



Milton H. Erickson Institutes of South Africa
Congress 19-25 February 2016

Important information and tips for your visit to South Africa

Dear Congress Participant

Your visit to South Africa draws closer and we are looking forward in welcoming you to our shores. We are including a few tips for you to make your visit easier, more comfortable and safe. **Please make sure that you take note of the content.**

1. **Arrival in South Africa – Transport to and from the congress venues is your own responsibility.** Those of you attending the Big Five Congress at Mabula Private Game Lodge, please make sure that you have reserved your transport to Mabula Game Lodge from O. R. Tambo Airport / Johannesburg Airport on Thursday 18 February 2016. Remember that the group transport with Ulysses shuttle services will leave O. R. Tambo Airport between 11:30 am and 12:00 noon on 18 February 2016. If there are any reasonable delays, **we will wait for you. It is your responsibility to ensure that you have sent us your flight details (Airline, flight number and time of arrival.)** Please see the attached transport reservation form. However, any transport after 12:30 on 18 February 2016 will have to be arranged through **Ulysses** by the delegates themselves at a much higher cost. The group transport will depart from Mabula to the O.R. Tambo Airport on Monday 22 February 2016 at 9:30. The estimated arrival time at the airport will be at 12:00. This will give you ample time to prepare for your flight destination.

MEETING POINT: AFTER CLEARING CUSTOMS AND GOING THROUGH THE EXIT DOORS YOU WILL ENTER THE ARRIVALS HALL IN TERMINAL A. IMMEDIATELY LOOK TO YOUR RIGHT AND YOU WILL SEE THE INFORMATION SIGN IN YELLOW ON YOUR RIGHT. THIS IS THE ASSEMBLY POINT FOR ALL DELEGATES TRAVELLING TO MABULA. PLEASE LOOK OUT FOR THE PERSON WITH THE MEISA SIGN BOARD. YOU WILL BE MET BY A REPRESENTATIVE FROM ULYSSES. IF YOU GET LOST RATHER WAIT AT THE INFORMATION DESK AT THE ARRIVALS HALL IN TERMINAL A. YOU CAN CONTACT ULYSSES ON 082 566 5506. NADINE HARTMAN WILL ALSO BE AT THE AIRPORT TO ASSIST YOU. HER CONTACT NUMBER IS 072 998 1410. IN CASE OF AN EMERGENCY YOU CAN ALSO CALL IDILLETTE AT 082 930 1213 OR WOLTEMADE AT 072 242 0475.

Important: Please do not allow any porters to assist you with your luggage. Never leave your handbag or luggage unattended. Also be aware of pick-pockets at the airport. MEISA and its Directors cannot take any responsibility for any loss of property whatsoever.

Please take note that you cannot pay cash on arrival for your transport to Mabula. You therefore have to pre-book your transport now already. See



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attached forms to be completed and returned to Ulysses (contact details are on the form). We cannot take responsibility if you have not pre-booked your transport. Transport to and from Mabula is extremely expensive if you have to arrange it on an individual basis and there is no public transport available. We therefore attempt to help everybody to get on one bus timeously.

Please make sure that you **buy yourself some water and refreshments** at the airport to take on the bus with you to Mabula as it is a 2 hour drive and the bus will probably not stop in between.

2. **Transport from Cape Town Airport to Stellenbosch** - A group shuttle service was arranged with Ulysses for transport to the Protea Hotel Technopark, Stellenbosch. The shuttle will depart at 17:30 or as soon as everyone has collected their luggage. Please make sure that you have reserved and paid Ulysses for your transport to and from Cape Town Airport and the Protea Hotel, Technopark in Stellenbosch. (See attached form.)
3. **Money Exchange** - We strongly recommend that you exchange your money at the available banks and Bureau de Change at the O. R. Tambo International Airport prior to your departure to Mabula. The Bureau de Change is on your **left** the moment you enter **Arrivals Hall A. Especially be aware of pick- pockets after exchanging your money.** You will need some South African currency (Rand) and it is expensive to exchange money at any other place, especially the hotels. You can easily pay with a credit card at most lodges, hotels and shops.
4. **Wild Animal Drives (Game Drives/Safari)** - You can book your game drives at Mabula on arrival. There will be drives in the morning at 5:30 and at 17:00 in the afternoon.
5. **Refreshments and Lunches** – The congress venues are not situated near the city centre or any other restaurants and you therefore need to have all your refreshments and lunches at the congress venues. Lunch and refreshments are included in the congress fees for delegates and presenters. Accompanying persons need to arrange for lunches and refreshments with the lodge/hotel (as well as payment thereof). Please make the necessary arrangements with the hotel/lodge on arrival.
6. **Valuables** - We strongly recommend that you DO NOT leave any valuables /money in your rooms. Rather use the safety deposit boxes. MEISA and the Congress organisers cannot take any responsibility for lost valuables.
7. **Photocopy Facilities** - It is very expensive to make photocopies at the congress venues. MEISA cannot assist anyone in making photocopies nor can we pay for photocopies.



