



A quick guide to essential information for your stay in Cape Town during ICSHMO.

This document serves as a general reference, and additional details can be found online or by contacting the local organizing committee.

THE CONFERENCE VENUE

The conference will be held at the Cape Town International Convention Centre ([CTICC](#)). You can find out more around the facilities [here](#), such as ATMs, WiFi and Prayer Rooms. The ICSHMO Conference will take place in CTICC2 - Hall 9 for Plenaries, and nearby venues as parallel session rooms. The working language for ICSHMO will be English only.

SELF-FUNDED LUNCHESES DURING ICSHMO

Please note that only tea and coffee will be provided during the workshop. Lunch will be at participants' own expense, however, there are numerous shops and restaurants in close proximity to the workshop venue (within 5-15 mins walk).

HOTELS CLOSE TO THE CTICC

We have listed here a number of hotels close to the CTICC. This is not an exhaustive list, but should assist with possibilities:

Hotel Sky - <https://www.hotelsky.co.za/>

The Capetonian - <https://capetonian.co.za/>

Onomo Cape Town Foreshore - <https://www.onomohotels.com/>

AC Hotel Cape Town Waterfront - <https://www.marriott.com/en-us/hotels/cptar-ac-hotel-cape-town-waterfront/overview/>

Southern Sun Waterfront - <https://www.southernsun.com/southern-sun-waterfront-cape-town>

Southern Sun The Cullinan - <https://www.southernsun.com/the-cullinan>

The Onyx Hotel - <https://newmarkhotels.com/accommodation/the-onyx-hotel>

City Lodge V+A Waterfront - <https://citylodgehotels.com/hotels/180/City-Lodge-Hotel-Victoria-&-Alfred-Waterfront>

The Westin Cape Town - <https://www.marriott.com/en-us/hotels/cptwi-the-westin-cape-town/overview/>

ENTRY VISA REQUIREMENTS

A list of countries exempt from requiring a visa to enter South Africa is available here: <https://www.dha.gov.za/index.php/immigration-services/exempt-countries>

There are currently no COVID protocols in South Africa, however please continue to confirm with your travel agent/relevant authority.

For attendees that require an invitation letter from the local organizers to apply for a visa, please request this letter directly from the ICSHMO Organising Committee (icshmo2025@saeon.nrf.ac.za).

CURRENCY EXCHANGE

The local currency is the South African Rand. There are currency exchange offices at the Cape Town International Airport as well as most banks. Credit cards are also readily accepted at all hotels, shops and facilities. For updated exchange rates, please consult the [XE website](#).

TRANSPORT AROUND CAPE TOWN

Around Cape Town, the most popular forms of public transport are e-hailing services such as Uber and the [MyCiti Bus Service](#). The closest bus station to the Cape Town International Convention Centre is “Convention Centre” on Route 104. This bus route will also take you around to the Waterfront complex and along the coastline towards Mouille Point and Seapoint.



Unfortunately, the MyCiti Bus company no longer operates buses between the Cape Town International Airport and the Civic Centre (the main bus station in the Cape Town City Centre). Some hotels can provide the shuttle between the airport and the hotel, and / or the hotel and the venue. Please enquire directly with the hotel you are booking with.

For shuttle services at the airport the following options are available:

DMC couriers - davidlee.dmc@gmail.com

EZ Shuttle - <https://www.ezshuttle.co.za>

Airport Shuttle - <https://www.airportshuttlecapetown.co.za/>

TWO OCEANS MARATHON

Please be aware that the Two Oceans Marathon is taking place in Cape Town on the weekend after ICSHMO (5 + 6 April), and this may impact travel arrangements and sight-seeing activities. The website for the Two Oceans Marathon is [here](#), so please have a look here for road closure information.

LOCAL CLIMATE IN APRIL

The mean weather conditions in Cape Town in April are as follows:

- April in Cape Town marks the onset of Autumn.
- Average daytime temperatures range from 15 °C to 25 °C
- During the day, the weather is often mild and pleasant, suitable for outdoor activities and sightseeing. However, evenings and early mornings tend to be cooler, so you should consider packing layered clothing to accommodate the temperature drop.
- April will see some rainy days, so keep an eye out on weather forecasts (weathersa.co.za).

FUN THINGS TO DO IN AND AROUND CAPE TOWN

V&A Waterfront, Robben Island, Lion's Head, Camps Bay sundowners

- [Iziko](#) and other South African Museums - about 15 mins drive from workshop venue (in Cape Town city centre).
- [Zeitz MOCAA Museum](#) - about 15 mins drive from workshop venue (located in the waterfront).
- [Table mountain aerial cable car](#) - about 15 mins drive from workshop venue.
- [Two Oceans Aquarium](#) - about 15 mins drive from workshop venue (located in the waterfront).

INTERNET ACCESS AND COMMUNICATIONS

Wireless internet connectivity will be freely available to the participants, at the meeting's venue.

The Local Organizing Committee can facilitate participants to purchase local SIM cards for mobile phones, if required. This service should also be available on arrival at the Cape Town International Airport.

ELECTRICITY VOLTAGE

The voltage in South Africa is 220-240 Volts. Primary socket types in South Africa use the type D and M Plugs (see image below). At the venue, there will be extension leads and multiplugs available. Some of these are fitted with the standard two-prong (European) plug type, but please consider purchasing an adaptor for visiting South Africa. If you have a European plug it is easy to purchase an additional local adaptor within SA if needed. These should also be available at electronics shops on arrival at Cape Town International Airport.

