



ICCM
AFRICA

**NIGERIA
2025**

INTERNATIONAL CONFERENCE ON COMPUTING AND MISSIONS, AFRICA

VISITORS' WELFARE GUIDE

 **FOR NIGERIA**



Welfare Arrangements in Nigeria

Nigeria is a vibrant country with a mix of modern and traditional infrastructure. Visitors can expect various welfare provisions, including healthcare, emergency services, vaccinations, and food options that cater to different tastes.

Medical Care in Nigeria

Nigeria has both public and private healthcare facilities.

Major cities like Lagos, Abuja, and Port Harcourt have well-equipped private hospitals offering quality medical services.

Public hospitals are more affordable but may not provide the same level of service as private hospitals.

Visitors should consider international travel health insurance covering emergency evacuation.

Pharmacies are widely available, but it's advisable to carry essential medications.

SECURITY & SAFETY

Ibadan city, the host city for Nigeria 2025, is not one of the flash cities and it is largely considered generally safe though not without her own social issues and like many other large cities has her own security challenges. Therefore, if you need to leave the conference venue for any reason please check with the organizing team beforehand. This is solely for your safety. Thank you



Emergency Situations

Medical Emergency: Dial 112 (National Emergency Number) or seek help from private hospitals, which usually provide faster services.

Security Emergency:

Nigeria has law enforcement agencies like the Nigeria Police Force (NPF) and private security firms. It's important to stay in safe areas and follow local security advice.

Roadside Assistance: Traffic congestion is common, and in case of breakdowns, some private roadside assistance services are available in major cities.

Fire Emergency:

Dial 112 or contact the local fire service if needed.



VACCINATIONS REQUIRED BEFORE TRAVELING TO NIGERIA

To protect against common health risks, visitors are advised to get the following vaccinations:

Yellow Fever (Mandatory) – Proof of vaccination is required for entry.

Hepatitis A & B – Recommended for protection against foodborne and bloodborne risks.

Typhoid – To guard against water and food contamination.

Tetanus, Diphtheria, and Pertussis (Tdap) – To maintain general protection.

Malaria Prevention – Though not a vaccine, visitors should take antimalarial medication and use insect repellent, as malaria is prevalent.



Nigerian cuisine is diverse, flavorful, and often spicy. Some popular dishes include:

Jollof Rice – A rich, tomato-based rice dish, often served with chicken, beef, or fish.

Pounded Yam and Egusi Soup – A thick melon seed soup served with smooth mashed yam.

Suya – Spicy grilled meat skewers, a popular street food.

Moi Moi – A steamed bean pudding made with spices, fish, or eggs.

Efo Riro – A spinach-based soup, often cooked with palm oil, peppers, and assorted meats.

Pepper Soup – A spicy broth made with fish, goat, or chicken, known for its medicinal and warming effects.

FOOD GUIDE:
What to Expect & Local Delicacies

Akara – Deep-fried bean cakes, a popular breakfast snack.

Puff-Puff – Sweet, deep-fried dough balls.

Boli (Roasted Plantain) – Often eaten with groundnut (peanuts) or pepper sauce.

Food Safety Tips:

Drink only bottled or purified water to avoid waterborne diseases.

Eat freshly prepared meals and avoid undercooked meats, eggs or seafood.

Wash fruits thoroughly before eating or stick to peeled fruits.

Spicy food is common; if you have a sensitive stomach, request mild seasoning.



Street Food & Snacks:

ADDITIONAL WELFARE CONSIDERATIONS FOR PARTICIPANTS TO ICCM, NIGERIA, 2025

Weather Considerations:

Nigeria has a tropical climate; expect high temperatures and humidity. ICCM Conference will be during the rainy season, pack waterproof clothing and an umbrella.

Cultural Etiquette:

Greetings are important, and a handshake is common.

Dress modestly, especially in conservative areas.

Respect local customs, especially regarding religion and traditions in the country.

Transportation:

Public transport can be crowded; taxis, Uber, and Bolt are safer options.

Lagos and Abuja have modern airports with international connectivity.

Conclusion

By following these guidelines, visitors can have a smooth and enjoyable experience in Nigeria. Preparing in advance for health, security, and cultural differences will make the trip more comfortable and memorable.

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