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8. **Social Event Stellenbosch congress** - Please have a look at what we have to offer on the attached Social Events form. Tickets are limited at this stage and we suggest that you reserve your place by not later than **Friday 29 January 2016**. It is important that you also book your transport to the wine estate for the dinner (even if you have already booked for the dinner). Please send a transport request to Hanlé at info@meisa.co.za should you decide to join the group transport not later than Friday 29 January 2016.
9. **Presenter Cancellations** - The programme is subject to change without prior notification. MEISA and the organisers cannot be held accountable in the event of any changes to the programme nor should any workshops have to be cancelled due to unforeseen circumstances. The latest congress programme is available on the website and will be updated continuously.
10. **What to wear?** South Africa has a warm climate during this time of the year. It is mid-summer and the daily average temperature can vary between 27 degrees Celsius and 35 degrees Celsius. Light summer clothing is best for every day. Casual clothing is totally acceptable during the congress workshops and the social events. (You are most welcome to attend the congress workshops in shorts and flip-flops/sandals.) We would suggest smart casual clothing for the social event on the wine estate in Stellenbosch. The air-conditioning in the congress venues are centrally regulated and cannot be changed. Please take a sweater/light jacket with you to the workshops. If you intend to go on game drives/safari at Mabula, it will be recommended that you also take a sweater/jacket along. It can sometimes be chilly on the open safari vehicles.
11. **Sunscreen and hat** – Please be aware that it is extremely hot this time of the year (current average temperate at Mabula is between 30 and 38 °C). Please be careful and make sure that you protect yourself with sunscreen and a proper hat to prevent sunburn.
12. **Malaria and Vaccinations** - You do not need malaria medication for your visit to Mabula or Stellenbosch. We recommend that you do bring insect-repellent (especially for the evenings and safaris). You also do not need any vaccinations if you depart from Europe, the USA, Australia, Canada or the UK directly to South Africa and not via any other African country.
13. **What do you need to bring along?** Yourself first of all!! You will also need an umbrella, torch or pocket light (Africa can be dark), binoculars for game drives, a light jacket for the evening, one warm garment as Stellenbosch and Cape Town can be chilly in the evenings. Surely do not forget your swimming costume (for our American delegates - swimming trunks!). Please bring a hat and sun tan lotion or sun block – essential for the African sun! If you go on a safari or for a walk at Mabula, we recommend that you wear **closed shoes** and not sandals or flip-flops.



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14. **Voltage** - South African voltage is 220 Volts. The power plugs used in South Africa are of the three-pin **round-shaped** type. Please make sure that you bring your own international plug as it usually is not available at the hotels and lodges.
15. **Visas** - Visas are required for certain countries. Make sure about this before departure.
16. **Currency** - The South African currency is Rand (ZAR). The current exchange rate is 1 US Dollar = 16.00 Rand and 1 Euro = 18.00 Rand.
17. **Drinking water** - It is perfectly safe to drink water from the tap in South Africa (If you are unsure ask the staff at the lodge or hotel). Mineral water is also obtainable.
18. **Smoking** - Smoking is **strictly prohibited** in public areas such as congress venues, restaurants, airports, shopping malls etc.
19. **Tipping** - 10 % gratuity is common.
20. **Medical insurance** - Make sure you are covered adequately. It is not a good idea to go to a state hospital in South Africa. A private hospital is situated in a town called Bela Bela near Mabula. There are also excellent private hospitals close to the congress venue in Stellenbosch.
21. **Woolworths Food Store** - If you need fresh fruit, refreshments, drinks, etc. go to any Woolworths Food Store. These stores are all over South Africa. They sell high quality products and organic food.
22. **Recommended places to visit in and around Cape Town and Stellenbosch**
 - Stellenbosch University Botanical Gardens – wonderful for a relaxing visit and lunch. <http://www.sun.ac.za/english/entities/botanical-garden>
 - Kirstenbosch National Botanical Gardens in Cape Town is acclaimed as one of the best botanical gardens in the world. <http://www.sanbi.org/gardens/kirstenbosch>
 - The Franschhoek Valley with some of the most spectacular wine estates in the country. <http://franschhoek.org.za/>
 - Victoria and Alfred Waterfront in Cape Town. <http://www.waterfront.co.za/>
 - Boulders Beach Penguin Colony in Simons Town. http://www.capetown.travel/attractions/entry/Boulders_penguin_colony



