



36th FAMSA  
**GA22**  
Lusaka, Zambia

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# INVITATION PACKAGE

Federation of African Medical Students' Associations  
General Assembly 2022

Towards the improvement of healthcare in Africa

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## PART A: EXECUTIVE SUMMARY

### 1. Welcome Remarks: FAMSA President



YANKUBA JABBIE  
FAMSA President 2021/2022

Dear African Medical Students, it is with great excitement that I warmly welcome and invite you to this auspicious event, the 36th General Assembly and Scientific Conference of FAMSA, under the theme: Integrating Research to Enhance Medical Education in Africa. The Covid-19 pandemic has demonstrated in many ways that the African health care system requires urgent preparedness, equipping and shaping to be able to take on and appropriately respond to future pandemics and emergent outbreaks. Evidently, this cannot be achieved without focusing on data and medical research relevant to this gigantic endeavour. What better way to start than with grass root medical education? This conference will bring together the brilliant minds of medical students like yourselves, from all over Africa, to harness talents and deliberate on mechanisms and methods of improving health care in Africa. Do not be left out in this worthwhile experience. We have a lot in store for you! Thank you!

Lusaka, Zambia



## 2. Welcome Remarks: Organising Committee Chairperson

This is a moment to remember. This is a milestone that has been reached through the hard work and dedication of various medical students across the African continent and beyond; breaking borders and building bridges in a manner that has never been seen before. On behalf of the Organising Committee of the 36th FAMSA General Assembly and Scientific Conference, I humbly welcome and thank you for taking keen interest in the advancement of innovation and research by joining arms with fellow brothers and sisters throughout the medical fraternity. This year's theme, 'Integrating Research to Enhance Medical Education in Africa,' brings to life an aspect of curiosity that rests within each and every one of us. One that has paved the way for the improvement of the standard of human, animal and plant life alike to tackle the many obstacles that we, in our respective species, face time and time again. Two host institutions, the University of Zambia and the Lusaka Apex Medical University, worked hand in hand to ensure the success of this auspicious event, set to take place in the beautiful capital of the Great Mother Zambia.

I urge you to mask up and brace yourselves as we take this walk down the path of unity and creation of a better Africa.



**LANDILANI TEMBO**  
 Organizing Committee Chairperson  
 FAMSA GA & SC 2022

## PART B: HOST COUNTRY

### 1. HISTORY OF ZAMBIA

Zambia, formerly known as Northern Rhodesia (a union of North Eastern and North-Western Rhodesia in 1911), is a former British colony. Livingstone served as the nation's second capital under the administration of the British Southern African Company. In 1935, the country's capital was moved from Livingstone, on the southern border to the current Lusaka, a more central and accessible location.

While English is the country's official language, there are 73 officially recognized ethnic linguistic groups in Zambia. The major groups are Bemba, Nyanja, Kaonde, Lozi, Luvale, Tonga, and Lunda. The diversity of ethnic groups entails the existence of diverse traditions and cultural practices (Sibanda et al 1999), which furthermore reflects the core value of unity the country is known for. Christians make up more than 50 percent of the population, while indigenous traditional religions comprise the second most widespread belief system.

Zambia is known as a Haven of peace on the African continent, and indeed the world at large. Attributed to this, is the peaceful transition of political power the country is known for since its independence from Britain in 1964. Zambia's current and also seventh president is Mr Hakainde Hichilema. The economy is heavily dependent on the mining of copper (second largest copper producing country in Africa, with the largest copper mine in Africa - Lumwana Copper Mine), Cobalt and Zinc. Copper and other metal exports account for about 75 percent of the country's export earnings.

### 2. FLAG & TERRITORIAL SUBDIVISION



There are four colours applied in the Zambian flag:

- Green: the natural resources
- Red: struggle for freedom.
- Black: the people of Zambia.
- Orange: the mineral wealth.
- The Eagle: the country's sovereignty and the citizens' ability to rise above challenges.

## Territorial Subdivision



Zambia's land mass is 752,000 square kilometres. This is approximately the size of France, the Netherlands, Belgium and Switzerland combined. The country is divided into ten provinces. Lusaka is the capital city of the country.

