

CONFERENCE DELEGATE QUICK GUIDE

CAPE TOWN DELEGATE GUIDE

A practical companion for young
professionals

*Explore with curiosity. Move with care. Make the city part of
your learning.*

FOR DELEGATES IN CAPE TOWN

September 2026 • Cape Town International Convention Centre

SEASON:
Early spring

TIME:
UTC / GMT +2 or South African Standard Time (SAST)

CURRENCY:
South African rand (ZAR)

CONTACT DETAILS:
secretariat@phasa.org.za OR secretariat@wfpha.org



Arrive & move

At Cape Town International Airport

- Do not accept transport from strangers at the airport; rather, book your shuttle or transport service through a reputable service [you can ask at the airport or hotel information desk].
- Stay inside the terminal while confirming your pickup, trusted services, official MyCiTi service or app-based ride.
- Match the driver, number plate and vehicle; use the PIN when available. Decline unsolicited offers or 'special fares'.
- Keep luggage and phone controlled while loading.
- Share the trip and ETA with a buddy; confirm arrival.

FIRST 90 MINUTES:

Check in, secure your valuables, test connectivity and get an e-sim or South African SIM card if you do not have international roaming; map CTICC as well as your hotel and your return; save help contacts; check tomorrow's weather; and make transport arrangements.

Choose transport safely and deliberately

- Walk only on short, familiar, active routes in daylight. Ask CTICC or your host/hotel for the recommended route.
- Use the official MyCiTi, Uber, EZ Shuttles or other trusted transport/shuttle app/site for live routes, times, fares and payment information.
- For evenings, travelling with luggage or unfamiliar routes: wait indoors and use arranged transport or a verified app ride/taxi. Allow for peak traffic and travel time.

The safe-ride routine

BOOK: Stand in a secure place; enter the exact destination.

MATCH: Check plate, car and driver; ask who they are collecting.

RIDE: Wear the seatbelt, follow the route and keep devices discreet.

ARRIVE: Exit in a lit, active place and check phone, card and bag.

EVENING RULE:

Before entering, decide who leaves together, how you will return, where you will wait, and your backup plan.

Stay safe & well

Use the 5S check

SCAN: lighting, exits, crowd, transport and anything unexpected

SECURE: phone, wallet, badge, passport and work devices

SHARE: destination, companions, trip and return plan

STAY TOGETHER: at night, on trails, at beaches and around alcohol

SWITCH: route, transport or plan when conditions or intuition change

City, cards & devices

- Keep bags closed and visible; use your phone discreetly and step into a staffed place for directions.
- Use ATMs inside banks, malls or staffed venues. Decline help, cover the PIN and keep the card in sight.
- Carry only what you need. Lock and track devices; encrypt work files. If confronted for property, do not resist.

Nightlife & consent

- Go with people you know, check in, keep your drink with you and leave no one behind.
- Respect consent and remember intoxication can remove capacity. Leave if behaviour, transport or group dynamics feel wrong.

Mountain & ocean

- Hike in a group (four is the ideal minimum), use a defined route, start early and share the route/return time.
- Carry water, food, layers, raincoat, charged phone/power bank and offline map; turn back for wind, cloud, fatigue or uncertainty.
- Swim at a lifeguarded beach where conditions are suitable; never alone. Cape Town water is cold, and rip currents are serious. Do not feed or crowd wildlife.

SHOULD AN INCIDENT OR NEAR INCIDENT OCCUR:

Get to a staffed place, call for help, block cards/devices, keep case numbers, seek medical or psychosocial care without delay.

Explore & connect

FOUR CHECKS BEFORE MAKING BOOKINGS:

Live operating status, weather, return transport, and Cancellation/entry terms. Keep an indoor backup for wind or rain.

1–3 hours near Congress

- V&A Waterfront: harbour, food, Zeitz Museum of Contemporary Art and Two Oceans Aquarium
- Company's Garden and the Iziko museum: daytime history and culture
- Sea Point Promenade: daylight walk; wind and return transport matter

Half-day

- Table Mountain Cableway: weather-dependent; check live status and official tickets
- Kirstenbosch: biodiversity, garden routes and time outdoors
- District Six Museum and Bo-Kaap: use a knowledgeable guide and engage respectfully

Full day

- Robben Island: book the official ferry/tour; weather can disrupt departures
- Cape Peninsula: Boulders, Cape Point and coastal stops with a reputable operator/driver
- Winelands: pre-book a tour, shuttle or designated driver; never drink and drive

Eat, greet & participate responsibly

- Try Cape Malay, African and local food; Halaal, vegetarian and vegan options are widely available. Explain allergies clearly.
- For table/dine-in service: 10–15% is common when service is not included.
- Ask before taking photographs. Choose community-led guides and local makers. Common greetings: Molo / Molweni, Goeie dag; Enkosi / Dankie.

GOOD CONGRESS WEEK:

Choose one meaningful experience, protect your budget and schedule rest.

Emergency & medical

IF IN IMMEDIATE DANGER:

Move to a staffed or secure place. Call 112 from a mobile. Give your exact location, what happened, number of people affected and callback number.

Save these numbers

SERVICE	NUMBER
All emergencies: mobile	112
City emergency: landline	107
City emergency: mobile	+27 21 480 7700
Police	10111
Ambulance (public)	10177
Ambulance (private)	084 124
Table Mountain NP	+27 86 110 6417
Sea & mountain rescue	+27 21 937 0300

Hospitals useful to delegates

- **Netcare Christiaan Barnard Memorial** (private, Foreshore): +27 21 441 0000
- **New Somerset Hospital** (public, Green Point): +27 21 402 6408 / 6911
- **Groote Schuur Hospital** (public tertiary, Observatory): +27 21 404 9111
- **Mediclinic Cape Town Emergency Centre** (private, Oranjezicht): +27 21 464 5555

Care note: Private facilities may request insurance (travel) or payment before and after consultation. In a life-threatening emergency, call emergency services first.

Key contacts

CTICC +27 21 410 5000 • info@cticc.co.za

Congress organizer (PHASA & WFPHA)

secretariat@phasa.org.za OR secretariat@wfphe.org

Cape Town essentials

September = early spring. Expect cool mornings, sun, rain, strong winds, and rapid changes in mountain weather. Pack layers and a light waterproof coat.

Quick facts

Time: South African Standard Time or UTC/GMT +2

Country Dialling Code: +27

Money: South African rand (ZAR), cards are widely used (VISA, Mastercard, American Express), and payments can also be done using mobile phones (Samsung/Google Pay, etc). Keep a small amount of cash as a backup

Languages: English, Afrikaans and isiXhosa

Power: 230 V / 50 Hz, Type C, M and Type N plugs are common

Venue: CTICC. Convention Square, 1 Lower Long Street, Cape Town

Day-bag checklist

- Congress badge and photo ID
- Charged phone, power bank and cable
- Water, snack and personal medication
- Warm layer, wind/rain coat, sunscreen and sunglasses
- One payment card plus limited cash; backup stored separately
- Offline hotel address, delegate buddy, emergency contacts and return route

Keep offline

- Passport/visa copy, insurance policy and assistance line
- Flight details, accommodation reception and trusted transport booking
- CTICC address, programme details and organiser contact

THE P5 CHECK:

Prepare, Pair, Protect, Participate, Pivot. Change the plan when weather, transport, fatigue or safety conditions change.

My two key contacts

Delegate buddy: _____

Accommodation: _____

