

Welcome to Kenya, NAIROBI



UNIVERSITY OF NAIROBI

7TH AFREhealth ANNUAL SYMPOSIUM

6TH TO 8TH AUGUST 2024

HYATT REGENCY, NAIROBI, KENYA

INFORMATION NOTE

DEAR COLLEAGUE

The University of Nairobi welcomes you to Kenya, where you will experience endless sunshine and unscathed landscapes as we endeavor to ensure the attainment of the highest possible level of health for all.

WHERE IS THE UNIVERSITY OF NAIROBI (UON) LOCATED?

Physical address: University Way, Nairobi, Kenya.

OFFICE HOURS

Government working hours are Mondays to Fridays 8:00 am to 5:00 pm.

SMOKING POLICY

Smoking is not permitted in public areas in Kenya apart from designated smoking areas.

CONFERENCE VENUE

The Symposium will be held at the **Hyatt Regency** in Nairobi, from 6th to 8th August 2024. Plenary session will be held at **Regency Ballroom on the 16th Floor**. Breakaway will be in Breakout Rooms; 1, 2, 3, 4, and 5 on the 6th Floor and rooms 6, 7, and 8 on the 16th Floor.

- **Address:** 38, Muthithi Road, Westlands, Nairobi
P.O. BOX 32735 Ngara Road, Nairobi
- **E-mail:** reservations.nairobi.regency@hyatt.com
- **Phone contact:** (+254) 203631234

TRANSPORT SERVICES BETWEEN HOTELS AND MEETING VENUE

We encourage all participants to be in control of their travel flights, therefore you are requested to do online confirmations whenever possible with your travel agent. In case of challenges, please do see the secretariat team for assistance. Any change of flights is at the cost of the traveler.

The conference organizers will not provide transportation from the delegates' lodging to the conference venue. Delegates are encouraged to use public transport (such as Uber or Taxis). Alternatively, those staying in nearby hotels can walk to the venue.

ACCOMMODATION

Participants are advised to book accommodation at the Hyatt Regency Hotel or any of the hotels recommended by the Organizers. Settlement of your bills to be done directly with the hotel.

AIRPORT

At the Airport, guests may use public transport such as Taxis (branded yellow) or Uber/Bolt to the Hotel or Venue of the Conference.

VISA

Foreign nationals must have a valid passport to visit Kenya. Passports must be valid at least six months after the date of entry. A visa is required from all visitors except nationals of countries with which Kenya has the necessary visa abolition agreement. Holidaymakers and tourists are welcome to remain in the country for a period of 90 days, while a business visit may not exceed 30 days.

All visitors including infants and children who intend to travel to Kenya must have an approved Electronic Travel Authorization (eTA) **before** the start of their journey. The eTA

application collects biographic information and answers to eligibility questions from the traveler. eTA applications for Kenya are usually processed in 3 days, however, it is recommended that applications be submitted at least 2 weeks before travel to ensure adequate time for processing. It is highly recommended that travelers apply as soon as they have booked their accommodation and transport tickets. Use the following link for eTA applications: <https://www.etakenya.go.ke/en>

HEALTH REQUIREMENTS

Yellow fever - Inoculation is a requirement only if the journey to the Republic of Kenya entails passing through the yellow fever endemic countries. The validity of yellow fever certificates begins 10 days after the date of vaccination.

WEATHER & TIME

Temperatures are generally high in the month of August in Kenya. In Nairobi, the average temperature in August is 17°C, with highs of 23°C and lows of 11°C. It is colder in the mornings, evenings, and at night compared to other times of the day. Therefore, guests are advised to carry light and warm clothing.

Time: All year round: three hours ahead of Greenwich Mean Time (GMT +3).

LANGUAGE

The official languages in Kenya are English and Kiswahili, which are widely spoken and understood. However, many other languages are spoken in the country.

COMMUNICATION

As in most places, telephone landline charges can be very high. To be reachable, you may wish to carry your cell phone with you or set it to roaming. The country code for Kenya is **+254**.

SECURITY

Kenya is generally a safe country for tourists. However, we advise guests to take safety precautions, such as not displaying valuables, using registered taxis, and being cautious in crowded areas. It is not advisable to leave or forget personal and valuable items in unsecured areas.

As in any other city in the world, please take precautions when going out of the hotel, especially at night. While hotels are fairly safe, it is not advisable to leave valuable items in the room. Keep them in a safe either at the reception or in your room.

MEDICAL CARE:

The conference organizers will ensure the health and safety of all delegates. In the event of an emergency during the conference, a medical team will be on standby to provide first aid or medical advice. Their contacts are below:

| NAME | ADDRESS | CONTACT NUMBER |
|--------------------------------|--|----------------|
| Dr. Marybeth Cheronon Maritimu | marybeth.maritim@uonbi.ac.ke | +254733729963 |
| Dr. Jacqueline Jelagat Chesang | chesangi@uonbi.ac.ke | +254702856110 |

KEY CONTACT PERSONS

For any additional support needed from the University of Nairobi Office, organizers of the workshop can be contacted using the details below:

| NAME | DESIGNATION | EMAIL |
|---------------------|----------------|--|
| Dr. Onemus Gachuno | Team Lead, UoN | owgachuno@yahoo.com |
| Prof. Daniel Ojuka | Team Lead, UoN | dkinyuru@uonbi.ac.ke |
| Dr. Zipporah Magaki | Administrative | zipporahnyaera@uonbi.ac.ke |
| Mr. James Ng'iel | Administrative | jngiela@uonbi.ac.ke |

GENERAL INFORMATION

Kenya is strategically located and a gateway to East and Central Africa with great regional and international connectivity. With its strategic location that borders the Indian Ocean, Kenya is considered a strategic production and distribution base for Africa, Europe, the Middle East, South Asia, and other Indian Ocean Islands. Improved infrastructure in road and railway networks has eased movement and market access. Jomo Kenyatta International Airport is ranked the best airport in Africa and 38th globally. The country is also home to very varied geographical landscapes from inland lakes, snow-capped mountains, the Great Rift Valley, and sun-kissed white beaches. It is in this great land that the people co-exist with diverse and rich flora and fauna.

