

NAMIBIA



Swakopmund
Henties Baai
Walvis Bay

@ the coast

2023





TRAINING CAMP

Swakopmund
Vineta Stadium
Professional
Coastline

15 & 20 DEC

Entry Fee
R1 000 - Age 15-18
R1 000 - Age 19-24

WWW.PUPKEWITZATHLETICS.ORG



PUPKEWITZ OPEN ATHLETICS CHAMPIONSHIPS

in conjunction with
ATHLETICS DEVELOPMENT CLUB

15 DEC
Karasport Stadion, Walvis Bay, Swakopmund
Swakopmund, Swakopmund, Swakopmund

16 DEC
High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 100m, 200m, 400m

17 DEC
High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin, 100m, 200m, 400m

18 DEC
Entry Fee: R1 500 per athlete
Age 15-18: Max 4 Gates
Age 19 or older: Max 4 Gates

WWW.PUPKEWITZATHLETICS.ORG



27 December Swakopmund

Entry Fee
Jelly Mile: R15 300
Swim: R6 300
Jelly Mile & Swim: R21 600

WWW.PUPKEWITZJETTYMILE.ORG

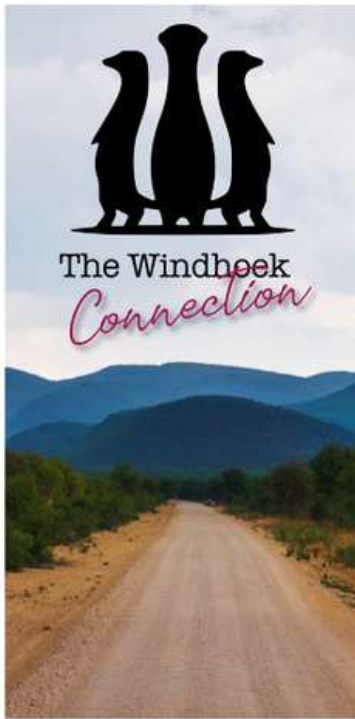
We thank our loyal Customers, Management and Staff that have made these projects possible!



NAMIBIA @ the coast

No matter where you are,
WE ARE ALWAYS JUST ONE TAP AWAY.

FRESH • LOCAL • WEEKLY



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NAMIBIA

Swakopmund
Henties Baai
Walvis Bay

@ the coast

2023

Hello!

...and welcome to this year's issue of Namibia at the Coast!

Can you believe that we're almost at Christmas? Where has 2023 gone? By now, I am sure that most of you are looking forward to the upcoming holidays and the Christmas break.

The coastal towns of Hentiesbaai, Swakopmund, and Walvis Bay are already buzzing with events, specials, and awesome ideas to welcome the impending travelers coming to the coast.

Thank you to everyone who took a chance on this project and supported our growth. A special word of thanks goes to the Hospitality Association of Namibia, who supplied us with safety tips for all visitors.

This issue was met with a fair amount of challenges, which were thankfully all overcome. We made it extra awesome, by adding hyperlinks to the artwork. So, if you see something you like, click on the ad - it will direct you to their social page / website and you can check out more of what they have to offer!

We're also hosting competitions with fantastic prizes up for grabs. So, [join our mailing list](#), keep an eye on our social pages on [Facebook](#) and [Instagram](#), and join our [WhatsApp group](#) and/or [channel](#) to get the latest updates first.

We look forward to an exciting December holiday and wish you all a blessed season with your loved ones.

Best wishes,

Nicole Schwandt
Meerkat Media





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INTO THE OLDEST DESERT ON EARTH, THE NAMIB, AND ENJOY THE FREEDOM AND VASTNESS IT OFFERS.

THE ICONIC TOWERING SAND DUNES THAT PLUNGE INTO THE OCEAN ALONG NAMIBIA'S BARREN COASTLINE

THE HIDDEN GEMS OF THE SPERRGEBIET, WITH THE HIGHLIGHT BEING A STOP AT BREATHTAKING BOGENFELS

THE SOUTH ATLANTIC OCEAN ON OUR CATAMARANS OR KAYAKS. IN SEARCH OF THE NAMIBIAN MARINE BIG 5

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DESERT HORIZON REAL ESTATE

The ideal choice for anyone looking to buy or sell property in Namibia.

