



## **Timor-Leste Australia Economic and Business Conference 2025**

### **Safety, Travel and Medical Frequently Asked Questions**

Version 1.0

#### **SAFETY**

##### **Where can I find more information about travelling to Timor-Leste?**

We encourage all conference participants to familiarise themselves with Dili and Timor-Leste prior to arrival. Useful information can be found at:

- The Australian Government's Smart Traveler website: [Timor-Leste Travel Advice C Safety | Smartraveller](#)
- The Timor-Leste Government's website: <https://www.timorleste.tl/plan-your-trip/timor-travel-tips/>

##### **Exercise caution while in Dili, Timor-Leste. This includes:**

- Avoid travelling alone at night,
- Always being mindful of your belongings,
- All traffic operates on the left side of the road. Be careful with crossing the road. Sparse or non-existent lighting and poor road conditions make driving and walking at night hazardous.

#### **MEDICAL**

##### **Will first aid assistance be available at the conference?**

First aid assistance will be available at each of the events. Please look out for Red Cross. For additional medical emergencies and assistance, fees may apply.

##### **What are local emergency contact details?**

Ambulance: 331 1044

Fire: 115

Police: 112 or 331 2383

##### **A list of private pharmacies and clinics below:**

- a. [Stamford Clinic](#), contact info: +670 331 0141 and +670 7772 1111, email: [info@stamfordmedical.com](mailto:info@stamfordmedical.com)
- b. The Dili Medical Center, contact info: +670 77428888 and [info@dilimedcenter.com](mailto:info@dilimedcenter.com)
- c. Cindranita clinic: +670 77963962 and [cintalab1@gmail.com](mailto:cintalab1@gmail.com)

For medical emergencies and assistance, fees may apply. Ensure your travel and medical insurance covers access to appropriate medical services.

## TRAVEL AND MEDICAL

It is strongly recommended that all delegates:

- Obtain comprehensive travel and medical insurance before travelling to Timor-Leste.
- Seek a travel doctor's advice on recommended vaccinations for Timor-Leste.
- Avoid contact with animals. In the event of an animal bite or scratch, seek urgent medical advice. Rabies has recently been detected in rural Timor-Leste and is fatal without post-exposure treatment, recommended within 24 hours of exposure. Rabies post-exposure treatment includes vaccinations and, if necessary, immunoglobulin treatment. Post-exposure treatment is limited in Timor-Leste; this could require medical evacuation to Australia. Ensure your travel and medical insurance covers this.
- Mosquito-borne diseases can be found in Timor-Leste. Dengue is endemic in Timor-Leste, peaking in the monsoon season. Recommend obtaining anti-malaria medications and insect repellent with DEET before travelling to Timor-Leste.
- Waterborne, foodborne and other infectious diseases are present in Timor-Leste. These include gastroenteritis, typhoid and hepatitis. Drink only boiled or bottled water. Avoid raw or undercooked food. It is recommended not to consume street food.

### Severe Weather Conditions

Timor-Leste is prone to these natural disasters including tsunami, earthquakes, cyclones, tropical storms, and flash flooding. Keep abreast of updates through these websites or apps.

- **Windy** <https://www.windy.com/>
- **Earthquakes** [Latest Earthquakes \(usgs.gov\)](https://www.usgs.gov/monitoring-status/earthquakes/)
- **Tsunami** [U.S. Tsunami Warning Centers](https://www.tsunami.gov.au/)
- **Flood safety** [Flood Safety | Flood Preparedness | American Red Cross](#)

### Hotels Reservation Contact List

Please quote 'TLAUCON2025' to access discount rates.

| Hotel                   | Phone         | Email  |
|-------------------------|---------------|--|
| Novo Turismo Resort     | +670 331 0005 | <a href="mailto:reservation@novoturismotimor.com">reservation@novoturismotimor.com</a>   |
| Hotel Timor             | +670 332 4502 | <a href="mailto:Justina@foriente.minihub.org">Justina@foriente.minihub.org</a><br><a href="mailto:Rui.rosa@foriente.minihub.org">Rui.rosa@foriente.minihub.org</a> |
| Palm Springs Hotel Dili | +670 331 1288 | <a href="mailto:reservations@palmspringshoteldili.com">reservations@palmspringshoteldili.com</a>   |
| Timor Plaza Hotel       | +670 78105601 | <a href="mailto:fom@timorplazahotel.com">fom@timorplazahotel.com</a>   |

### Australian Embassy in Dili

For consular assistance, contact the [Australian Embassy in Dili](#).

### My question is not answered here / I would like more information.

We will continue to update this FAQ section as we receive more questions. Please direct all additional queries to [TLAUCON2025@prosivu.tl](mailto:TLAUCON2025@prosivu.tl). We will be happy to answer any questions.