

NEWSLETTER

SEPTEMBER



30th Triennial Congress

ICM Prague 2014

Midwives: Improving Women's Health Globally



Start Preparing for Prague 2014 The ICM 30th Triennial Congress

Make sure you have 1–5 June 2014 in your diary for the next ICM Congress in Prague!

There is already massive interest and great anticipation about the Prague Congress following our hugely successful 2011 event in Durban, South Africa, where, more than 3,000 midwives attended from a record 115 countries.

So look out in November for registration details about the 2014 ICM Congress. At that time we will also provide full registration details on the Congress web site www.midwives2014.org, with a link from ICM's website www.internationalmidwives.org and social media sites. A great value Bonus Discount rate will be available for early bookers. Full details will appear on the Congress website in November, when Registration Brochures will also be sent to ICM Member Associations.

The Congress theme '**Midwives: Improving Women's Health Globally**', is highly pertinent to the 2015 Millennium Development Goals, so we can be assured of a 'cutting edge' quality to the scientific programme. Thousands of Midwives from Member Associations in 100 countries will attend this unique forum to share excellence in practice and knowledge, learn about the challenges facing midwifery across the continents, and enjoy mutual support amongst colleagues.





Picturesque Prague

The capital of the Czech Republic, Prague is one of the world's most historic and beautiful cities. It has an amazing history that goes back centuries, and boasts a wealth of impressive monuments such as Prague Castle and the Charles Bridge – a pedestrian bridge crowded with musicians, painters, vendors and tourists in the summertime. The Old Town Square with the old Town Hall and Astronomical Clock has been the heart of Prague since the 10th Century and was its main marketplace until early in the 20th century. The square is full of shops, restaurants and cafes, where you can drink coffee, find local treasures, or simply enjoy watching the city pass you by. Nearby Wenceslas Square is the lively centre of Prague's commercial, social and cultural life, with shops, cafes, hotels and nightclubs lining its main avenue.



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Money matters and the cost of living in Prague

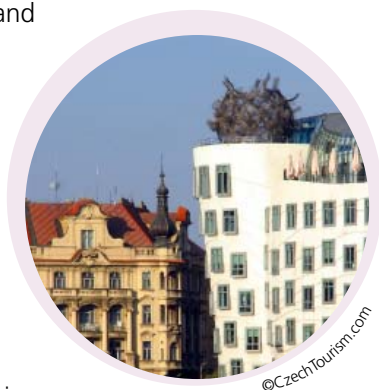
The local currency is Czech Crowns, or **ceska koruna**, and has a standard currency abbreviation of **Kc**. At the time of writing there are 25 Kc to the Euro. Crowns are used throughout the Czech Republic as it is not part of the Eurozone. ATMs are available at metro and main stations and in the city centre. Major credit cards are accepted by shops and restaurants.

Eating out can be very reasonable in restaurants just off the central tourists areas. In future e-newsletters we will provide names of good value restaurants, plus details of Czech beers and first rate wines from South Moravia.

On the Congress website ICM will provide a list of hotels and hostels, ranging from between EUR 50–150 per room per night. Most hotels offer a room rate rather than a 'per person' rate but sometimes there is a small supplement over and above the published room rate when sharing. The ICM accommodation list is to help midwives with different spending levels to locate a hotel or hostel that has been checked for cleanliness, accessibility and value. There is an abundance of hotels in Prague to choose from. You can visit the web site www.pragueexperience.com for further information about Prague and hotels. Please check if the 21 % tax is to be added to hotel prices and any administrations costs, and quite often breakfast is not included.

Behind the Scenes: Call for Abstracts

A highly competent and respected team of midwives led by Margaret McGuire (United Kingdom) and Karen Guilliland (New Zealand) has been meeting over the past year to plan the Scientific Programme for Prague. This includes establishing the criteria for Abstracts (summary papers) and setting up a peer review system. The Scientific Professional Programme Committee (SPPC) has decided on a series of daily themes and these will be published mid-November on the website along with information on submitting Abstracts, the timetable and deadlines. So it's time to wear your midwifery 'thinking cap', focus on the overall Congress theme and the daily themes, and decide if you would like to share your expertise and knowledge with the world's midwives. Around 1300 abstracts have been produced for recent Congresses, with an acceptance rate of nearly 50 percent.



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The Voice of the Midwife

Ever had difficulty having your voice heard? We aim to change that on Saturday, 31 May 2014 when thousands of midwives will sing together in central Prague! So, if you want to be part of the *world's biggest midwife choir ever*, make sure you are in Prague at 2 pm on Saturday 31st – the day before the start of Congress. We've lodged a request with the Mayor of Prague to use a central park area for the choir, and ICM agents are investigating musical accompaniment. Suitable songs are being identified, and midwives from past and future Congresses are being invited to join in and perform.

ICM plans to stream the event live on the ICM website so that midwives in their communities can also participate. Then we can ensure the *Voice of the Midwife* is heard throughout the world from Prague. Those who attended ICM 2011 will remember the pre-Congress 'Road to Durban' walk with 2000 midwives walking into Durban. The walkers signalled the start of the ICM's World Congress and encouraged massive public support for midwifery care globally, to improve the health of women and their newborns.



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Mluvme trošku Česky! Let's speak some Czech!

It's amazing how a few words of a local language can help get the best out of a visit to a foreign country. In each e-newsletter, Malcolm MacMillan, ICM Congress Manager, will share some of the first Czech phrases or words he has learned during visits to Prague. Pronunciations are given here to help you get the words right!

Dobry den – good morning or good day;
can be used from around 8.00am until late afternoon
(Do-bree Dehn)

Dobry večer – good evening (Do-bree veh-chehr)

Těší mě – nice to meet you (Tye-shie Mye)

Ahoj – informal greeting for hello or goodbye (a-hoy)

Děkuji – thank you (Dyekooyee)

Jak se máte? – how are you (Yak seh mah-te)

Velmi dobře, děkuji – very well thank you (velmi-doh-bree, dyekooyee)

Na shledanou – goodbye (Nah skledah-noh)



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