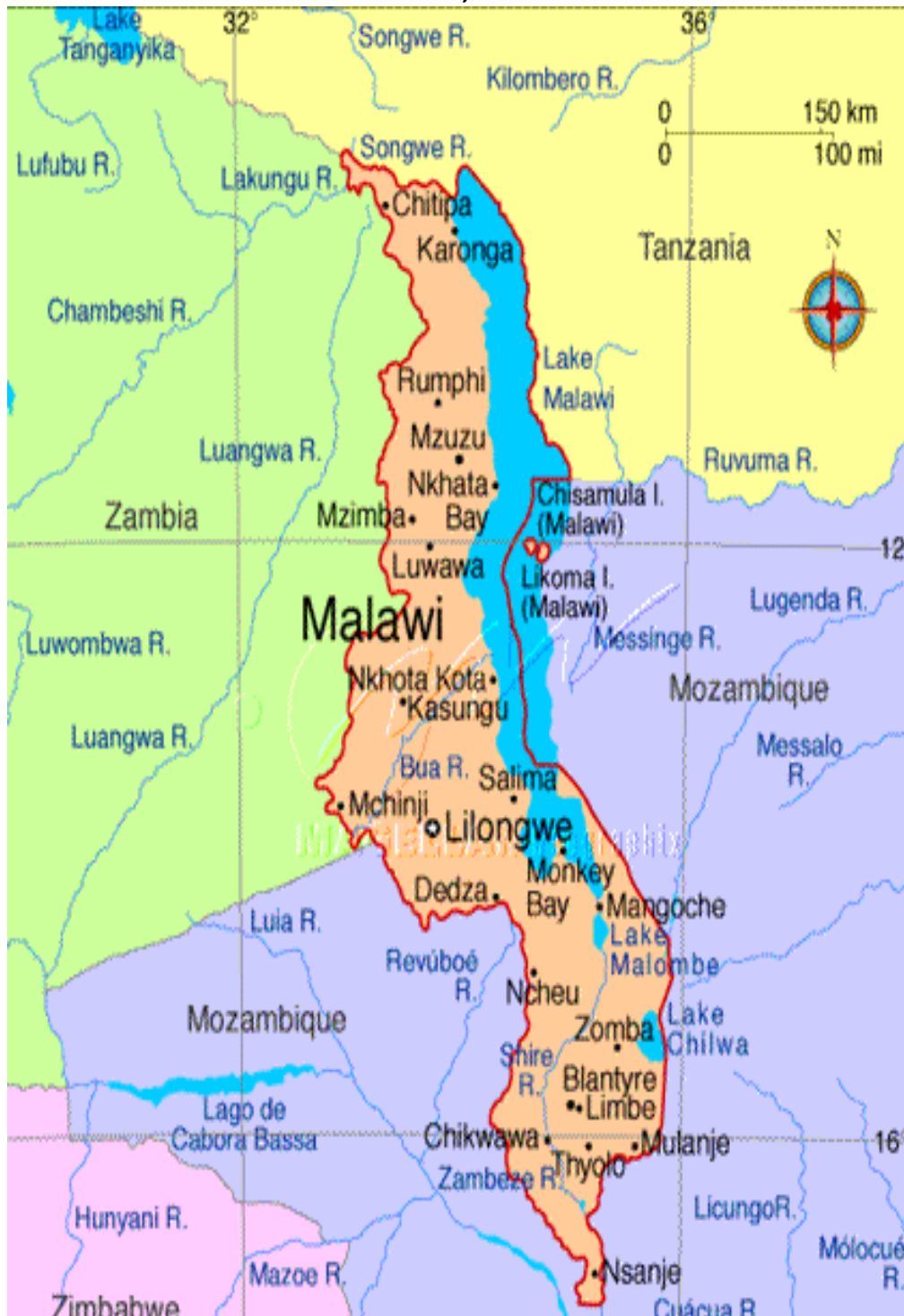




**GENERAL INFORMATION ABOUT MALAWI AND A LIST OF RECOMMENDED HOTELS IN PREPARATION FOR THE ITU Workshop/ARICEA AGM JULY 2016**

**LILONGWE, MALAWI**



## Practical Information

### 1.0 ABOUT MALAWI

Malawi is a landlocked country of about 118,484 Km<sup>2</sup> with a fresh water lake called Lake Malawi occupying about 20% of that area. The country shares its borders with Zambia to the northwest, Tanzania to the northeast and Mozambique on the east, south and west.

### 2.0 WEATHER

The weather in **July** is generally cold but gradually gets warmer. You will need to carry along some warm clothing especially if you are out at night.

### 3.0 LANGUAGE

Official language for communication is English while the national (local) language is Chichewa. English is understood by most people, even in the rural areas; so in case of critical need or general assistance one would easily be helped anywhere in the country.

