



N-SACC

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MENTAL WELLNESS AND WORK BALANCE IN A CHALLENGING ECONOMIC ENVIRONMENT



Editorial



The July Zoom Webinar of the Nigeria - South Africa Chamber of Commerce (NSACC) breakfast forum was held on Thursday, 28th July 20221.

Dr. Joshua Awesome, Chief Empowerment Officer, Awesome Coach Teambuilding (ACT), Training System, South Africa, was our speaker. Panellists include: Ije Jidenma, President of the Institute of Directors and Chief Executive Officer, Leading Edge Consulting; Dr. Tunde Ayeye, Group Managing Director, International Facilities Services Limited. They delivered well received presentations on "Mental Wellness and Work Balance in a Challenging Economic Environment".

Dr. Joshua Awesome emphasized importance of taken proactive steps to priorities our mental health and maintaining a healthy work life balance. According to him, positive mental wellness makes it easy to manage stress, boosts resilience and allows each individual to achieve their highest potential. He called for the adoption of healthy coping methods to address stress as it could trigger physical and mental health issues when left unchecked.

Dr. Ije Jidenma stressed that Mental Wellness is about coping with life's adversity and being resilient when we face stress, worry, loneliness, anger and sadness. And all these things can happen in the workplace. She urged companies and individuals to adopt good practices and interventions such as engaging stress relieving activities at the office and volunteer activities.

Dr. Tunde Ayeye emphasized that it's not always possible to make changes at work especially if you are on a zero – hour contract. But for those who can make changes, it's important to regularly check your work – life balance. We often don't take time to reflect on work until there is a major life event. But just pausing and thinking about your priorities can help you discover whether the way you are living and working is right for you.

The Nigerian News segment in this edition highlights key developments in the Nigerian economic space that may be of interest to our members.

The South African News segment reports news items that may be of interest to our members.

We appreciate our members for their continued support and commitment.

We value your partnership and wish your organization successful operation this year and beyond.

We wish you well and stay safe in these uncertain times.



Iyke Ejimofor

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EVENTS

NIGERIA NATIONAL ANTHEM



Arise, O compatriots
Nigeria's call obey
To serve our fatherland
With love and strength and faith.
The labour of our heroes past
Shall never be in vain,
To serve with heart and might
One nation bound in freedom,
peace and unity.

Oh God of creation,
direct our noble cause
Guide our leader's right
Help our youth the truth to know
In love and honesty to grow
And living just and true
Great lofty heights attain
To build a nation where peace
And justice shall reign

SOUTH AFRICA NATIONAL ANTHEM



Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,
Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo.

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa, South Afrika -South Afrika.

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom,
In South Africa our land.

- To analyze the Governance structures by Corporate Colleagues at the Conference

The event is slated for 23 - 25 Nov 2022 [at Emperors Palace, The Palace Of Dreams, Kempton Park, South Africa](#)

DIGITAL RETAIL AFRICA 2023

Prepare for a new Era of Digital Retail

The internet and customer expectations are forcing retailers to reassess the service they provide, not just in terms of convenience and pace, but engagement and enjoyability. DRA 2023 will focus on how emerging technology trends will disrupt the sector.

We will also delve into how to survive by harnessing new tech to improve both Customer Experience and Operational Efficiency.

The event is slated for 26th January 2023 at Johannesburg, South Africa.

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Please note that ONLY Paid-up members will be entitled to all privileges. We therefore implore members to pay their outstanding subscriptions.

CHAMBER'S BREAKFAST MEETINGS

Companies interested in Sponsorship opportunities are to please contact the Secretariat. This is a great opportunity for advertising, as companies can brand the hall according to their preference. Companies are assured of good media coverage.

CHAMBER'S NEWSLETTER AND WEBSITE ADVERTS

Companies interested in advertising in our Newsletter and website are to please contact the Secretariat. This is a great opportunity for projecting your companies to Nigerians and South African Communities. Companies are assured of good

coverage.

UPCOMING SOUTH AFRICAN PROGRAMMES

DIGITAL MARKETING CONFERENCE - CAPE TOWN

Digital Marketing Conference is designed to help you build traffic, create brand awareness, improve customer service, and develop better use of digital tools internally to drive better communications, marketing, and more productive business outcomes.

Our speakers at Digital Marketing Conference will share information and best practices on the latest digital and internet technologies and applications available to better market your business. They will share insights on how online and digital marketing can help you build brand awareness, improve lead generation, increase sales and drive consumer engagement.