Ref # 2198869: Townhouse in Kramersdorf

N\$2,354,000

Discover the perfect blend of comfort and security in this spacious, open-plan 3-bedroom apartment located in Kramersdorf, Swakopmund. With its desirable features and prime location, this property is an excellent investment opportunity.

Property Details:

- Bedrooms: 3
- Garages: 2
- Bathrooms: 2
- Size: 186 m²



Ref # 2193073: House in Ocean View, Swakopmund

N\$2,461,000

Discover the epitome of coastal living in this spacious freehold house in Ocean View, Swakopmund! This beautiful indoor and outdoor 3-bedroom family home comes with a host of features.

Property Details:

- Property Type: House
- Bedrooms: 3
- Bathrooms: 3
- Garages: 2
- Open Parking: 1
- Floor Size: 238m²
- Land Size: 600m²
- Living Area: 2





5-8
YEARS

BAMBINO



7-11
YEARS

MINI MAX



9-13
YEARS

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DOWNGRADE



UPGRADE
DOWNGRADE



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WEEKDAYS ONLY

Swakopmund: Monday - Friday: 08:00 - 17:30
Langstrand: Tuesdays until 16:00
Rossmund: Wednesday until 16:00

Services we offer:

- Blood pressure (FREE)
- Blood glucose monitoring
- Haemoglobin (iron) test
- Cholesterol
- Prescription medicines



Molenzicht Pharmacy

Conveniently located adjacent to doctors. Erf No. 947 Telecom building, Telecom Hainyeko Street (next to Post office)



Trading hours: Monday - Friday: 08:00 - 19:00 | Saturday: 09:00 - 15:00



FREE DELIVERY
WEEKDAYS ONLY

Swakopmund: Monday - Friday: 08:00 - 19:00
Langstrand: Tuesdays until 16:00
Rossmund: Wednesday until 16:00

Services we offer:

- Blood pressure (FREE)
- Blood glucose monitoring
- Haemoglobin (iron) test
- Cholesterol
- Prescription medicines

064 418 130 molenzicht@iway.na
064 418 132 molenzicht90@gmail.com



ALL TERRAIN AFRICA



OUR HISTORY

All Terrain Africa is a Namibian owned and operated business.

We have camped and toured all around Namibia in all terrains and all types of situations, which we combined with our experience to deliver excellent service aiming for quality and an individual approach to each client.



OUR VISION

We pride ourselves on high quality equipment with great pricing. We have stock on hand of the most sought after products.

We care about our customers and our workmanship. We strive for the best customer service.



OUR MISSION

We aim to be the biggest distributor of off-road equipment and outdoor gear in Namibia.

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Service

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We pride ourselves on outstanding workmanship and attention to detail by our qualified staff

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Thrift Store

Henties Bay

3325

Over 1000 items on the floor





HAN Coast Task Group Accommodation

Safety Tips For Travelers

We warmly welcome you to Swakopmund and wish to inform you about the following safety and security measures:

What to look for in a safe hotel:

- Well-lit interior, hallways, parking areas, and gardens
- Is there security personnel on duty during the night?

Parking:

- Avoid leaving valuables in your vehicle! Thieves often target rental vehicles, assuming they contain valuable items.

Checking in at your hotel:

- If arriving by bus, ensure that someone from the hotel secures the luggage.
- Keep a close eye on your luggage and purse during check-in.
- Be aware of people standing close by or listening to your check-in conversation.
- Never leave your credit card lying on the check-in counter while completing the registration.
- Instruct reception not to disclose your name and room number; instead, request them to call your room if someone inquires about you.
- If you go out, ensure you get a business card from the hotel so you know where to return.



SECURITY GUARDS

FOR ALL EVENTS AND PLACES

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Contact Details

Cell: 081 377 7251

Email: bigfivesec@gmail.com

Swakopmund-Walvis Bay-Arandis

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Emergency Numbers

Chief Inspector Fonseca: 081 580 0000

Chief Inspector Jonas (TPU): 081 615 4401

Warrant Officer Shipandeni: 081 201 8757

Constable Tauxab: 081 648 3340

(Crime Prevention Unit Operations)

Seargent Yonkers: 081 632 6755

Seargent van Wyk: 081 786 0690

Tourism Against Crime

Peter: 081 336 1404 |

081 761 4486

Mindie: 081 274 5070

Ludmilla: 081 238 5346



Karas Region

Adelaide: 081 788 5780



Erongo Region

Inspector Pelican: 081 245 2963

Johan Louw: 081 306 250



Your charming, family friendly accommodation in the historic building, characteristic of the pioneering years of Swakopmund. In the heart of town, but near enough to the sea to listen to its murmuring at night and offering an ideal retreat for anyone enjoying an oasis of silence and relaxation. Secure parking available. If you are visiting Namibia on a DIGITAL NOMAD VISA, we are the right place to stay.



