

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

Centre of Excellence for Nutrition

Private Bag X6001
POTCHEFSTROOM
2520 South Africa
Tel: +27 18 299 2087
Fax: +27 18 299 2464
e-mail: ronel.benson@nwu.ac.za

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Information letter #2

Dear ANLP participant

This is the second formal communication to all of you from the ANLP support team. We are hard at work preparing a memorable event. We will send you the draft programme soon to give you a better idea of what lies ahead. The programme is intensive and a positive attitude, good sense of humour as well as a desire to learn will really help you a lot.

Please take note of the following important points:

- **Storytelling @ ANLP**
 - Each participant will get the opportunity (either after lunch or after dinner) to individually tell us a unique story. The story may reveal something of who you are, how you grew up or the country that you call home. We hope that story telling will be a cultural enrichment for all of us and that we will be exposed to a world greater than the one we know. There are no set of rules on how to structure your story, but here are some rough guidelines to go by:
 - ❖ Leave the country statistics for Wikipedia and tell us something we won't read on the internet.
 - ❖ We are more interested in a story about you or your culture than the size (square meters) of your country.
 - ❖ Keep your story light-hearted
 - ❖ Keep it short, 5 minutes.
 - ❖ Be creative

The purpose of the story telling sessions is to -

- ❖ present you with the opportunity to informally engage with an audience;
- ❖ give you the chance to share a story on your culture, your background and your country.

There is no right or wrong way of doing this. We are looking forward to hearing the stories of each ANLP 2019 participant.

- **Outdoor Teambuilding**

On two occasions during the course we will be doing various activities outside (climbing over poles etc). Bring suitable clothes for these outdoor activities. We suggest training shoes (sneakers/hiking shoes/running shoes), as well as loose fitting pants (no skirts or dresses). These clothes will probably get dirty so do not bring your best clothes.

- **Work & email @ ANLP**

As mentioned before, the programme is quite intensive so please make sure that you have finished up all your work at home – there really is no spare time to work at ANLP and you will benefit most if you can focus on what is happening here. Although the venue is a 4-star lodge it is still in a rural area and there are no email facilities at the venue.

- **Lodging**

Elgro River Lodge Website Address: If you would like to visit the website of the Elgro River Lodge to have a closer look at the venue, the address is: <http://www.elgroriverlodge.co.za>

The size of the venue is such **that we all share rooms**. The venue is situated on the banks of the Vaal River within the Vredefort Dome and is 35km from the nearest towns (Potchefstroom and Parys). From OR Tambo International Airport in Johannesburg it is about a 2-3 hour drive (200km) to the south west. For the Google Earth enthusiasts – the co-ordinates are 26°55'32.35"S and 27°10'54.00"E

- **Money exchange**

You should exchange your money for South African Rand at the airport **before leaving the airport complex** as there are **no banking facilities at the venue – this is the only option available for exchanging money**. It is recommended that you arrive at OR Tambo, South Africa with Euro,

USD or GBP that is exchangeable for ZAR at the OR Tambo Airport and to save you any trouble. Most African currencies are not exchangeable in South Africa.

- **Cell phone SIM cards**

If you want a South African mobile phone SIM card, please complete it on the e-document attached as soon as possible, as we will have a certain quantity of Vodacom SIM Cards available. Airtime vouchers will be available @ R60.00 & R110. (Vodacom is the best cell phone reception at the venue). Please note: **Do not buy a SIM card at the airport** it will cost you between R150.00 – R200.00 per SIM and there could still be a problem to activate it in time!!!!

There is also “3G” reception at the venue and therefore you have the option of arranging for international roaming, but it will be much more expensive.

- **Weather**

The weather at that time of year is warm (20-25 degrees during the day) and mild at night (10-16 degrees). Although we will be indoors 90% of the time one should expect some thundershowers – we are experiencing quite a wet season.

- **Dress-Code**

We'd like to make the ANLP as **informal** as possible so no formal clothing is required. You are welcome to bring one set of traditional clothing for the last evening.

- **Shopping**

As the ANLP programme is very full, there is only one afternoon when you will be able to do shopping at the nearest town (Potchefstroom) – you will all be taken to the Mall where you can explore the shops.

- **Adaptor**

Adaptors for South African power supply – we use mostly a 3 pronged **round pin** plugs (220V) – shown below or often a two pronged round pin European style connector.

Figure 1: Suitable adaptor for South African 220V power outlets



Figure 2: 3-pronged round pin South African power outlet and plug



Figure 3: Suitable adaptor for South African 220V power outlets



ANLP CHECKLIST 2019

ITEM	DUE DATE	REPLY TO
Payment of course fees	20 March 2019	Ronel Benson
Provide arrival & departure date	20 March 2019	On e-document
Dietary requirements	20 March 2019	On e-document
Name for badge	20 March 2019	On e-document
Scientific presentation	Arrival	✓
Your own story	Arrival	✓
Umbrella and warm jacket	Arrival	✓
Torch/flashlight	Arrival	✓
Walking shoes, suitable clothing for teambuilding activities	Arrival	✓
Cash	Arrival	✓
Traditional food To learn about different cultures we would like to invite you to bring an example of traditional food from you country. Please do not bring live plants, customs do not take kindly to it!	Arrival	✓

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



JOHANN JERLING (ANLP Director)