## 3. GEOGRAPHY OF ZAMBIA

### i. Location in Africa



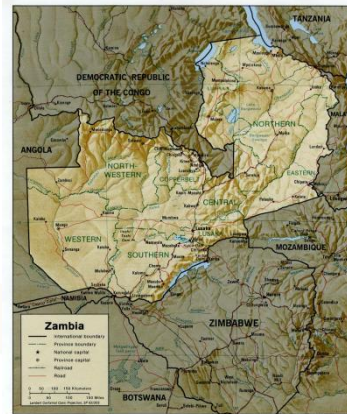
Zambia is a landlocked tropical country situated in southern Africa, between the latitudes 10° and 18° south, and longitudes 22° and 33° east. It is bordered by the Democratic Republic of Congo and Tanzania to the north, Zimbabwe and Botswana to the south, Malawi and Mozambique to the east, and Namibia and Angola to the west. It takes its name from the Zambezi River, which rises in the north-west corner of the country and forms its southern boundary

### ii. Relief

It consists, for the most part, of a plateau, with an average height of between 1060 and 1363 metres above sea level. (3500 and 4500ft). Isolated mountain ranges rise to more than 6000ft with an occasional peak above 7000ft on the eastern border, called Nyika Plateau. Over most of the country the surface tends to be flat, broken by small hills, the result of countless ages of undisturbed erosion of the underlying crystalline rocks. These rocks contain the bulk of the country's wealth in the form of minerals, and the

90mile long corridor, known as the Copper belt, along the north-western part of the country, is the mainstay of the Zambian economy.

The level of the land falls southward from the Congo DR / Zambezi divide in the north towards the Zambezi depression in the South. The plateau is broken by the huge valleys of the Upper Zambezi and its major tributaries, the largest of which are the Kafue and Luangwa Rivers.



### iii. Hydrography

With the exception of the Northern and Luapula Provinces, which are part of the Congo DR basin, Zambia lies on the watershed between the Congo DR and Zambezi River (Southern Africa's longest trans-boundary river) systems. The [Zambezi River Basin](#) is the fourth largest river basin of Africa, after the Congo, the Nile and the Niger basins. The three great natural lakes of the country, Bangweulu (drained by the Luapula river which starts flowing south, then turns west and northwards to pass through Lake Mweru on its way to Congo DR), Mweru and the southern end of Lake Tanganyika (second deepest Natural lake in the world), are all in the north and are part of the headwaters of the Zaire River. On the border between Zambia and Zimbabwe on the Zambezi River is Lake Kariba, the largest man-made lake in Africa and the second largest in the world. It provides a significant proportion of southern Africa's power generation.





#### iv. Vegetation & Fauna

Zambia's vegetation is mostly savannah, with areas of tropical grassland and woodland. There are 19 National Parks and 32 Game Management Areas. Technically, Zambia has all the Big Five, but Rhinos are extremely rare and confined to the Mosi-oa-Tunya (Victoria Falls) and North Luangwa National Parks. Elephants, Buffalos and Lions are common across multiple parks. However, Kafue, South Luangwa and the Lower Zambezi are all well-known for Leopards. Beyond the Big Five are multiple rare and endemic species such as the Black Lechwe, Crawshay's Zebra and Thornicroft's giraffe.



#### v. Climate & Weather

The Zambezi Catchment lies in a tropical region with three distinct seasons. The normal hot and wet season starts in November and ends in April. After April, dwindling amounts of rainfall soon translates into a cool and dry season, which persists until July. The third season is the dry and hot period between August and October. Only in the Valleys of the Zambezi and Luangwa rivers is there excessive heat, particularly in October; and in the wet season, a high humidity. In the warm wet season, frequent heavy showers and thunderstorms occur, followed by spells of bright sunshine.





## vi. Rainfall

While the rainfall pattern over the whole country is similar – between November and March, the amount of rain varies considerably. The climate is mostly affected by the movement of the inter-tropical convergence zone. Except for very rare falls in August, rainfall is confined to the wet season, which sometimes starts as early as October and ends as early as March. At the height of the wet season, it rains on seven or eight days out of ten. Average temperatures are moderated by the height of the plateau. The maxima varies from 15oC to 27oC in the cool season with morning and evening temperatures as low as 6oC to 10oC and the hot season maxima temperatures may range from 27oC to 35oC.