The event is slated for 16th to 17th November 2022 at

Cape Town, South Africa

AFRICA CORPORATE GOVERNANCE CONFERENCE 2022

"For corporate leaders and board members living on the cutting edge of Africa's digital solutions"

Africa Corporate Governance Conference. The event will be held on the 23rd until the 25th of November 2022 at the world-class Emperors Convention Centre in Johannesburg. The Corporate Governance Africa Conference aims to help corporate boards figure out the most pressing priorities and governance challenges in the wake of the COVID-19 crisis. The global pandemic has turned multiple facets of business operations, society and the economy on their head, and this uncertainty and disruption looks.

Highlights

- To learn the current direction and state of best practices in Corporate Governance



MENTAL WELLNESS AND WORK BALANCE IN A CHALLENGING ECONOMIC ENVIRONMENT

The Nigeria South Africa Chamber of Commerce July 2022 Breakfast Webinar took place on Thursday, 28th July 2022. Joshua Awesome, Chief Empowerment Officer, Awesome Coach Teambuilding (ACT), Training System, South Africa was our Speaker; The panelist are: Dr Ije Jidenma, President of the Institute of Directors and Chief Executive Officer, Leading Edge Consulting; Dr. Tunde Ayeye, Group Managing Director, International Facilities Services Limited.

Dr. Joshua Awesome while speaking on the topic: Mental Wellness and Work Balance in a Challenging Economic Environment at the Nigeria-South Africa Chamber of Commerce (NSACC) urged members to take proactive steps to prioritising their mental health to maintain a healthy work-life balance. He said that poor work balance could

have profound effects on the physical and mental well-being of individuals and also cause low workplace productivity.

According to him, positive mental wellness makes it easy to manage stress, boosts resilience and allows each individual to achieve their highest potential.

In 2017, the World Happiness Report which ranks 155 countries by their happiness ranked Nigeria as the sixth happiest in Africa and the 95th in the world.

The 2022 World Happiness Report ranked Nigeria as 114 among 146 nations surveyed and no African country was in the top 50.

"The story has changed and Nigerians are no longer smiling. Signs of stress

and prolonged suffering are showing daily on the faces of many Nigerians," he said.

According to the World Health Organisation, one in four Nigerians, which equals about 50 million people have symptoms of mental illness.

"There are millions of people suffering from bipolar disorder, schizophrenia, depression and suicidal tendencies and we don't know because people hardly talk about them or we pretend that it's not there," he said.

He, therefore, said that the need for increased mental health awareness had become more glaring, considering the current challenging economy.

He added that mental health awareness was not only about understanding the concept but also

about taking proactive steps to check in on one's mental health and those of the workforce.

Dr Joshua Awesome, a mental health professional and coach called for the adoption of healthy coping methods to address stress as it could trigger physical and mental health issues when left unchecked.

According to him, the common sources of stress include life changes, peer pressure, coping with uncertainties, financial pressures, social isolation, unemployment, alcohol and drug misuse.

Awesome listed others as divorce and relationship breakdowns, changes at work, bereavement, poor diet, and poor sleeping habits among others.

He said that engaging in regular mental and physical exercises, eating balanced meals, learning new skills and sharing how one feels were good ways to manage stress.

"The secret to your mental health is in your feeling.

"If we don't check our mental health, it will build up internally, lead to stress and if left unchecked can cross to mental illness.

"In checking your mental health daily, take time to consider the following questions: How do I feel today? How do I feel mentally? How do I feel physically? How has that changed over the day?

"While adopting healthy coping methods, try to avoid overworking, chasing perfection and bottling up your feelings," he said.

On her part, President Institute of Directors, Dr Ije Jidenma, said that

mental wellness promotes happiness, resilience and self-confidence and increases productivity in the workplace.

According to her, factors that impede mental wellness in the workplace include lack of effective communication, unrealistic deadlines, conflicts, and lack of support and empathy.

"There are also factors beyond our control that impedes mental wellness which includes economic downturn, insecurity, political instability and propagation of negative news in the media.

"Mental wellness is about coping with life's adversity and being resilient when we face stress, worry, loneliness, anger and sadness. And all these things can happen even in the workplace," she said.

She urged companies and individuals to adopt good practices and interventions such as engaging stress relieving activities at the office and volunteer activities.

A healthy work-life balance will mean different things to us all. It's not so much about splitting your time 50/50 between work and leisure but making sure you feel fulfilled and content in both areas of your life. A healthy balance could be:

- meeting your deadlines at work while still having time for friends and hobbies
- having enough time to sleep properly and eat well
- Not worrying about work when you're at home.

