

THE 18TH ANLP SEMINAR, 23 APRIL – 3 MAY 2019
ELGRO RIVER LODGE,
DISTRICT POTCHEFSTROOM, SOUTH AFRICA

**Centre of Excellence for
Nutrition**

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Dear ANLP participant

This is the first communication from the ANLP support team and is intended to help you create an expectation of ANLP 2019 and to form a mental picture of what to expect.

The seminar will focus on learning by **experiencing** leadership. The first part of the seminar will focus on team building, communication (scientific and other) and leadership. The second part of the ANLP will focus on a variety of issues related to leadership in nutrition in Africa. The seminar will be held in a very informal manner and we urge you to make the most of this unique opportunity to learn something about yourself and others. By nature the seminar will be a lot of fun and quite intensive with long days and short nights. If all goes according to plan we will have about 30 leaders from 15 countries and from all kinds of backgrounds.

Travel logistics (Visa application and airline ticket):

Visas: Most African Countries require visas to visit South Africa. Your acceptance letter as well as invitation letter and proof of accommodation to be used for your visa application has been mailed to you in the past few weeks. **Please apply NOW** – the process can take weeks and participants from previous years have missed the ANLP because they left it too late – **PLEASE DO NOT LEAVE IT TO THE LAST MINUTE.**

Airline ticket: If you have not bought an **airline ticket** please do so **NOW!!** We will provide transport on the 23rd of April for local and regional participants from O.R. Tambo International Airport to the venue at Elgro River Lodge. **This transport will leave the airport on 23rd April at 10H00 (it is a 2.5 hrs drive from the airport to the venue).** The official programme **starts at 15h00** on the 23rd of April. **Due to flight schedules participants from some countries should plan to arrive on the 22nd of April.** Those who need to arrive on the 22nd of April will be provided with accommodation for the night of the 22nd of April only. Ronel Benson will organise your transport from the airport to the accommodation and as it is a logistical challenge, you are requested to please keep Ronel informed at all times.

General and practical information

It is absolutely essential that you arrive on time and stay for the whole seminar. The foundation is laid in the first few hours and it will be of little value to you if you are late. Free transport will also be provided directly back to O.R. Tambo International Airport on the morning of the 3rd of May. Upon booking your tickets please make sure that your **flight does not leave before 14h00 on the 3rd of May.**

The **weather** at that time of year is mild (20-25 degrees during the day) and cool at night (10-16 degrees). Although we will be indoors 90% of the time one should expect some thundershowers - please bring an **umbrella** or rain coat, a warm jacket and walking shoes for outdoors. **Tap water** at the venue is 100% safe to drink. There are no banking facilities at Elgro River Lodge - please see to it that you have enough **SA Rands** for your own expenses (extra drinks etc. during the seminar). **This needs to be done at the airport before we leave for Elgro River Lodge as it will be the only place where you can exchange money during the seminar (US \$ and Euro will be exchange for ZAR. Please see that you exchange in your country to US \$ or Euro to avoid any inconvenience).** Expect to pay around R 15.00 for a soft drink, R 20.00 to R30.00 for a beer and R20.00 to R30.00 for a glass of wine.

Information required

Please email your proof of payment of course fees to Ronel Benson on or before the 2 April 2019.

The following information will be asked via an electronic document that will be sent to you in the coming weeks.

- Dietary requirements: Seeing that we have a huge cultural diversity we would like to make the menu as acceptable as possible for everyone. You will be asked to indicate any food allergies or dietary requirements (vegetarian, halaal, kosher).
- You will be asked to provide us with the **name** that you would like to have on your **name tag** as well on your programme bag for the seminar. There are many different customs regarding names and we would like to have the name that we should use in informal casual conversation on your name tag.
- Flight information: As mentioned above you need to book your ticket **NOW**. Your flight information will be requested (Arrival time, departure time, airline etc.) early in January.

The course fee (1600 Euro) includes lodging, conference facilities, tea and coffee breaks and three meals per day from arrival at the venue on the 23rd of April to the morning of the 3rd of May. The venue is clean, simple and remote (about 30 km to nearest town). **There are no internet or email facilities** and very limited telephone facilities so finish up your work before you come

Funding opportunities

Please take note that you have to take responsibility to find funds to attend the course. The ANLP organizing committee will do our utmost best to inform you about available funding opportunities, but the responsibility is yours.

The ANLP also offer funding opportunities and this process will be communicated to you in the coming weeks. Please note that applicants who have actively pursued funding elsewhere increase their likelihood of receiving funding from the ANLP. Please do not assume that you will receive ANLP funding. Make sure all funding applications are fully completed.

Please note that **Ronel is our logistics manager** - please feel free to contact her with any questions you might have and above all **KEEP HER INFORMED!!** There will be a number of small things you will have to do in preparation - please enquire with Ronel at ronel.benson@nwu.ac.za if something is not clear. Over the coming weeks you will "meet" members of the support team – Christine Taljaard-Krugell and others may contact some of you regarding some arrangements.

We, the ANLP organising team are looking forward meeting you!



JOHANN JERLING (ANLP Director)