## PART C: INFORMATION ABOUT THE GA

### 2. REGISTRATION

1. Fill in the registration form: <https://forms.gle/ZPFbaNiqpH9sAeFF7>

2. Pay registration fees via:

**Bank: Atlasmara Bank**

**A/c Name: UNZAMEDSA**

**A/c Number: 0070805617003**

**Branch: Kamwala**

**Alternative payment options:**



**mukuru**



**+260 975 877125 Landilani Tembo**

3. Once payment has been made, send a copy of the proof of payment to: [famsazm22@gmail.co](mailto:famsazm22@gmail.co)

Receipt picture, deposit slip or payment confirmation screenshot can be used as proof of payment.

#### i. Registration Fees (Conferencing Including Lunch & Tea Break)

Category	Fees	Day Pass	Virtual
Local Medical Students	30 USD	15 USD	25 USD
International Medical Students	50 USD		

Registration fee payment entitles the holder to:

- Pen and note pad
- 3-day GA & Scientific Conference
- Catering during all the days of the event (Tea break & lunch)
- Interested individuals who may require Special meals not included in the conference package can contact the Programs & Logistic Department vice chairperson; [Adamsalma03@gmail.com](mailto:Adamsalma03@gmail.com)

Registration fee payment entitles the holder to:

## ii. Visa Requirements

Foreign nationals entering Zambia for within one of the three (3) distinct categories

- a) Nationals who do not require visas in order to enter Zambia
- b) Nationals requiring visas on arrival or missions abroad and
- c) Nationals required for visas prior to their travel to Zambia

If one is not a citizen of a country exempted from having to apply for a Zambian visa, then one must obtain a visa either at the port of entry or at a Zambian mission abroad. Check for nationals exempted from VISA on;

<https://www.zambiatourism.com/travel-info/visa-information/>

Please note that countries do change. To apply for your visa and for any visa/migration related queries go to the link below;

<https://eservices.zambiaimmigration.gov.zm/#/home>.

If you experience any difficulty, do not hesitate to get in touch with us via the official platform

### TRANSPORTATION

- ✓ Delegates will be transported by hired cabs from various airports across the country to central pickup points closer to their lodging facilities and back to the Airports on departure at individuals own costs.
- ✓ Delegates are encouraged to utilize Kenneth Kaunda International Airport which is within the host city Lusaka to reduce on costs. Furthermore, the Programs and Logistics department will facilitate the smooth hiring of this mode of transport.
- ✓ Delegates will be picked up from these central pickup points to the venues and back during all 3 days of the conference.
- ✓ Transportation to and from various tourist site will be provided on day 3 as scheduled. However, any other movements outside the above three circumstances will be at individuals' cost.



## Accommodation

### Cresta Golfview

#### 3 Start hotel

- ❖ Single Occupancy \$75
- ❖ Double Occupancy \$90



#### Basic Accommodation

- ❖ \$15 Per person
- ❖ \$30 Double occupancy
- ❖ \$45 Single occupancy

## PART C: THE ORGANISING COMMITTEE

### THE ORGANISING COMMITTEE



Landilani **Tembo**  
Chairperson



Walusungu **Mtonga**  
Vice Chairperson  
Finance Department



Karen M **Tolosi**  
Vice Chairperson  
Secretariat Department



Diwell **Mwansa**  
Vice Chairperson  
Content Department



Ellard **Mundikke**  
Vice Chairperson  
Publicity Department



Joyce **Katwishi**  
Vice Chairperson  
Registration Department



Salmaa **Adam**  
Vice Chairperson  
Programs and Logistics Department



Dickson **Sandala**  
Vice Chairperson  
Security Department



*MEET*

## MEMBERS OF THE ORGANIZING COMMITTEE





## Sponsorship details & contact details;

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Ellard Mundikke - Publicity +260975742564

FAMSA GA & SC Organizing committee chairperson (UNZAMEDSA) +260975283008

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