### 4.0 CURRENCY

The unit of currency is the Kwacha (MK) and Tambala (t). One Malawi Kwacha is equivalent to 100 Tambala. The MK can fluctuate depending on the market forces but currently the exchange rate for major currencies to the Kwacha is as detailed below:

- 1 US Dollar = 690 Kwacha;
- 1 British Pound = 1000 Kwacha;
- 1 SA Rand = 45 Kwacha.

### 5.0 CREDIT CARDS

Credit and charge cards are accepted in major hotels and banks. Travelers' cheques are also widely accepted and exchanged. It is advisable to take some hard currency in Pounds Sterling, US Dollar or South African Rand, where possible.

## 6.0 ENTRY REQUIREMENTS

A valid passport, with at least six months to expiry date from intended exit date, is required to enter Malawi. If your passport is likely to expire you should make sure to get a new one before arriving. Visas are not obtainable at points of entry but must be organized prior to travelling, through the nearest Malawian Embassy or High Commission. Please note that all commonwealth countries do not require a visa to Malawi. If you are not sure of whether you need a visa to the country or not, please visit your nearest Malawi embassy or check the website for Immigration department of Malawi at [www.immigration.gov.mw](http://www.immigration.gov.mw)

## 7.0 TIME ZONES

Malawi falls within the Central Africa Time Zone (CAT). It is 2 hours ahead of Greenwich Mean Time (GMT + 2)

## 8.0 WATER & ELECTRICITY

The tap water is safe enough to drink, but bottled water is highly recommended and readily available. Malawi uses the standard British square electricity plugs with a voltage supply of 240 V / 50 Hz.

## 9.0 TELECOMMUNICATIONS

The main service providers for mobile services are Airtel Malawi Limited, Telecom Networks Malawi (TNM), Malawi Telecommunications Limited (MTL) and Access Communications Limited (ACL) with good 3G signal coverage in the major cities. The first two, Airtel and TNM, also have substantial coverage across the country for those who might want to sample the countryside. Both the 3G voice and data/internet coverage is considerably good in the major cities.

Major Internet Service Providers (ISP's) in Malawi, include Skyband Malawi Limited, Burco Electronic Systems and Globe Internet Limited providing wireless (Wi-Max) coverage through various hotspots in most hotels in the country.

## 10.0 CULTURE

Culturally, Malawians are considered very warm and friendly people; hence Malawi is dubbed 'The Warm Heart of Africa'. The country is generally comprised of people from different ethnic groups like the Chewa, Tumbuka, Lomwe, Tonga, Ngoni and many other smaller tribes but across the whole country, the people are renowned for their beaming smiles and willingness to assist foreigners at any point.

## 11.0 RELIGION

Malawi is predominantly a Christian country with Christians coming from the mainstream churches (Roman Catholic, Presbyterian, and Seventh Day Adventist) and the Pentecostal churches. There is also a good number of Muslims, especially in most of the districts in the southern part of the country. Other traditional beliefs are also practiced but in relatively very low numbers in some areas of the country.

## 12.0 FAMOUS ATTRACTIONS

Malawi is well known for its beautiful fresh water lake (Lake Malawi) which stretches from the northern tip of the country to the southern part bordering both Tanzania and Mozambique. The lake boasts of the world renowned "Chambo" fish that is only found in Malawi and is a delicacy that should not be missed. The lake is also home to the 1<sup>st</sup> fresh water national park in the world (the Lake Malawi National Park) which is a World Heritage Site. Lake Malawi is 131 Kilometers from the venue of the meeting.

Apart from the Lake, Malawi is also famous for its various wildlife attractions and most visitors like visiting the National Parks and Game Reserves where game viewing is done.

Historical sites like Chamare Museum in Mua, Dedza have rich Malawian traditions where visitors can learn more about Malawian culture and traditions. In Blantyre the St. Michaels and All Angels Church, built in 1888, still stands out and offers unique attraction..

In Lilongwe, key attractions in the city include the Kamuzu Masoleum (Kamuzu was Malawi's 1<sup>st</sup> President). Visitors can also take time off their schedule to take a drive from Lilongwe to the countryside and appreciate the serene beauty of the landscape or visit the tranquil Malingunde dam for some quiet moments.

## 13.0 SAFETY

Malawi is a very peaceful country and considered safe for travel all over the country. However, precautions should always be taken i.e. avoid travelling with large sums of money and always try not to be isolated, especially when travelling at night.

## 14.0 BUSINESS HOURS

The normal business hours are usually from 07.30 hrs - 17:00 hrs from Monday to Friday. However, most banks do operate from 08:00 hrs – 15:00 hrs from Monday to Friday and from 08:00 hrs – 11:00 hrs on Saturdays. Most businesses are closed on Sundays as it is a prayer day for most churches.