This can be challenging if, for example, we also have caring responsibilities, a demanding boss or health difficulties.

It can be easy to normalise working long hours or being under extreme stress, especially if we've been doing it

for a long time or all our colleagues are in the same boat. Our assumptions and habits around work can become deep-rooted unless we take a step back once in a while.

Dr. Tunde Ayeye, Group Managing Director, International Facilities Services Limited added that It's not always possible to make changes at work: if you're on a zero-hours contract, you might not feel comfortable speaking up, for instance, or you might need to work long hours to earn enough money to pay your bills. But for those who can make changes, [recent research suggests regularly checking your work-life balance by following five steps.](#)

Pause. Ask yourself: what's currently causing me stress or unhappiness? How is that affecting my work and personal life? What am I prioritising? What am I losing out on? We often don't take the time to reflect on work until there's a major life event, such as the birth of a child or the loss of someone close to us. But just pausing and thinking about your priorities can help you discover whether the way you're living and working is right for you

Pay attention to your feelings. Now you're more aware of your current situation, how does it make you feel? Are you fulfilled and happy or angry and resentful? Being aware of your feelings can help you decide which changes you want to make

Reprioritise. Think about what needs to change. For example, you might want to ask yourself if working long hours is worth losing out on family time or whether working weekends is worth losing out on your social life Consider your alternatives. Is there anything at work you can change to meet your new priorities.

Make changes. Maybe that's asking for flexible hours, making sure you use all your annual leave or not checking your emails at the weekend, for example.

NIGERIAN FINTECH RAISES \$13 MILLION SEED FUND FOR REGIONAL EXPANSION

Nigerian fintech startup, NowNow Digital Systems, has raised \$13 million in seed funding to improve financial inclusion in Nigeria and across Africa. It will provide financial services to the unbanked and under-served in the continent.

The funding move, led by NeoVision Ventures Ltd, DLF Family Office and Shadi Abdulhadi, heralds NowNow's plans to scale and expand its service offerings across the continent.

According to the company, the newly secured funds will drive financial empowerment as well as help introduce new products, which will further enhance its already existing consumer banking, agency banking, and merchant payment solutions.

Equipped with a rapidly growing product suite and highly agile technology platform, the firm seeks to build the world's best technology that digitises cash payments for Africans.

The company's Chief Executive Officer and Co-founder, Sahir Berry, said the firm has moved to the next stage of its commitment to driving financial access and empowerment for Africans.

"With the secured funding, we look to not only provide services that include everyone financially but also upscale our agile ecosystem which ensures that our multidimensional offering remains a market leader.

He said the credit facility would also support its strategy to advance financial inclusion and independence through financial education.

"The interest and backing of our investors will enable us to grow our world-class team as we would be unveiling innovative products and services."

A financial literacy report from the Central Bank of Nigeria (CBN) showed that most Nigerians want training and information on financial concepts such as long-term financial planning, budgeting, financial products and services, risk management, the financial security of their dependents, and insurance.

While the CBN's report reveals that there is genuine interest in financial literacy, it also indicated a significant knowledge gap.

To this effect, the firm said the proceeds from the seeding facility will be deployed in improving Africa's financial inclusivity and help to bridge the gap between the banked and unbanked in Nigeria.

Managing Partner of Capital V Ltd, Gary Peters said: "One of the key elements that propelled us to invest in NowNow through one of our funds is based on the founders' tenacity to grow the company to a viable level, as well as overcoming many challenges and market cycles since its inception in 2018. Its core business and vision of digitizing the African region through facilitating daily payment services is also another important element.

"Whenever we meet a company founder like Sahir Berry, whose leadership's vision aligns with Capital V's fund of funds strategy to back disruptive and high-potential start-ups, especially in emerging markets like Africa, the decision process becomes easier," he said.

NIGERIA, OTHER AFRICAN COUNTRIES NEAR PBPS ERA AS BANDWIDTH CAPACITY RISE TO 44%

International Internet bandwidth capacity in Nigeria and other parts of Africa has witnessed a compound yearly growth rate of 44 per cent in the last four years.

The growth rate, which was between 2018 and 2022, has been described as rapid, with Asia sitting next to Africa, rising at a 35 per cent compound yearly rate of 35 per cent within the same period.

Global telecommunications market research and consulting firm TeleGeography, which disclosed this in its latest Global Internet Geography research, which tracks the continued return to 'normal' from the pandemic-generated bump of 2020, noted that on a global scale – COVID bump aside – the pace of growth has been slowing.