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Email: info@hotel-prinzessin-rupprecht.com

Website: www.hotel-prinzessin-rupprecht.com



WALVIS BAY
N\$1,500,000

Close to all amenities



WALVIS BAY
N\$2,070,000

Valuation available
Costs excluded

ABOUT THE PROPERTY

Duplex townhouse offering:
Open plan kitchen with gas stove
Lounge area with indoor braai
Guest toilet
3 bedrooms with bic (main bedroom has balcony)
2 full bathrooms
Double garage
Alarm system
Burglar bars by all windows and opening doors
Garden
Levies N\$1,700/month



LOUNGE DINING AREA



BEDROOM

ABOUT THE PROPERTY

This beautiful home offers to impress with its neutral, earthy tones, modern finishes and serene garden. The open plan white kitchen, lounge and dining area has ample space and the home further offers 3 bedrooms with bic, 2 bathrooms. Double garages.

FEATURES

- 3 Bedrooms with bic
- 2 Bathroom
- Open plan Kitchen
- Lounge, Dining area
- Double garages
- Alarm system
- Extremely well maintained
- Walking distance to town



LOUNGE



KITCHEN



MAIN BEDROOM



KLEIN WINDHOEK
N\$2,750,000

Selling below valuation
Ample space



WALVIS BAY CENTRAL
N\$2,920,000

Massive Price Reduction
Spacious Family Home

ABOUT THE PROPERTY

The duplex unit offers:
A spacious kitchen with ample packing space
Lounge dining room area
Guest toilet
3 bedrooms with bic
2 bathrooms (main en suite)
One lock up garage
One covered parking space
Trellidoors
Alarm system
Irrigation system in garden



LOUNGE DINING AREA



BEDROOM

ABOUT THE PROPERTY

This Exceptionally spacious Family Home With two Flats And Separate Office!

This home offers: Entrance hall, 4 bedrooms, 3 bathrooms, guest toilet, kitchen, scullery, entertainment area with indoor BBQ and bar, indoor swimming pool with own bathroom, tv room, dining room, fireplace, store room, 4 garages (space for 7 cars).

PLUS: separate 1 bedroom flat with bathroom, kitchen, lounge, outdoor BBQ, garden/yard space.

PLUS: Bachelor flat with kitchenette, lounge and bathroom.

PLUS: Separate office

Extra: Interlock paving in yard with wash bay, windy house, water tank, cotv, alarm and alarm beams.

FEATURES

- 4 Bedrooms
- 3 Bathrooms
- Indoor Pool
- 7 Garages
- Kitchen with Scullery
- Bar Entertainment area
- 2 flats



KITCHEN VIEW



INDOOR POOL

GET IN TOUCH

Tanja Bednarek
Cell: 0812650860
Email: housebrokersnamibia@gmail.com
www.housebrokersnamibia.com



Leaving and securing valuables in your hotel room:

- Store valuables, especially passports, credit cards, and electronic devices, in the in-room safe.
- If the room safe cannot hold all valuables, ask to store them in the manager's or owner's safe or office.
- Keep luggage without locks securely zipped closed and out of sight to avoid tampering.

Leaving your hotel room/establishment:

- Ensure balcony doors and windows are closed and locked when leaving.
- Take a moment to confirm the door is closed and locked.
- Avoid displaying the hotel room key in public.

What to take on your excursion:

- Take only a minimum amount of cash, enough for the activity.
- Avoid wearing excessive jewelry. Wear your wedding band and leave the valuable diamond engagement ring in the safe.
- Keep your credit card in a secure and preferably concealed pocket.
- Leave your laptop or iPad out of sight when leaving the room.
- Ladies should keep bags close to the body, not loose around or hanging off the shoulder.
- Do not display expensive cameras or other valuables..

Holiday Accommodation:

- Ensure that the accommodation has burglar-proofing, an alarm system, and safe parking.
- Make sure you know how to activate the alarm when leaving the property, including at night while in the house.
- Lock all doors and windows at night.
- Avoid leaving valuables under an open window.
- Report any burglaries to the nearest police station or call neighborhood watch at 085 999.

