



## **WEST AFRICAN COLLEGE OF PHYSICIANS (WACP)**

### **Collège Ouest Africain de Médecins (COAM)**

## **BENIN CHAPTER**

### **INFORMATION NOTE TO PARTICIPANTS**

## **43<sup>rd</sup> Annual General and Scientific Meeting**

### **1. HOST IN COTONOU**

Upon arrival, participants are invited to visit the Faculty of Health Sciences (FSS) of Cotonou. They will be welcomed and will be able to receive additional information useful for their stay.

### **2. PLACE ET AGENDA**

#### **PALAIS DE LA GRATITUDE**

**November 03 - 08 2019, Abomey-Calavi (Benin)**

The meeting will be held in Abomey-Calavi (Benin) at the “**PALAIS DE LA GRATITUDE**”. The activity schedule will be provided on the first day of the meeting. You will receive a badge upon arrival at the meeting venue. Badges are personal and should be worn prominently throughout the meeting.

### **3. ENTRY TO BENIN AND VISA PROCEDURES**

African citizens do not need VISA to enter Beninese territory. This also applies to the citizens of certain Western countries which Benin has signed an agreement with.

### **4. HOTEL RESERVATION AND PROVISIONS FOR THE WORKSHOP**

#### **a) Hotel reservation**

Lodging is the responsibility of the participant.

A shuttle will be available for your transfers between the airport and the hotel (both on arrival and departure).

#### **b) Meal**

Breakfast is the responsibility of the participant. It could be provided by the hotel depending on your hotel.

Coffee breaks and lunches will be served on the meeting days.

Dinner is the responsibility of the participant.

#### **c) Internet access**

You will have free internet access during your stay at the Hotel and at the meeting place (WIFI access). If necessary, do not hesitate to ask for the password.

#### **d) Languages and interpretation**

For the meeting, there will be interpreters for simultaneous translation into French and English.

### **5. USEFUL INFORMATION ON THE CITY OF COTONOU**

#### **a) Currency, banks and exchange**

The currency used in Benin is the CFA Franc of West Africa (XOF).

Banks are open from Monday to Friday from 08 AM to 5PM. Some banks are also open on Saturdays from 08 AM to 11 AM. Banks are closed on Sundays and public holidays. ATMs are available in the city. A currency exchange will be available at the conference venue for your foreign exchange transactions.

## **b) Security**

The security situation in Abomey-Calavi is stable.

Despite its large population, you can walk around all areas of the city without worry. Minor offenses (such as purse theft) may occur, but they are not common. Nevertheless, it is recommended to stay indoors at late hours of the night.

## **d) Phone calls and internet access on your devices**

The telephone code of Benin is +229.

SIM cards can be purchased at the airport or at the kiosks (ID card or Passport required).

For internet access on your phone, please use WIFI or activate mobile data on your phone if you have a local SIM card.

## **d) Time zone and weather conditions**

The time zone in Benin is GMT + 1.

In early November, some precipitation is expected in Abomey-Calavi. The average temperature during this period will be between 29 and 32 degrees Celsius.

The latest weather forecast for Abomey-Calavi can be found at the following address <https://www.accuweather.com/fr/bj/abomey-calavi/27070/daily-weather-forecast/27070>

## **e) Electricity**

Benin has 220 volts / 50Hz. Outlets are European standards with two inputs.

## **f) Transportation in the city**

Vehicles belonging to taxi companies such as Benin Taxi, Soft Taxi and Africabs are available and easily identifiable thanks to their yellow paint. The average price of transport is from 2000 to 5000 XOF / person. Please call Green Line 130 for Benin Taxi.

Taxi motorbikes called locally "Zemidjan" are at more affordable and available costs. However, it should be noted that trips to motorcycles are less secure than those in taxis.

## **g) Shopping**

Most shops in Abomey-Calavi are generally open from 09 AM to 21 PM, Monday to Saturday. Some supermarkets, shopping malls, restaurants and grocery stores are also open on Sundays.

You can also visit the nearby city of Cotonou, where you can also shop in the store or Dantokpa Market (duty free), the largest outdoor market in West Africa.

## **h) Medical services**

For medical services and care, please contact the organizers.

## **i) Tourist information**

For information on tourism in Benin, please visit the website <http://benin-tourisme.com/>

## **j) Nightclubs (Addresses available on Google Maps)**

- |                              |                          |
|------------------------------|--------------------------|
| ✓ Le Calypso lounge bar      | ✓ Le TGV                 |
| ✓ JET SET                    | ✓ Le rooftop Dream beach |
| ✓ Sanctuary For Rock'n'Blues | ✓ Le pacha               |
| ✓ Homeboylounge bar          | ✓ Le sunset              |
| ✓ Chill and Grill            | ✓ Mojito                 |
| ✓ Le livingstone             | ✓ La villa               |