



MACRA

Communication services for a digitally transformed nation

Communications Regulators Association of Southern Africa

14TH TO 16TH September 2026

PRACTICAL INFORMATION

REPUBLIC OF MALAWI



1. **VENUE**

The 48th Ordinary Meeting of the Communications Regulatory Association of Southern Africa (CRASA) Executive Committee will be held at **Makokola Retreat** in Mangochi District. The venue is located 191 kilometres from Bakili Muluzi International Airport, formerly Chileka International Airport, and 235 kilometres from Kamuzu International Airport.

2. **MALAWI**

Malawi is a landlocked country of approximately 118,484 km², with Lake Malawi occupying about 20 percent of its total area. The country shares borders with Zambia to the northwest, Tanzania to the northeast, and Mozambique to the east, south, and southwest.

3. **TOURISM**

Malawi is well known for Lake Malawi, a beautiful freshwater lake that stretches from the northern part of the country to the south, bordering both Tanzania and Mozambique. The lake is home to the world-renowned Chambo fish, a delicacy found only in Malawi and not to be missed. It also hosts Lake Malawi National Park, the first freshwater national park in the world and a World Heritage Site. In addition to the lake, Malawi is famous for its wildlife attractions, and many visitors enjoy visiting national parks and game reserves for game viewing.

Historical sites such as the Chamare Museum in Mua, Dedza, showcase rich Malawian traditions and allow visitors to learn more about the country's culture. In Blantyre, St. Michael and All Angels Church, built in 1888, remains a unique attraction. In Lilongwe, Malawi's capital city, key attractions include the Kamuzu Mausoleum, named after Malawi's first President. Visitors may also take time to drive into the countryside to appreciate the serene landscape or visit the tranquil Malingunde Dam. These attractions contribute greatly to Malawi's appeal as a prime tourist destination.

4. **WEATHER**

Malawi has a predominantly subtropical climate, with two main seasons: cold and dry, and hot and wet. In September, the weather is warm, dry, and sunny, with daytime temperatures rising into the high 20s and low 30s degrees Celsius, or the 80s and 90s degrees Fahrenheit.

5. **CURRENCY**

The Malawi Kwacha (MK) is used for local transactions. As of August 2026, the exchange rate is MK1,751.31 to 1 US Dollar.

6. COMMUNICATION

The access code for Malawi is +265, and it operates under the Central Africa Time zone. The country has one fixed landline operator and 3 mobile cellular network service providers, namely, MTL, Airtel, Access and TNM. SIM packs are readily available and can be obtained at the Airport, post office, and at the conference. Internet access is also available from internet cafes in and around the major cities and hotspots at all major Hotels and International Airports.

7. BANKING BUSINESS HOURS

Banks in Malawi open from 8 am to 3 pm from Monday to Friday and 9 am to 11 am on Saturdays. Money transfer agencies will also be available at the conference venue throughout the meeting days.

When converting foreign currency, proof of identity in the form of a passport is required.

Please note that changing money on the streets is illegal and unsafe.

8. MEDICAL CARE

Mangochi is served by government and private hospitals using mostly the Medical Aid Society insurance.

Visitors are required to check with their medical insurance service providers to confirm whether their medical requirements will be covered in Malawi.

9. CULTURE, RELIGION AND LANGUAGE

Malawi is a multi-racial society where people of different nationalities live in harmony. People living in urban areas have a westernized lifestyle and are predominantly Christian, while in the rural areas many African traditions have been preserved. English is the official language, and the other widely spoken language is Chichewa.

10. AIRPORT DEPARTURE TAX

This tax is incorporated in the ticket fare.

11. ELECTRICAL APPLIANCES

In main centres and main tourist resorts, all appliances run on 220 volts. Outlets are of the 3-pin, 13amp type.

The Malawi power grid uses 220/240 volts AC, 50 Hertz. Wall sockets (square 3-pin) are rated to carry a maximum of 15 amps. It is important to carry a 3-pin square adapter.

12. TRADITIONAL FOODS

Hotels, restaurants, and homes in Malawi offer a wide variety of meals ranging from oriental recipes, Chinese food, sea food to take away, but the best of all are the local traditional recipes; they offer excellent nutrition and are a healthy option. Pap (Nsima) is the staple food in Malawi and is made from maize meal and eaten as a thick porridge. A wide range of side dishes are available, such as dried meat, chicken, or a range of vegetables such as mustard leaves, broccoli, spinach, cabbage, okra, and other exotic local specialties such as pumpkin leaves.

13. SECURITY

Malawians are known for their big warm hearts and friendliness towards each other and visitors alike. Although all Malawians are generally very helpful, it is always advisable to be cautious when dealing with strangers. Police officers are very helpful and are easily identified by their uniforms, although some may be plain-clothed police. Like everywhere in the world, valuables should always be safeguarded or left in the hotel safe box.

14. TRANSPORT

Transport will be available for all delegates as follows:

- On arrival and departure from and to Bakili Muluzi International Airport
- Every day from the designated hotels to the meeting venue
- During the various social events organized for the delegates

Please send us your travel itinerary for transport logistics facilitation.

DELEGATES ARE ENCOURAGED TO FLY DIRECT TO BAKILI MULUZI INTERNATIONAL AIRPORT IN BLANTYRE

15. ACCOMMODATION OPTIONS

Delegates are kindly requested to choose their own accommodation bookings from a list and contacts to be provided by the host. The host will provide airport shuttles and transport between hotels:

(LIST OF HOTELS (NEGOTIATING GOOD RATES))

<u>1</u>	<u>Sunbird Nkopola Lodge</u> <u>Contact:</u> <u>00265888965075</u>	<u>3 star</u>	<u>Lake rooms</u> <u>Charlet room</u> <u>Mountain rooms</u>	<u>\$230</u> <u>\$200</u> <u>\$180</u>	<u>3 km to the venue</u>		
<u>2</u>	<u>Club Makokola</u> <u>Contact:</u> <u>00265884602424</u>	<u>4 star</u>	<u>Lake Suite</u> <u>Superior</u>	<u>\$178 per person</u> <u>\$ 137 per person</u>	<u>Venue of the meeting</u>		

<u>3</u>	<u>Rosalyn's Beach Hotel</u> <u>Contact:</u> <u>00265888965247</u>	<u>3-star</u>	<u>Superior</u> <u>Studio</u>	<u>\$200</u> <u>\$430</u>	<u>3 kilometers from the venue</u>		
<u>4</u>	<u>La Rivera Hotel</u> <u>Contact</u> <u>00265888824234</u>	<u>2 Star</u>	<u>Deluxe</u>	<u>\$100</u>	<u>3.5 km from the venue</u>		

Information will be updated regularly when new developments occur.

16. PASSPORTS AND VISAS

All visitors require valid passports to travel to Malawi, and visa regulations vary by nationality and country of origin. Delegates will be informed to check for information on visas at their respective Malawi Embassy or High Commission before travelling.

Visa applications for the country can be done online through the Malawi Immigration website www.evisa.gov.mw

Printed copies of the visas are required upon arrival.

17. CONTACT PERSONS

Tadala Mlelemba
MACRA
Email: tadala.mlelemba@macra.mw
Mobile: +265 99 296 0576