

Embassy contact details:
Mon-Fri, 7:30-15:30: (+265) 01 774 211/01770461/481/453
Outside working hours: (+47) 23 95 13 00
www.norway.mw / emb.lilongwe@mfa.no

Dec. 2015

Security information for Nordic citizens in Malawi

Crime: Malawi is a generally peaceful country with little violent crime compared to neighboring countries. Pick-pocketing, muggings, car jacking's and burglaries still occur, so to use common sense remains a good rule of thumb. You should, for instance, not walk outside after dark, always drive with the car locked and not leave valuables in your car. If you are staying in Malawi for a longer period of time, ensure that your house has functioning security mechanisms such as barbed wire and/or electric fence, guards and alarm. Also, choose hotels/lodges with appropriate security mechanisms.

Traffic: Traffic probably represents the biggest risk to your safety in Malawi. Poor quality cars, potholes, lack of streetlights, little respect for speed limits, overloading, animals and pedestrians in the road are some of the reasons why the number of accidents is high compared to the number of cars. Avoid driving outside urban centers after dark, and be careful about going by minibus or getting a lift at the back of a pick-up. A safer alternative is the larger coaches offering services between the biggest cities. At times fuel shortages occur (although not lately), but fill up your car's tank if you are going far and/or staying far from urban areas.

Health: Malaria is a risk all over Malawi, all year round. It is therefore important to avoid mosquito bites, and malaria prophylaxis is recommended. Note that one may also get malaria even when on prophylaxis, so if you get fever or relevant symptoms you should still go to the doctor straight away for a test (one test is not always enough to determine infection). Deaths from malaria among tourists generally happen because treatment was accessed too late.

Malawi is a risk area for bilharzia (also known as schistosomiasis), and one is exposed when swimming in lakes and rivers. If you go for a swim, then you could take preventive bilharzia treatment within three months to prevent infection. For more information about bilharzia, see <http://www.cdc.gov/parasites/schistosomiasis/>

Other diseases affecting high numbers of people in Malawi include HIV/AIDS (more than 10 percent of the population) and different types of diarrhea. To avoid the latter, be careful with hand hygiene and boil/filter any water you drink (bottled water is fine).

Make sure to have a valid **travel insurance!** In case of serious illness, satisfactory medical care will rarely be available in Malawi and necessitate medical evacuation.

Other risks

Fire: Poor quality electrical systems and unstable electricity supply, as well as widespread use of open fire, are the main causes of fire outbreaks.

Drowning: When swimming in lakes, be careful about the currents and changing weather.

Lightning: Malawi experiences powerful lightning strikes in the rainy season (November-April).

Floods: Limited to the rainy season and certain watershed areas. Cholera occurs.

Earthquakes: Malawi is located in an earthquake zone in and around the Rift Valley. Most earthquakes are small, but buildings are not built to withstand them and the authorities' capacity for handling natural disasters is very weak.

Wild animals: Snakes may be encountered, though in reality not often heard of. Stray hyenas occasionally also in peri-urban areas. Stray dogs (some may have rabies) in both cities and villages. If bitten, go to the doctor right away for a preventive rabies vaccine even if you have already had the vaccination.

Emergency travel documentation: The Norwegian Embassy can only provide emergency travel documentation for Norwegian citizens. Danish, Finnish and Swedish nationals who lose their passports qualify for assistance at the British High Commission in Lilongwe as citizens of the European Union. Icelandic citizens must contact the Icelandic Embassy in Lilongwe (0992 961 981 or 0888 753 100) for assistance.

Embassy contact details:
Mon-Fri, 7:30-15:30: (+265) 01 774 211/01770461/481/453
Outside working hours: (+47) 23 95 13 00
www.norway.mw / emb.lilongwe@mfa.no

Dec. 2015

Useful contacts in the Lilongwe area

MEDICAL ASSISTANCE

Dr. Jaap Vrijburg
Blantyre Street, 43/298

0888 824 622

MASM Medi Clinic 24/7

Area 43, near the end of Ufulu Street, opposite Burley Guest House

01794 266

MASM Ambulance

0888 189 070

ABC Clinic

Area 47, Lilongwe

01761 670 / 01 761 164 / 0888211085

CMED (at ABC Clinic premises) diagnostic Centre

0998 440 900

Partners in Hope Hospital

Hrs. Mon –Fri 6 am to 8 p.m. Sat: open until noon. **(Esp. for Cardiac and internal medicine)**

01 725 818, 01 727 155, 01 727 156. Open

St. Gabriel Mission Hospital

Experienced surgeon (Dr. Heim), incl. trauma care
in Namitete, about 1 hrs. drive outside Lilongwe (off Mchinji Road)

01 274 388 / 389

Deayang Luke Hospital (the Korean Hospital)

Along the road to the airport (next to MIM).

01 711 395 / 01 711 398

Family Dental Clinic. Dr. Mazloum
Area 14, next to World Food Program

01770853 / 01772228

Area 18 Medi-clinic. Dr. Kalanda (24-hrs)

0111978536 / 0111979644

Lilongwe Private Clinic

Area 10, opposite Pacific Mall (Dr. Patrick Chirwa)

0111 927 035 / 01 774 972

Kamuzu Central Hospital.

998 (hotline) 01 754 725 / 01 754 420 (emergency).

Adventist Hospital (daytime only), Area 14.

01 775 680

Bwaila Hospital (Area 2)

01 724 511

POLICE

Area 30, headquarters

01 796 333 (hotline 24 hours)

997

01 797 100 / 01 796 942

FIRE

999

01 751 444 / 01 757 999