



## INFORMATION GUIDE

Dear Conference Participant,

On behalf of the organizing committee, it is our pleasure to welcome you to the 9<sup>th</sup> edition of the Africa Nutrition Conference, a premier international gathering of experts and scholars in nutrition dietetics and food systems throughout Africa and beyond.

As we convene in Cape Coast, we are excited to share this comprehensive information guide, designed to enhance your conference experience. Within these pages, you will find essential details on the travel, logistics, and networking opportunities, as well as insider tips on exploring our vibrant host city.

Whether you are a seasoned visitor to Cape Coast or visiting Ghana for the first time, we are committed to providing a stimulating and inclusive environment for knowledge sharing, collaboration, and inspiration.

We look forward to connecting with you in Cape Coast and exploring the latest knowledge, ideas, innovations and advancements in Food and Nutrition in a Changing World, together!

Welcome to our Information Guide!



### Organizers



[www.anc.ansnet.org](http://www.anc.ansnet.org)

## 9<sup>th</sup> Africa Nutrition Conference on Cape Coast, Ghana.

October 7 to 11, 2024

<b>Conference Venue</b>	The North Campus of the University of Cape Coast, Ghana
<b>Accommodation of Sponsored Participants</b>	All sponsored participants have been booked at Hotels or Guest Houses which provide bed and breakfast and other amenities. (Details are as provided in your personalized invitation letter/email). On arrival at the hotel, please check in at the hotel reception by identifying yourself as a participant of the African Nutrition Conference. Confirm your check out date with the hotel.
<b>Accommodation for non-sponsored participants</b>	Please visit the conference website to reserve your accommodation in our accredited and carefully curated hotels and hostels. Visit: <a href="https://anc.ansnet.org/accommodation/">https://anc.ansnet.org/accommodation/</a>
<b>Ground Transportation</b>	<p>On arrival at the airport, look out for the ANC2024/ANEC IX booth in the international arrival area. Conference delegates who paid for airport pickup should check in at the ANC2024/ANEC IX booth and observe arrangements for the 2.5-hour shuttle to Cape Coast.</p> <p>Conference participants can travel from Kotoka International Airport to Takoradi by air (a 40-minute flight), and then drive to Cape Coast in one hour. If you need a pickup at the Takoradi airport, please arrange it in advance with the Local Organizing Committee. [Local flights to Takoradi may be booked with Africa World Airlines <a href="https://booking.flyafriaworld.com/booking/">https://booking.flyafriaworld.com/booking/</a> or PassionAir <a href="https://flypassionair.com/book-now/">https://flypassionair.com/book-now/</a>]</p> <p>In case you need to use a hired taxi, use the yellow taxi outside the airport terminal or inform the ANC2024 front office/reception at the airport to call for you one of the secure mobile app taxis that operate similar to Uber or Bolt in other countries.</p> <p>In Cape Coast, there will be shuttle transport to and from all conference listed hotels (where indicated). You will need to communicate to both reception of your selected hotel and/or the GAND-LOC your date/time of arrival and departure at least 3 days prior to your scheduled travel.</p>
<b>Security and Clearance</b>	Please present yourself by showing your passport or national identification card at the entrance gates of the conference venue when requested by the security officer on duty. You will be issued a badge at the Registration Desk.
<b>Visa</b>	Visitors to Ghana must obtain a visa from one of Ghana's diplomatic missions unless they are citizens of a visa-exempt country or a country whose citizens are eligible for visa on arrival. Visitors may also obtain an electronic visa. Visitors must have a passport that is valid for at least six months.

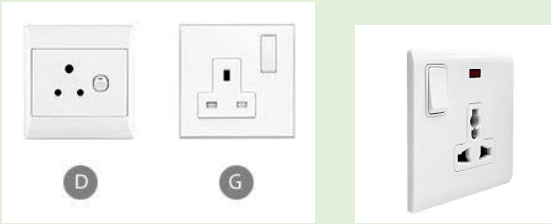
### Organizers



[www.anc.ansnet.org](http://www.anc.ansnet.org)