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23. **Recommended Wine Estates for wine tasting (Some of the organizing committee's favourites!)**

- Vergelegen – Somerset West www.vergelegen.co.za
- La Motte – Franschhoek <http://www.la-motte.com/>
- Haute Cabriere – Franschhoek <http://www.cabriere.co.za/>
- Antonij Rupert Wines - Franschhoek <http://www.rupertwines.com/>
- Blauwklippen – Stellenbosch <http://www.blaauwklippen.com/>
- Lourensford – Somerset West <http://www.lourensford.co.za/>
- Lanzerac – Stellenbosch <http://www.lanzerac.co.za/>
- Ulysses also organizes half day and full day wine tours please visit their website at: www.ulysses.co.za
- For more information regarding wine estates in the Stellenbosch area please visit: <http://www.wineroute.co.za/>
- For Grappa Tasting visit Helmut Wilderer near Paarl at Wilderer Distillery <http://www.wilderer.co.za/>

24. **Restaurants to consider in Stellenbosch and surrounds** – Please contact the restaurants directly to make a booking if you are interested. Pre-booking is necessary now already as it is high season in the Western Cape. Please request the concierge at your hotel to arrange a taxi to the restaurant.

- Delaire Graff – 2 Restaurants (Woltemade's choice)
(Between Stellenbosch and Franschhoek) Tel: 021 885 8160 www.delaire.co.za
- Terroir at the Kleine Zalze Wine Estate, next to the Congress Hotel. Tel: 021 880 8167 <http://www.kleinezalze.co.za/>
- Spice Route - The Spice Route experience is a completely unique concept for the wine and hospitality industry. A carefully curated selection of artisans showcase their produce and share their knowledge with both the public and each other. The collaborative environment allows for endless discoveries and a truly delectable journey. (Near Paarl) Tel: 021 863 5200 www.spiceroute.co.za
- For more information on restaurants in Stellenbosch and surrounds please visit the website <http://www.dining-out.co.za/>

25. **Shopping and African Art** – If you are interested to purchase the highest and best quality African and South African art we recommend the following stores in Cape Town, Stellenbosch and Franschhoek:

- Fellowes Interiors in the Victoria and Alfred Waterfront Shopping Centre in Cape Town. Top suppliers of African wood carvings, masks, bead work, ostrich products etc. Tel: 021 419 5555; www.fellowesafrica.com
- Tribal Trends, Winchester House, 72-74 Long Street, Cape Town. One of the best suppliers of African art, bead work, beautiful South African porcelain and homeware – not to be missed! Tel: 021 423 8008; www.africaimagelibrary.com



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- Junaid Sènèchal-Senekal, Franschhoek Gallery in Franschhoek – close to Stellenbosch. This is the most amazing young artist and do yourself the favour and visit his website. Surprise, surprise! Tel: 021 876 4331; www.jssartgallery.com
 - Karoo Classics, Church Street, Stellenbosch. For Ostrich leather products and handbags, Mohair products, etc. Tel: 021 886 7596; http://www.mohair.co.za/listing/karoo_classics
 - Vincent da Silva Studios, Church Street, Stellenbosch. Bronze sculptures and paintings. One of South Africa's top sculptors! Tel: 021 883 9250; <http://vincentdasilva.co.za/>
 - For an array of spectacular South African art shops and curious do not miss Church Street in Stellenbosch.
 - In Church Street, Stellenbosch are trendy coffee shops and restaurants. For example: De Oude Bank Bakery at Schoon de Companje, corner off Bird St & Church Street, Stellenbosch.
 - Enjoy your shopping!!!!
26. **Crime** - Crime is a problem everywhere in the world and our country is no exception. Do not look like a tourist and do not wear expensive jewellery or carry large amounts of money. Credit cards are accepted everywhere. If you are unsure of what to do, or where to go, rather ask. We will certainly give you advice.
27. **Updated Programmes** - Please visit our website at www.meisa.biz for the latest changes to the congress programmes.
28. **Something Special** - Do not forget to buy a bottle of South Africa's famous Amarula liqueur. (Woltemade Hartman's recommendation!)

Greetings from South Africa

Your hosts

Woltemade and Idillette Hartman, Hanlé Marais and Marlene Odendaal
 Congress Organisers

Congress website: <http://www.meisa.biz/meisa-congress-february-2016.php>



Africa is calling.....