A day in Swakopmund – beware of:

- If approached for a donation, do not hand over any cash, even if presented with official documentation – it is illegal.
- Do not give money to beggars or street children, as this exacerbates challenges for the town. They often do not use the money for food but go to the nearest liquor outlet.
- Beware of a group of gentlemen wanting to sell a Makalani nut; if they continue harassing you, raise your voice and be firm, stating you are not interested.
- Only those with an orange reflector jacket and a Municipal ID card are legal Car Guards.
- Guards with a pink jacket are legal guards. If they watch your car, you can pay them from N\$5.00 to N10.00. At night, the payment can be N\$25.00.
- If someone informs you to pay N\$200.00 or more, it is an illegal operator; advise them you will go to the police.



BE CONSIDERATE, ACT RESPONSIBLY!!!



HELPLINE 919



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103.5 **NOVA**
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Hentiesbay and Walvis Bay
For appointments contact:

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welcome to a *Curves*
SUMMER

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103.5 NOVA

YOUR LIFE. YOUR MUSIC

Checking into your room:

- Ensure the room door locks properly
- Check all windows and outside doors to ensure they are securely locked and operate properly
- The lock on an adjoining door should be engaged
- Familiarize yourself with the evacuation information in case of an emergency
- Keep the door to your room locked at all times.
- If you receive a phone call regarding room repairs, ask for the employee's name and a callback number. Call the front desk to verify if it is a legitimate employee who needs to come to your room.
- If someone claiming to be a hotel employee knocks on your door unexpectedly, do not open the door. Call the reception to check the employee's validity.
- Do not leave balcony doors and windows open at night if they have direct access to the outside or garden area.

GIVING BLOOD CAN BE THE ULTIMATE GIFT

Please Donate Blood over the Festive Season!

PLEASE NOTE THE FOLLOWING:

- Eat a meal before you donate.
- You need to be older than 16 and younger than 65.
- You must weigh more than 50KG.
- You must lead a sexually safe and healthy lifestyle.
- Be committed to helping others.

Blood donation takes 20 - 30 minutes, is completely safe and utterly rewarding. Your donation will save lives - in fact it could save three.



NAMBTS
donate life

t: 061 386 300 e: pro@bts.com.na www.bts.com.na





We had a very busy 2023 at Ruach Elohim Foundation! We focused a whole lot more on awareness this year! We have made it our mission to prevent baby dumping at all cost and financially it has been a challenge to initially accept the quotation for the awareness campaign, but we stepped out in faith and yet again the Lord provided abundantly in all our needs! We were able to put head rest covers in 200 taxis in the Erongo region, Khomas Region and Oshikoto Region.

We urged mothers not to recklessly dump their newborns, but rather to surrender them safely in our Baby Saver Box or in our loving care. REFUSOL wholeheartedly supported us by sponsoring all awareness on their skips. STEENBRAS gave us one big window space for awareness! We have visited hospitals, schools, clinics and police stations with flyers and brochures and gave out more than 200 maternity bags for new mummies in hospital as part of our awareness program.



The broadened awareness paid off and we have recently received our 21st baby through the Baby Saver Box!

We are eternally thankful for every tiny little human being who made it safely to



the Baby Saver Box, we salute every desperate mother who choose life for her baby! All glory to God!

We also had to expand our nursery to make more space for all the little newborns!! Our sincere thanks to Union Tiles who sponsored all our tiles and Sign World for the tinted sliding door. Our babies with special needs worked really hard in therapy and one of them started walking, against all odds!! Our deepest and sincere thanks to Dr Sebastian Gericke for his unconditional support even at inhumane hours of the day!

We are happy to announce that we are now officially registered as a Child Protection Organization and we now offer the services of a Private Social Worker at our premises. Anyone interested in adopting a baby, can now contact us directly on 081 242 6396 or email ronelpeters@iway.na.

We would like to thank every person or business who has supported us and took our hands in this life-saving initiative.

Without your dedication, commitment and ongoing support, we cannot do what we do as good as we do it!!

May you be blessed in abundance and may 2024 be a year of growth, financially and spiritually!!



Get your 1.5m³ skip bin (for building rubble) or 2m³ bin (for garden refuse) from us! Our skips are conveniently sized to fit your specific needs, ensuring a hassle-free experience!



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Don't miss out on this incredible opportunity. Rent A Mess has you covered for all your weekend clean up needs. Act now and enjoy the coast without the mess!