According to the research, the global Internet bandwidth rose by 28 per cent

in 2022, now standing at 997 Tbps with a four-year CAGR of 29 per cent.

TeleGeography forecasts that the Petabyte per seconds (Pbps) era will soon be underway. It stressed that despite this slower growth rate, global Internet bandwidth has still almost tripled since 2018.

It revealed that the growth in international Internet bandwidth and Internet traffic remain similar, stressing that average and peak international Internet traffic increased at a compound yearly rate of 30 per cent between 2018 and 2022, just slightly above the 29 per cent CAGR in bandwidth over the same period.

TeleGeography noted that following the COVID-19 traffic surge in 2020, a global return to more typical usage patterns meant a decline in average and peak utilisation rates. It said average traffic growth dropped from 47 per cent between 2019-2020 to 29 per cent between 2021-2022, while peak traffic growth dropped from 46 per cent to 28 per cent over the same time period.

TeleGeography Senior Research Manager Paul Brodsky, said, "after a tumultuous 2020 – with pandemic-induced volume surges and shifts in Internet traffic patterns - network operators are back to adding bandwidth and engineering their traffic in a more measured manner. Based on hard survey data gathered from dozens of regional and global network operators around the world, it's clear that the COVID-related expansion of Internet traffic and bandwidth was a one-off phenomenon."

TeleGeography added that many global networks have started to return to more typical rates of utilisation post-pandemic.

Global average and peak utilisation rates were essentially unchanged from last year, standing at 26 per cent and 45 per cent per cent respectively, in both 2021 and 2022.

In terms of pricing, the research noted that providers' shift to predominantly 100 Gbps Internet backbones continues to reduce the average cost of carrying traffic. Across seven major global hub cities, 10 GigE prices fell 16 per cent compounded yearly from Q2 2019 to Q2

2022, while 100 GigE port prices fell 25 per cent.

It noted that the combined effects of new Internet-enabled devices, growing broadband penetration in developing markets, higher broadband access rates, and bandwidth-intensive applications will continue to fuel strong Internet traffic growth.

TeleGeography observed that, while end-user traffic requirements will continue to rise, not all of this demand would translate directly into the need for new long-haul capacity.

The report noted that a variety of factors would shape how the global Internet will develop in coming years. These, according to it, include Post-COVID-19 growth trajectory. It noted that initial evidence suggests that the spike in the rate of bandwidth and traffic growth in 2020 from the pandemic was a one-time event and that the world has largely returned to more traditional rates of growth, stressing that operators indicated they no longer see the pandemic leading to upward adjustments to their demand forecasts.

The report also highlighted the issue of by passing the public Internet. On this, it said the largest content providers have long operated massive networks, stressing that these companies continue to experience more rapid growth than Internet backbones and they are expanding into new locations.

According to it, many other companies, such as cloud service providers, CDNs, and even some data center operators, are also building their own private backbones that bypass the public Internet. "As a result, a rising share of international traffic may be carried by these networks," it stated.

FG RECEIVES A DRAFT COPY OF NIGERIA'S TRADE POLICY

Minister of Industry, Trade and Investment, Adeniyi Adebayo, described the ongoing review of Nigeria's Trade Policy by his ministry as one of the legacies of the President Muhammadu Buhari administration.

Speaking, while receiving a draft copy of the revised Trade Policy in Abuja, the Minister noted that since the extant

trade policy was promulgated in 2002, "both Nigeria and the world have witnessed major developments such as the explosion of E-commerce and digital payments, the agreement establishing the African Continental Free Trade Area (AfCFTA) agreement and the withdrawal of the United Kingdom from the European Union (Brexit)."

He added that the African Growth and Opportunity Act (AGOA) was just in its second year, saying the development necessitated a review of the policy.

"Earlier this year, the Nigerian Bureau of Statistics (NBS) reported that Nigeria recorded an N3.2 trillion trade surplus between January and June 2022. This is an indicator of a positive trade balance where exports outweigh imports.

The World Bank reports that trade contributes about 34 per cent of Nigeria's GDP.

"While these figures are very encouraging, there is a lot we can do especially with the commencement of trading under the AfCFTA. To take advantage of this potential \$3.4 trillion market, the first step is to instill confidence in traders through the approval and implementation of an up-to-date trade policy," he said.

The Minister who claimed to have gone through the draft as presented by the Trade Policy of Nigeria Review committee (TPNRC), expressed satisfaction with the document.