	<p>Registered conference delegates can either:</p> <p>(1) Apply directly at Ghana's embassy, consulate or Council offices in their respective countries for visa. [for more information, see <a href="https://www.gis.gov.gh/visa_permits.html">https://www.gis.gov.gh/visa_permits.html</a>]</p> <p>Or</p> <p>(2) Apply for visa in Ghana through the ANC2024/ANEC IX Local Organizing Committee's (LOC) International Delegates Liaison. This process requires participants to;</p> <ul style="list-style-type: none"> <li>• Submit biodata on Passport to GAND-LOC no later than September 6, 2024 for processing</li> <li>• Pay a fee of US\$200</li> </ul> <p>NB: Visas will be provided on arrival</p> <p>Countries who do not require visa to enter Ghana include: (1) all ECOWAS Countries, (2) South Africa (3) Kenya (4) Uganda and (5) Tanzania</p>
<b>Visa letter</b>	You may request an official visa letter during your registration on our website at: <a href="https://www.anc.ansnet.org/register-preference/">https://www.anc.ansnet.org/register-preference/</a> . Alternatively, you
<b>Time Zone</b>	The Time Zone in Cape Coast is GMT+0, Greenwich Mean Time (GMT), No daylight savings.
<b>Reimbursable Expense</b>	For sponsored participants, please bring your original boarding pass and hand it in to the ANS finance official who will be processing your travel grants or related allowances to claim your in-country travel expenses. Please note that personal vehicle fuel costs are not reimbursable! Also, for sponsored participants, please keep the receipts and present them to validate your costs.
<b>Health (Medical)</b>	All travelers to Ghana must hold a passport valid for at least six (6) months and a yellow fever vaccine card. You are advised to keep your COVID-19 vaccination certificate should it be requested.
<b>Badges</b>	All conference participants will receive conference badges. Wearing these badges are mandatory throughout the conference hours to secure entrance to the premises.
<b>Working Language</b>	English is the working of the conference. Some translation services may be available
<b>Currency</b>	The official currency in Ghana is the Ghana Cedis (GHS). The current exchange rate is 1 USD = 15.38 Ghanaian cedis (As at July 1, 2024)
<b>Catering</b>	Lunch and snack refreshments will be provided at the venue.
<b>Weather</b>	In Cape Coast, the climate is wet (with 278mm of precipitation over 16 days) during October. The temperature fluctuates between 25 ° C and 29 ° C. The average in October in Cape Coast is 27 ° C. The weather in Cape

#### Organizers

	Coast in the month of October makes it a great time to visit this heritage city in Ghana.
<b>Internal Safety</b>	Generally, the city of Cape Coast and the University of Cape Coast precincts are relatively safe. Regardless, all conference participants are advised to act with discretion. Therefore, conference delegates are encouraged to take necessary precautions whenever they venture out. Consider moving out in pairs, especially at night.
<b>Electricity Supply</b>	In Ghana there are two associated plug types, D and G. Plug type G (the most common) has three rectangular pins in a triangular pattern, while type D has three round pins in a triangular pattern. Both types have a standard voltage of 220V at a frequency of 50 Hz. The plugs are also hybrids of both types D and G. 
<b>Medical Services</b>	There is a dedicated ANC2024/ANEC IX medical team available at the conference venue that offers all invited and registered participants free first aid medical services. Additionally, the Cape Coast Teaching Hospital (which is located within ten (10) minutes' drive of the venue) is on hand to provide professional and emergency medical services, if required.
<b>Disclaimer/Responsibility for damage during travel</b>	Neither the Africa Nutrition Society (ANS) nor the Ghana Academy of Nutrition and Dietetics (GAND) accepts any responsibility for medical costs, life insurance, or any form of compensation for the loss or damage to personal property that may occur during the trip or the conference. It is your discretion to obtain travel and medical insurance for the period of your trip
<b>Contact Persons</b>	<p><b>Zaid Haruna, MSc, MPH, RNutr</b> (ANC2024 International Delegates Liaison)  Email: <a href="mailto:zaidcop@gmail.com">zaidcop@gmail.com</a>  Telephone: +233(0)242274626 or +233(0) 201763753</p> <p><b>Kasim Abdulai, PhD, RD</b> (Chair, LOC-UCC)  Email: <a href="mailto:kasim.abdulai@ucc.edu.gh">kasim.abdulai@ucc.edu.gh</a></p> <p><b>Percival Agordoh, PhD, RD</b> (ANC2024 LOC Chair)  Email: <a href="mailto:pagordoh@uhas.edu.gh">pagordoh@uhas.edu.gh</a></p> <p><b>Frank Hayford, PhD, RD</b> (ANS Treasury)  Email: <a href="mailto:feahayford220580@gmail.com">feahayford220580@gmail.com</a></p>

THANK YOU!

Organizers



[www.anc.ansnet.org](http://www.anc.ansnet.org)