The sole purpose of Alzheimer's Dementia Namibia is to help people living with Dementia (a progressive, terminal brain disease for which there is no cure) and their families, to have a quality of life, despite the diagnosis of Dementia. Our Care Farm is situated at the Swakop River Plots. We are the official Alzheimer's Dementia Organisation of Namibia, founded in 2010 and offer 24/7 specialised

Dementia Care. Berrie Holtzhausen is the founder and CEO of ADN, and is involved in the rural areas with awareness and education and Sufrani Holtzhausen Uys, Deputy CEO, is managing our Dementia Care Farm, where we care for upto 23 Dementia Family members.

We are not only involved in awareness programs but also in training, consulting and counselling medical professionals, care givers, family members and communities to understand the disease and how to cope with the symptoms of Dementia. We also assist residential homes and businesses to become Dementia Friendly environments.

Contacts:

Sufrani - 081 276 4504
Email: sufraniuys@gmail.com

Berrie - 081 718 1821
Email: berrie.holtzhausen@gmail.com

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Focus on education is a big strength. I want to see young people focus on creativity and take more risks.

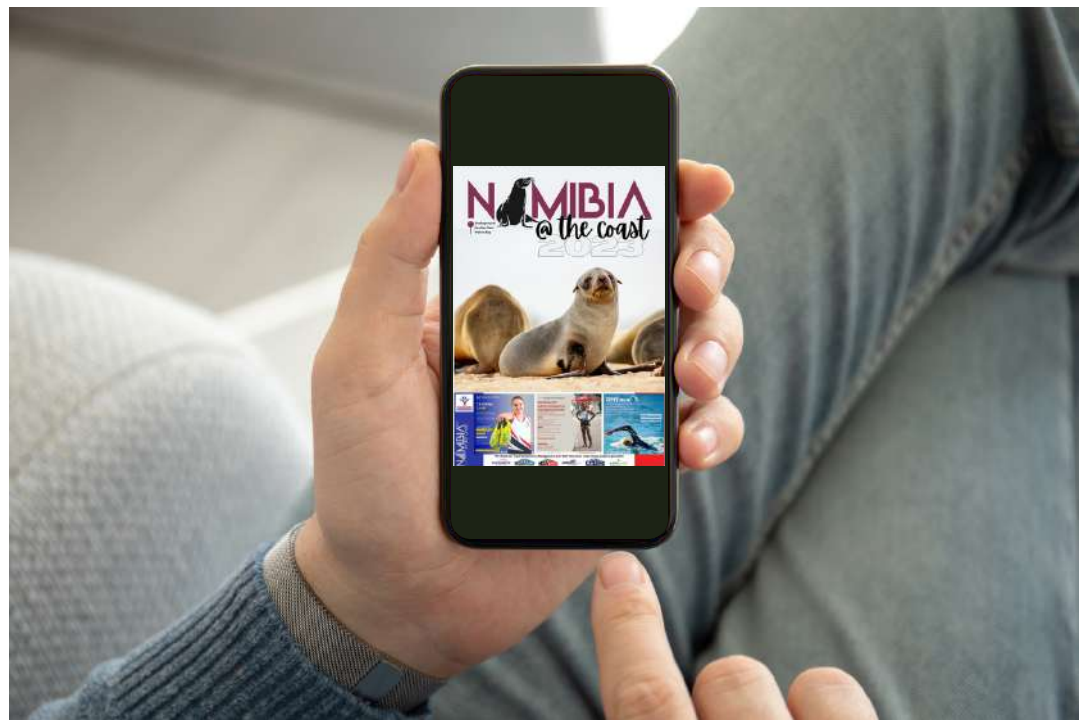
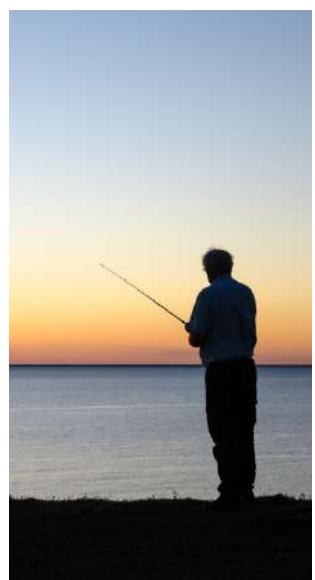
Sander Pitke



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In the heart of Twaloloka and Narraville, TASK Soup Kitchen is a beacon of hope for children in need. Since March 2020, we've been providing warm and nutritious meals to the resilient children of Namibia who are facing the harsh consequences of the ongoing pandemic. As we approach our 4-year milestone in March 2024, we're reaching out to you, our community, for continued support. Let's build a brighter future together. Join TASK Soup Kitchen in the fight against hunger!