He, however, urged the committee to specify measures to be taken to avoid and curtail trade injuries, adding that international players who are interested in trading with Nigeria will need the reassurance of fairness, hence non-discriminatory aspects of the policy should be addressed.

"I believe security is an important complementing policy for trade. We cannot have optimal trade without security. Finally, there is a need to highlight trade facilitation, especially concerning customs, airports, sea ports, and transit", he noted.

He called on the committee to incorporate his suggestions as part of the stakeholder engagements leading to the finalization of this Policy.

FG EYES \$100BN FOR SDGS, PLEDGES BUSINESS REFORMS

The Federal Government is planning to spend \$100bn to actualise the United Nations' Sustainable Development Goals.

The government is also pledging a commitment to reforming the Nigerian business environment to make it more competitive and convivial for investors.

The 17 SDGs were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 everybody enjoys peace and prosperity.

Speaking at the 52nd National Conference of the Institute of Chartered Accountants of Nigeria in Abuja, Minister of Finance, Zainab Ahmed, said the National Development Plan (2021-2025) and associated strategies had been put in place to reflect emerging threats and opportunities while developing a clear path to reaching the country's goals and priorities.

Ahmed, who was represented by the Special Adviser to President on Finance and Economy, Dr Sarah Alade, noted that Africa's most populous nation was not only confronted by the necessity of inclusive growth but was also bound to measure growth, not only in absolute terms, but also in terms of environment price, social consequence and potential implication for posterity and long-term stability.

"The estimated cost of Nigeria's Sustainable Development Goals (financing requirement is \$100bn," she said.

"The Federal Government is firmly committed to the 2030 Agenda for Sustainable Development and the SDGs. This commitment culminated in the recent launch of of the Integrated National Financing Framework," she further said, noting that the goal of the INFF was to enhance revenue collection at the national and sub-national levels.

Zainab said the country was counting on accountants' professional support to achieve economic and financial sustainability.

THE DTIC TO HOLD SEMINAR TO EXPOSE WATERBERG YOUTH TO AGRO-PROCESSING OPPORTUNITIES

The Department of Trade, Industry and Competition (the dtic), in partnership with the Waterberg TVET College, will host a seminar to expose students to opportunities available in the agro-processing industry. The seminar will take place at the IT and Computer Science Centre of the Mokopane campus of the college in Limpopo.

Topics that will be covered in the seminar include opportunities that young people can explore in the value chain of the agro-processing industry. This value chain consists of various sub-sectors such as poultry, dairy products, fruit and vegetables processing, grain mill products, sugar mills and refineries, bakery products, wine, fruit juices, animal feeds and meat processing. Information on the financial and non-financial assistance offered by the dtic, its agencies and other stakeholders for entrepreneurs will also be shared with the students.

The Waterberg seminar is part of an agro-processing student exposure programme that the department is rolling out throughout the country in order to reach out to young people at institutions of higher learning. Five tertiary institutions have been identified for 2022, namely; the University of Limpopo, University of Mpumalanga, Waterberg FET College, Owen Sithole College of Agriculture which is based in KwaZulu-Natal, and the North West-based Potchefstroom Agricultural College. The dtic hosted students from the University of Limpopo for the first seminar of the 2022 which took place in Pretoria in June.

The main purpose of this programme is for the information sharing about the agro-processing sector value chains from different stakeholders of the sector, to promote entrepreneurship and innovation in the sector and equipping students to make informed decisions about their careers. Moreover, the seminar is aimed at encouraging entrepreneurship among the country's young people by exposing them to opportunities that are available in the agro-processing sector for them to explore.

SA BUSINESSPEOPLE RELISH PROSPECTS OF EXPORTING PRODUCTS TO EUROPE

The South African businesspeople representing 26 companies that will be participating in the Sial Paris International Food Products Exhibition in France this week are relishing the prospects of exporting their products to Europe.

The South African businesspeople will be amongst the more than 7 000 exhibitors from all over the world who will go all out to attract the attention of buyers, distributors, agents and exporters who descend on the biennial trade show in search of mouth-watering and distinct products.

The participation of the SA companies has been made possible by the support provided by the Department of Trade, Industry and Competition (the dtic) through its Export Marketing and Investment Assistance (Emia) scheme, whose objective is to develop export markets for South African products and services and to recruit new foreign direct investments into the country.

The department has set up a South African National Pavilion in which the SA companies will be showcasing their products and services. This is part of the dtic's efforts to promote exports of South African value-added goods, and services through strategic export promotion mechanisms to increase the market share in targeted high-growth markets and sustain market share in traditional markets.