## 15.0 TRANSPORT

There are several flights that fly into Malawi especially through Lilongwe like Malawian Airlines, South African Airways, Ethiopian Airways and Kenya Airways. Please check with your travel agent to find out which flight will be most suitable for you. Most flights can also be booked online and ***it is recommended that you book your flights terminating into Lilongwe and not Blantyre.*** Malawi Communications Regulatory Authority (MACRA) will arrange for in-country travel i.e. airport pick-up and drop-off, hotel pick-up and drop-off, as well as, transport for any arranged trips within the meeting programme.

## 16.0 HOTELS

Please note that the meeting will be held at Bingu International Conference Centre (BICC) in Lilongwe.

The following are some of the recommended hotels in Lilongwe where **participants are encouraged to book directly with the hotel management and you need to mention that you will be attending the ARICEA** . Please note that these are negotiated rates and when making your booking, inform them of this arrangement.

#	HOTEL DETAILS	Contacts/website	PRICE (USD)	ADDITIONAL DETAILS
1	Sunbird Capital Hotel	Contact Central Reservations +265 (0)1 773 388 <a href="mailto:centralres@sunbirdmalawi.com">centralres@sunbirdmalawi.com</a> ; <a href="mailto:capitalres@sunbirdmalawi.com">capitalres@sunbirdmalawi.com</a> ; <a href="http://www.sunbirdmalawi.com">www.sunbirdmalawi.com</a>	USD 120 -Superior -Deluxe	500m from conference venue
2	Sunbird Lilongwe Hotel	Contact Central Reservations +265 (0)1 756 333 <a href="mailto:centralres@sunbirdmalawi.com">centralres@sunbirdmalawi.com</a> ; <a href="mailto:lilongwehotelres@sunbirdmalawi.com">lilongwehotelres@sunbirdmalawi.com</a> <a href="http://www.sunbirdmalawi.com">www.sunbirdmalawi.com</a>	USD 120 -Standard -Studio suites	5 kms from conference venue
3	Cross-Roads Hotel	+265 1 750 333 <a href="mailto:reservations@crossroadshotel.net">reservations@crossroadshotel.net</a> Email: <a href="mailto:gm@crossroads.net">gm@crossroads.net</a> <a href="http://www.crossroadshotel.net">www.crossroadshotel.net</a>	USD 100 -Superior	5 kms conference venue
4	Ufulu Gardens	Reservations: <a href="mailto:reservations@ufulugardens.mw">reservations@ufulugardens.mw</a> Physical address: 43-365 Ufulu Street, Lilongwe Postal address: P.O. Box 30727, Lilongwe, Malawi Tel: (+265) 1 794 060, (+265) 1 794 079	USD 100	5kms from conference venue

		Cell: (+265) 888 994 060 General Manager: <a href="mailto:ivy@ufulugardens.mw">ivy@ufulugardens.mw</a> <a href="http://www.ufulugardens.mw">www.ufulugardens.mw</a>		
5	Sogecoa Golden Peacock Hotel	Plot No 13/97,Area 13 Lilongwe,Malawi Email: <a href="mailto:jkg_mw@afecc.com">jkg_mw@afecc.com</a> P.O.Box: 30759 New City Center,Lilongwe Reservation tel: +265- (0) 1776666 Restaurant Tel: +265- (0) 1776655 <a href="http://www.sogeceagoldenpeacock.com">www.sogeceagoldenpeacock.com</a>	USD 100	1.5kms from conference venue
6	Area 3 Lodge	<a href="mailto:Area3lodge@gmail.com">Area3lodge@gmail.com</a> <a href="mailto:jurist@malawi.net">jurist@malawi.net</a> +265(0)1753 180 +265 (0) 995129984 +265 (0)999205789	USD 40 single USD 50 studio USD 60 double	5kms from conference venue
7	Riverside Hotel	Contact Address Riverside Hotel P.O. Box 1268 Area 32 Paul Kagame Road City: Lilongwe, Country: Malawi Reservation Land Line +265 1 750 511/ 1756 506/ 1 756 505 Fax No: +265 1756507 Ext No: 201 <a href="mailto:riverside@malawi.net">riverside@malawi.net</a> <a href="mailto:reservation@riversidehotelmalawi.com">reservation@riversidehotelmalawi.com</a> <a href="http://www.riversidehotelmalawi.com">www.riversidehotelmalawi.com</a>	USD 63 single USD 67 double USD 75 Sharing	3.5kms from conference venue
8	Bridge View Hotel	Reservations: Phone: (+265) 1 757 666 Phone: (+265) 1 757 635 Mobile: (+265) 999 839 666 E-Mail: <a href="mailto:bridgeviewhotel@gmail.com">bridgeviewhotel@gmail.com</a> <a href="http://www.bridgeviewhotelmw.com">www.bridgeviewhotelmw.com</a>	USD 80	5kms from conference venue

## 17.0 CONTACT DETAILS

For any other additional information that you might want to have, please contact MACRA at the following contacts;

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Fax: +265 1 883890

E-mail: [dq-macra@macra.org.mw](mailto:dq-macra@macra.org.mw)