 +264 81 386 6770
 twaloloka.task2020@gmail.com
 www.task-namibia.org
 [task.toya](https://www.instagram.com/task.toya)





INAMI SAFARI'S CC

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 *SANDWICH HARBOUR
 *MOON LANDSCAPE & WELWITZIA MIRABILIS
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SCIENTIFIC SOCIETY SWAKOPMUND

Swakopmund Museum

Where can you see Namibian animals in life-size, admire an ox-wagon, and stroll through a historical pharmacy, all under one roof? At the Swakopmund Museum! Take a break from your beach day to learn more about geology, find out how people lived during Namibia's colonial era, and see our People of Namibia exhibition. For an extra special treat join us for our annual open day on the 21st of December. The museum is open daily from 08:00 to 17:00. In addition to the Museum itself, we frequently host exciting lectures, screen movies, and open our doors to the community for workshops and competitions. To stay up to date on what's going on follow us on our social media @sci.swk on Instagram or at Scientific Society Swakopmund on Facebook, visit our website at www.sciswk.com, or message us at +264 64 402 695 to join our WhatsApp broadcast.

Please note that the Museum will be closed on the 24th and the 25th December as well as on the 31st December to the 1st of January.



Sam Cohen Library and Archives

Want to dig a little deeper into what it means to be Namibian? Where did we come from? Where are we going? The Sam Cohen Library offers an extensive catalogue of books on Namibia, archival material and other publications, as well as a truly unique collection of photographs, maps and historical newspapers. Dive into documents of Namibia's fascinating past, or learn more on the many unique plant and animal species that call this country home. Spend a relaxed afternoon browsing in our reading hall or engage our knowledgeable librarians and archivists to assist with specific research. The library is open Monday to Fridays from 08:00 - 13:00 and 14:00 - 17:00. For updates and news follow us on our social media @sci.swk on Instagram or at Scientific Society Swakopmund on Facebook, or visit our website at www.sciswk.com.

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**CHRISTMAS
1KG PARCEL
PROMOTION**

WHK - COAST N\$60
AND RETOUR Incl. Vat

SWK - WALVIS N\$50
AND RETOUR Incl. Vat

T'S & C'S APPLY

**FROM 20 NOVEMBER 2023
UNTIL 31 JANUARY 2024**

UP TO MAX 1KG



Contact us

WHK 061 437 9200 **SWK** 064 411 0000 **WVB** 064 209 337



- Boarding
- Adoption
- Awareness
- Lost & Found



Spaying and neutering save animal lives every day.

By preventing unplanned litters, these procedures help reduce the number of homeless and abandoned animals.

081 477 4395 / +264 64 404419

shelter@swakopmund.com
www.spcaswakopmund.com

Mon - Fri
2pm - 5pm

Sat/Sun/Pub
3pm - 5pm

The greatness of a nation and its moral progress can be judged by the way its animals are treated.

Mahatma Gandhi



Adopting from S.P.C.A. SWAKOPMUND offers a chance to give a loving home to a deserving pet, while our shelter boarding facilities will provide temporary care for your pets, ensuring their well-being and safety until you return.

Donating blankets, food, and cat litter is a heartwarming gesture that directly improves the lives of shelter animals.



Society for Prevention of Cruelty to Animals
SWAKOPMUND
S.P.C.A.

REGD. Welfare Organisation
 WO 438





SANDWICH DUNE TOURS AND SAFARI CC
ADVENTURE STARTS HERE

Activities
Boat Cruise | Kayaking | Sandwich Harbor half day
Sandwich Harbor full day | Marine Dune Combo
Kayak Sand Combo | Skeleton Coast full day tour
| Sandwich Beach Braai day |
Cape Cross and Dead Sea day tour | Moon Landscape



+264 81 553 3192

Info@sandwichdunetours.com.na
Terms and Conditions Apply

Events

All events are listed on our website at Windhoekconnection.com.na/coastal-events

Catch us on



every Friday
at 12h45

Our events are also aired
every day at 12h45 on