Assistance provided to the companies to seek export markets for their products across the globe is in line with Integrated National Export Strategy, which South Africa's blueprint towards ensuring export promoting industrialisation to spur economic growth in the country. The strategy aims to increase South Africa's capacity for exporting diversified and value-added goods and services to various global markets. The participation of SA companies in Sial Paris is expected to contribute in the growth of the SA's exports to France which have increased from about R8.7 billion in 2020 to R11.6 billion in 2021.

The Chief Executive Officer of Miente Manufacturing, Ms Wendy Mpendulo is excited that Sial Paris will provide her with an opportunity to increase the export market of her Pretoria-based company, which is producing healthy on-the-go tasty filling snacks.

"We are currently exporting our products to eSwatini. We are travelling to France with the hope of finding a distributor, agent or big companies such as retail or hotel chains that can be interested in importing our products to France and other countries in Europe and beyond. We are optimistic that we will succeed as we are already doing some social media marketing as part of creating awareness about our company and products targeting the buyers that will be attending the exhibition," says Mpendulo.

Sial Paris will also provide the CEO of Energy Supplements, Ms Serita Gericke, with the first opportunity to showcase her products, which include collagen water, on an international platform.

"We are convinced that our collagen water, which is becoming popular due to its scientifically-proven health benefits, will attract the attention of distributors and importers during the exhibition in France. We are targeting Europe as our potential market, particularly France and the United Kingdom. We have already received some enquiries that we are hoping to follow up on during the exhibition," says Gericke.

Sial Paris will be the first international exhibition experience for Ms Thabisile Danisa who is the Managing Director of Incasa Foods, a Durban-based condiments and sauces producing company.

"The trip to France could not have come at a more opportune time as we are implementing our strategy of growing our business. We are hoping we will be able to secure clients during or after the exhibition so that we can start exporting our products to Europe," says Danisa.

The Managing Director of House of Natural Butter, Ms Debra Ncube, whose company is based in Cape Town, says she is looking forward to a successful trip to France where she has already set up meetings with three distributors to market her products, which comprise peanut, macadamia and almond butter.

"Our main objective for travelling to France is to strike deals during or after the exhibition that will enable us to penetrate the European market. We are confident that our high-value agro-processing products will attract the attention of the distributors, particularly the macadamia butter," adds Ncube.



ACCESS BANK'S 'W' INITIATIVE SET TO IMPACT 5,000 WOMEN

Access Bank 'W' Initiative is set to empower over 5000 women in its third edition of its annual women's Health Month program in October 2022 with an array of healthcare offerings and financing. The month-long campaign seeks to significantly decrease the mortality rate from preventable diseases, educate women on health-related concerns and elevate the overall quality of healthcare available to women in Nigeria. In a statement, Group Head, 'W' Initiative at Access Bank PLC, Ms. Abiodun Olubitan said: "In the few years we have spearheaded this initiative, the impact we have recorded has been nothing short of awe-inspiring," commented,

"Staying true to our mantra to provide 'More Than Banking', our focus will be on providing thousands of women with accessible healthcare across eight pre-selected states of the Federation.

One of the objectives of the 'W' Initiative is to change the health narrative for many Nigerian women, especially those in underserved communities, and this is what we will be striving to achieve with the forthcoming Health Month. We have seen positive results across previous editions and we will deepen the impact this year by offering free cancer checks and educational programs, open fertility clinics, amongst others," Olubitan added.

CWG URGES FG TO IMPLEMENT SOUND POLICIES THAT WILL BOOST GROWTH IN TECHNOLOGY COMPANIES, NIGERIA ECONOMY

The Founder and Executive Vice Chairman of CWG Plc, Mr. Austin Okere, has stressed the need for the federal government to develop sound policies that will support the growth of businesses at all levels, when fully implemented, insisting that policy formulation and implementation could make or mar technology businesses that drive economic growth of a country.

Worried about the shrinking global economy and the rising inflation that are already affecting the Nigerian economy, Okere called on the federal government to create a balanced system for tax and

subsidy policies in order to enhance equitable distribution among all taxable individuals and organisations.

Okere who spoke in Lagos at the TeXcellence Conference, organised by CWG to celebrate its 30th anniversary, said: "The Nigerian economy is shrinking because of the imbalance in the system. Currently, Nigeria is spending far more that it earns and her debt profile is rising. The continuous subsidy financing by the federal government is an imbalance and a major setback for the Nigerian economy.

