



Delegate Travel Guide

Dear Participant,

Thank you for choosing to participate in the 5th Annual International Conference of the Global Network of Public Health Nursing (GNPHN). We have put together the following tips and points to note while planning for your travel and effective participation:

The Conference Venue:

Safari Park Hotel & Casino

Located along Thika Super Highway, Opposite Kasarani Sports Stadium Address: P.O Box 45038
Contact Tel: +254 236333000/ 8562222 Fax: +254 2-8561484
Website: <http://www.safaripark-hotel.iom>
Email: reservatonss@safariparkhotel.io.ke
Contact person: Ms. Irene Maina

Important dates:

- 28th February 2019 – Early bird booking closes (visit www.gnphn.com to register)
- 1st March 2019 – Standard price tickets available
- 13th May 2019 (Morning) – *Optional* preconference site visit to health-related community projects (further details will be confirmed in March 2019)
- 13th May 2019 (Morning) – On-site conference registrations to collect conference bags and ID
- 13th May 2019 (Evening) – *Optional* Opening ceremony/reception
- 14th May 2019 (Full day) – Conference proceedings, poster presentations and Global Network of Public Health Nursing discussion forum
- 15th May 2019 (Full day) – Conference proceedings, poster presentations and Global Network of Public Health Nursing discussion forum
- 15th May 2019 (evening) – *Optional* Gala dinner and networking event
- 16th May 2019 (Full day) – Conference proceedings, poster presentations and Global Network of Public Health Nursing discussion forum

Travel advice:

Delegates flying in are advised to use Jomo Kenyatta International Airport (JKIA). There will be a welcome desk at the airport from 6.00am on 13th May until midnight to facilitate your smooth clearance and transfers to the hotel. The desk will help delegates arriving on same flight to acquire shared transport (to save on the cost of your transfer), help track lost luggage and any other assistance as may be required.

Accommodation advice:

Delegates are to book and pay for their own accommodation directly with their hotels of choice. (See accommodation list). The organizing Committee has compiled a list of the hotels close to the Conference venue (<https://bit.ly/2H6kOon>). Kindly contact the hotels and book for your accommodation, then send us the name of the hotel so that we know where you will be staying.



Inter-hotel transport

Some of the hotels shall provide inter-hotel transport to groups staying with them but this shall be confirmed at a later date. However, for your budgeting purposes, we have estimated taxi charges between the hotels to be USD 10 one way.

ABOUT KENYA

Host Country: The Republic of Kenya (Jamuhuri ya Kenya)

Host City: Nairobi

Venue: Safari Park Hotel & Casino

Currency: Kenya shilling (KES). This is the accepted currency in Kenya.



You are advised to change the money you wish to spend from your currency to KES as most shops will only accept KES. The rate of 1 KES to the US dollar ranges between 100 and 110 shillings.

The preferred mode of payment is cash although many hotels, major service providers and larger shops will accept Visa and Mastercards.

ATM machines are available 24 hrs at all major banks, and you can use your ATM debit card on Kenya's ATM machines. However, you will incur a small international transaction fee when you use your ATM debit/credit card.

Electric Voltage: Current is 220/240AC 50HZ. Electrical sockets in Kenya accept of 3-pin plug.

Language: Swahili and English are the official languages in Kenya. Swahili is the national language while English is the business language. Kenyans speak other local languages as well.

Temperature: We have 45 - 93°F on average. It is not expected that there would be rain in the month of May but surprises cannot be ruled out; carry your pocket umbrella to be on the safe side.

Time Zone: GMT +3

Other Major Towns: Kisumu, Nakuru, Mombasa, Thika

Religions: Christian, Muslim and traditional religions

Government: Republic

Conference tourism:

The Organising Committee appreciates the importance of Conference Tourism and has brought on board a tour operator to show you our Magical Kenya either before or after the Conference. Nairobi alone has numerous tourist attractions including the Giraffe Center, the Nairobi Animal Orphanage, the Nairobi National Parks and many more.

With the newly inaugurated SGR, one can now travel to the Kenyan Coast and back to Nairobi conveniently. There shall be a tours desk at the Conference venue to facilitate delegates who wish to take safaris and sites visits.

Finding your way around the City:

The organising Committee has arranged to have a welcome desk at the airport (JKIA) on 13th May from 6:00am to midnight to receive and direct delegates on arrival.

The main way to get around the City and its outskirts is either by taxi or by public shuttles locally referred to as '*matatus*'. The charges within the City range anything between \$4 and \$20 within the City Center. It is advisable to use branded taxis (with a yellow line) or those commissioned by your hotel as a security precaution. The *matatus*, who have predefined routes across the City and its outskirts, charge in the range of \$1 to \$2 equivalent and will only accept Kenya shillings.

Visa Requirements:

- All African nationalities will be issued with visa on arrival at any international port of entry following a directive by the H. E. the President of Kenya in November 2017.
- Entering Kenya is generally pleasingly straightforward, particularly at the international airports. Single-entry visas are mainly issued on arrival for most nationalities. The evisa online system makes it easier to access visa information and even apply for your visa online. To check your visa eligibility please visit <http://evisa.go.ke/eligibility.html>.
- A single-entry visa valid for 90 days will cost US\$51 while a transit visa valid for 72hrs will cost US\$21.

PLEASE NOTE: The information given above is subject to change – make sure to visit the government website before your travel <http://evisa.go.ke/single-entry-visa.html>

Medical:

Delegates are advised to take health insurance cover before traveling to the Conference. There shall be a standby ambulance at the venue to take delegates to their hospitals of choice in the unlikely event of medical emergency but the delegates will be expected to pay the medical services or employ their medical cover.

Vaccines:

- It is compulsory for ALL delegates arriving into Kenya to have received a yellow fever vaccine
- The following prophylaxis are also recommended: Malaria, flu

PLEASE CHECK with your country's travel office for the latest information and guidance for your specific country as these guidelines may differ for your specific country.

Emergency Numbers:

The following are some emergency numbers. However, make a point to constantly visit <http://www.nairobi.go.ke/emergency-services> for updates.

- Free Emergency Hotlines
 - Police 999
 - Fire and Ambulance 020-2222181 / 020-2222182 / 020-2344599
- Tourist Security
 - 24hr Tourist Safety Hotline 02-604767
 - Ministry of Kenya Tourism - Safety & Security Information
- Police Hotlines
 - CID Headquarters, Nairobi (020) 2713311
 - Central Police Station, Nairobi (020) 222222
 - J.K.I.A. Police (020) 823888
- Health Emergency Services
 - AMREF Flying Doctors Service (020) 315454/5 <http://kenya.amref.org/>
 - AAR Emergency Ambulance (020) 71737/4 <http://www.aarhealth.iom>
 - Intensive Care Ambulance Ltd. (020) 604945
 - St. John Ambulance (020) 224066
- Hospitals and Health Centers
 - Aga Khan Hospital (020) 3740000
 - The Nairobi Hospital (020) 2722160
 - Kenyatta National Hospital (020) 2726300 <http://www.kenyattanatonahospital.org>
 - The Mater Hospital (020) 531199 Conference contact person in Kenya:

Conference Organizer: Claire Wanjiku
Telephone: +254 713693766
Email: conference@gnphn.com

Should you have any questions at all, please contact Claire.

Many thanks and we look forward to welcoming you to Kenya in May.

Kind regards

GNPHN Council