



## Information for participants travelling to South Africa

### What to remember:

1. Jacket – although it is summer here, sometimes the weather is not typical.
2. A South African adapter/converter
3. Earphones for your phone if applicable
4. Suitable walking shoes if you'd like to explore Cape Town

### What to check on:

1. Have a Visa/Mastercard and tell your bank what dates you'll be away and where you'll be.
2. It's a good idea to have South African Rands. You can do the currency exchange at the S.A. airport – you will need your passport and proof of residence, like a bank statement/confirmation letter with your residence details.
3. Keeping in touch: The easiest way to keep in touch with loved ones is to download WhatsApp – even sketchy internet at an airport usually supports it. You don't need a SIM card in your phone to use WhatsApp – you only need the app on your phone and an internet connection.
4. Go to your cellphone service provider and check that your cell phone will work in S.A. (ask if it is unlocked – if not, ask your service provider to unlock your cell phone).

### What you can do to make your travelling pleasant and high-energy:

1. Breathe deeply, consciously and intentionally many times during your travels.
2. Hydrate – drink lots of water. You can add pink Himalayan salt to your water so that it has electrolytes. Time your drinking and finish your water before you reach the security and Customs counter at the airport.
3. Do simple yoga stretches at airports and while you're waiting for security checks. Do smaller stretches (like rotating ankles, wiggling toes, pointing toes and flexing feet alternately) on the plane. Tighten your core when you stretch. Take a short walk on the plane when you can.
4. Use your intuition and ask questions – people want to help!
5. Keep your Vitamin C, D and Zinc with you to boost your immunity.
6. Take Magnesium so that you don't cramp (it helps with easing cramps if you do).

If you have any questions, please reach out. We look forward to seeing you in November!

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