"In Nigeria, an average citizen pays more tax than the rich citizens because of the imbalance in the system. The tax system is supposed to be used to tax the rich in order to fund social programmes for the poor but in Nigeria the reverse is the case where the poor are taxed in order to sustain government relation with the rich.

If subsidy is removed from petroleum products and from foreign exchange, there will be balance in the economy."

He however explained that sound policy implementation could promote businesses and drive development across the country.

Chairman, Board of Directors, CWG, Mr. Philip Obioha, said in the last 30 years of operation, CWG leveraged technology to offer best of services to companies and banks operating in Nigeria.

Addressing the challenges faced in 30 years of operation, Obioha said lack of sufficient technical skills and scarcity of Forex, which affected businesses in Nigeria, were some of the major challenges.

He explained that technology companies like CWG were suddenly on high demand and organisations were looking for technology companies to offer technology solutions for business growth, and that, according to him, boosted CWG and other technology companies that were available and prepared to offer technology services to organisations.

"The banks were also looking for technology partners to grow their financial business, and all these were happening because of sound policies that opened business opportunities for technology companies," Okere further said.

The Group Managing Director and Chief Executive Officer of CWG, Mr. Adewale Adeyipo, who spoke about the next phase of CWG after 30 years of operation, said: "Based on past success, CWG is introducing FifthLab, a Fintech company that will drive the next phase of development by providing solutions to the challenges of e-commerce and future businesses."

Highlight of the TeXcellence Conference, were the different panel sessions that discussed opportunities in digital transformation.

SAA STAFF HIGHLY RATED IN GLOBAL AIRLINE SURVEY

South African Airways (SAA) is proud of the results of a global survey in which SAA employees took top position and was placed best in South Africa for the Best Airline Staff. The team took runner up position and was placed second on the African continent. This is especially significant considering employees have been through a painful and challenging restructuring process.

The respected Skytrax World Airline Awards has recognised SAA's employees for their friendliness and efficiency, this award highlights the consistent excellent service delivered by airport and on-board customer service teams.

SAA's Interim Chair and CEO Professor John Lamola says. "Throughout its long and proud history SAA has always placed customers at the centre of everything that we do, and that philosophy is held dear by all our staff. They are hardworking, dedicated and focused every single day making sure that passengers are safe, happy, and comfortable. All of us at SAA are incredibly proud of this achievement."

The ranking comes as SAA celebrates its one-year return to operations after exiting business rescue with plans in place to resize its current fleet and examine more local and regional route options.



THE NIGERIA-SOUTH AFRICA CHAMBER OF COMMERCE

BENEFITS OF MEMBERSHIP

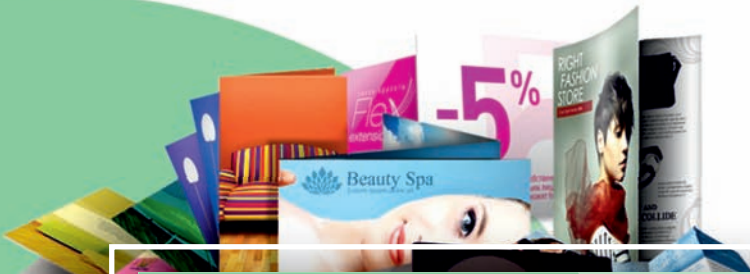
- Opportunity to Network in our vibrant Business Fora
- Over 240 Strong Chamber Members - (inc Blue-Chip Nigeria and South African Companies)
- Relationship with the Consulate on matters relating to Investment, Trade Mission and Visa.
- Promoting bilateral trade and interest between Nigeria and South Africa
- Access to information from South Africa-Nigeria Chamber of Commerce
- Assistance with Company set-up in Nigeria and in South Africa
- Access to South African Trade Delegations to foster business related opportunities.
- Access to Business Conferences in South Africa.
- Access to Trade Missions to South Africa.
- Advocacy: Members are represented and their voice heard through the Chamber Committees that address business related issues at various inter-governmental levels.

Please contact the Chamber Secretariat for further enquiries

Mr. Iyke Ejimofor
Executive Secretary

01-4538571; 01-4538572; 08033205614

Email: iykeejimofor@nsacc.org.ng



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SCROLL

Dear Esteemed Members,

The Nigeria-South Africa Chamber of Commerce's new website was launched at the September breakfast webinar on Thursday 23rd September, 2021.

We encourage you to explore the new Chamber's website:

- Information about the Chamber
- Insights
- Services
- Information on investment opportunities in Nigeria and South Africa.
- Information on Tourist Attractions in Nigeria and South Africa.
- Information on Promotion of Bilateral Trade Investment between Nigeria and South Africa
- Membership's application and registration, etc.

Advertise on the NSACC website and enjoy great benefits:

- Increasing brand & products awareness.
- Standing out from the competition.
- Attracting current & potential customers.
- Educating your business customers.
- Increasing Sales Volume & ROI (Return on Investment).
- Improving your brand positioning "image"

Visit the chamber website through this link: www.nsacc.org.ng
Thank you for partnering with us.

Iyke Ejimofor
Executive Secretary

AdverTise

HERE!



TRAVEL CHECKLIST FOR SOUTH AFRICA

1. A valid Passport (validity of at least 30days after the intended stay).
2. **Valid Visa:** -Diplomatic Passport are exempted.
-Ordinary Passport requires visa.
3. **Vaccination Certificate** (Yellow Fever Card) duly and fully completed by a health practitioner.

A fully completed valid card should bear the following information: Full names of the applicant, Passport number, Date of birth, Gender/Sex, Signature of the applicant, Date on which vaccine was taken, Health practitioner's signature and the name of the centre where the vaccine was taken/administered, Manufacturer and Batch number of the vaccine, and official stamp of the vaccinating centre.

Children who are 10years and below require their Clinic/Health Immunization Cards, with evidence of yellow fever vaccine taken at 9/12months.

Valid Yellow Fever Card could be applied in good time at Murtala Mohammed International Airport:

PORT HEALTH AUTHORITY OFFICE.

ALSO NOTE: The validity of your card is 10years.

4. Minor(s)/Child(ren) accompanied by both Parents should have unabridged Birth Certificate.
5. Minor(s)/Child(ren) accompanied by one Parent should have:
 - i) Unabridged Birth Certificate(s) for Minor(s)/Child(ren).
 - ii) Letter of consent from the other Parent and passport data page.
 - iii) Marriage certificate.
6. Minor(s)/child(ren) accompanied by Guardian should have:
 - i) Unabridged Birth Certificate(s) for Minor(s)/Child(ren).
 - ii) Parental Consent Affidavit (PCA).
 - iii) Copies of the identity documents or passports of the Parents.
 - iv) Contact details of the person in whose care the Minor(s)/Child(ren) will be in South Africa.

ENSURE YOUR DOCUMENTS ARE COMPLETE PRIOR TO TRAVELLING!

NOTE: COVID -19 COMPLIANCE IS REQUIRED.



VISA

REQUIREMENTS FOR SOUTH AFRICA

VISITOR'S VISA

1. Application Form fully completed in black ink only
2. Two identical passport size (45mmx45mm) photographs on white background showing the complete face.
3. A valid passport (validity of at least 30 days after the intended stay)
4. Certified copy of passport data page as well as copies of existing visa and previously issued visas, if any.
5. Self introduction letter with physical address and phone number.
6. Introduction/Recommendation letter from an Employer, where applicable, signed with contact details, (full names of the Employer's, approved signatories, physical address and phone numbers).
7. Verifiable hotel reservation/bookings which must be done directly with the hotels and not through third parties, (e.g. booking .com; hotel .com, HRS, etc).
8. Certified copy of international vaccination card (yellow fever card) duly and fully completed by a health practitioner.
9. Proof of sufficient financial status (three months recent bank statement) or financial support letter from employer with three months bank statement) in a case where the Employer is sponsoring the trip. In the event the applicant is travelling on a private capacity, the bank statement submitted should reflect the salary deposited into the applicant's bank statement. Sponsored trips should always have a letter with full details of the sponsor and contact details; as well as a copy of identity card/passport data page. Certain Corporate Entities are exempted from this requirement.
10. Applicant travelling on an official business should, in addition to the above requirements, attach a letter of invitation/confirmation of training/conference, etc. from a South African Company with full details of the Company's Authorized representative; physical address and phone numbers (landline number compulsory). All verifiable bookings (accommodation as well as flight) are required and should be submitted together with the application.
11. Unabridged Birth Certificate for Minors/Children travelling with parents. Where applicable, a consent letter/s with copy/ies of parent/s identification card/passport data page should be attached to the application.
12. Marriage Certificate where applicable and if the intended stay will be for more than 90 days.
13. Verifiable Flight Booking.
14. Visitors to South Africa must have at least two blank pages on their passport.
15. Applications for all types of Visas should be submitted to VFS for Processing.

NOTE: COVID -19 COMPLIANCE IS REQUIRED.

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