CAPITAL CITY

Nairobi is the Capital City of Kenya. It is situated in South-Central Kenya, 140 Kilometers (87 miles) south of the Equator. It is surrounded by 113 km² (70 mi²) of plains, cliffs, and forest that make up the city's Nairobi National Park. It is adjacent to the eastern edge of the Rift Valley, and to the west of the city, are The Ngong Hills. Mount Kenya is situated north of Nairobi, and Mount Kilimanjaro is towards the south-east. It is the most populous city in East Africa, with a current estimated population of about 3.5 million. This makes it the 14th largest city in Africa.

Being Kenya's capital, and the arrival point for many visitors, it is well served by leading international airlines, and regional road networks linking it to other major East African urban Centers



According to the latest update (2024), Kenya has a population of just over 53 million. The population density of 94.94 people per square kilometer.

RELIGION

At one time, religion in Kenya was represented by dozens of tribal beliefs. Today, Kenya has lost its religious diversity and is now a predominately Christian country (at least nominally). The Muslims number around 10% of the population and are especially located in the coastal area around Mombasa. At the same time, many Christians and Muslims mix their main religion with traditional African beliefs.

HEALTH

Malaria:

Malaria risk is high throughout the year in the whole country, but low in Nairobi, the immediate surrounding areas, and the highlands (above 2500m) of Central, Eastern,

Nyanza, Rift Valley, and Western Provinces. Note that there can be a high risk in the valleys of the highlands. Please consult your doctor for advice on the medicines you can take for malaria prophylaxis, should you intend to visit malarious areas in Kenya or endemic areas on your way to and/or from Kenya.

MEDICAL FACILITIES

Across the country, there are about 5,000 health facilities in Kenya, but not all of them are hospitals. Kenya has five national hospitals, these are:

- Mathari National Teaching and Referral Hospital
- The National Spinal Injury and Referral Hospital
- Kenyatta University Teaching and Referral Hospital
- Kenyatta National Hospital
- Moi Teaching and Referral Hospital

The national hospitals oversee county hospitals. There is one hospital for each of Kenya's 47 counties. These county hospitals can provide specialized care, such as offering life support, surgeries and access to specialists. The county hospitals act as the next step up from district and sub-district hospitals. In addition, there are a few private hospitals focused primarily in the areas of Nairobi and Mombasa.

TRANSPORT

Kenya has a network of roads and highways with a total length of 161,451 km. That is 2.99 meters for each of the country's 54.03 million inhabitants.

POST AND TELECOMMUNICATIONS

Kenya has one of the most modern communication networks in Africa, with cellular networks reaching up to 95% of the population.

The **Postal Corporation of Kenya** is the company responsible for postal service in Kenya.

Safaricom and **Airtel Kenya** are the largest two suppliers of cellular phone services in Kenya. Safaricom is by far the biggest followed by Airtel Kenya and both networks have 4G and 5G speeds. Sim cards for both networks can be obtained from Teleshops.

To get a new SIM card, you will need a copy of your passport and it is free of charge. The country code for Kenya is +254. Airtime is mostly bought through MPESA, Airtel Money, and Telkom Money. These vouchers come in denominations of KES10, KES 20, KES50, KES100, KES250, KES 500 and KES 1000. VAT is applicable.

CURRENCY

The currency in Kenya is the Kenyan Shilling. Denominations of KES1000, KES500, KES200, KES100, and KES 50 are issued as notes, and KES 40, KES 20, KES 10, KES 5, KES 1 as coins. The Kenyan Shilling is the only legal tender in Kenya and can be used freely to purchase goods and services. The current exchange rates in banks are around 1 USD = KES131.7262. This is subject to change.

EXCHANGE CONTROL AND BANKING FACILITIES

Visitors may bring foreign currency (up to USD 10,000) into the country subject to immigration controls. Further information and assistance can be obtained from any commercial bank. Traveler's cheques and foreign currency can be exchanged during normal banking hours at any of the Commercial Banks, which are well represented throughout the country, and various Bureau de Change offices in the city and shopping malls, from 8:00 am-5:00 pm on weekdays and from 8:00 am-1:00 pm on Saturdays. There are also Bureau de Change services at Jomo Kenyatta International Airport. International Visa and Master Card credit cards are generally accepted, while the speed point facilities assure quick and sufficient service. Holders should clarify with a commercial bank whether their cards are accepted in Kenya.

SWIFT, an international, transaction-processing system owned by and serving the financial community worldwide, operates at commercial banks in Kenya.

ACCOMMODATION

Accommodation in Kenya varies from up-market hotels, pensions (that are Bed and Breakfast), and game lodges to rest camps. Most of Nairobi's largest hotels are equipped with conference halls, which are soundproof and fully air-conditioned. Conference facilities are situated in hotels. Catering can be provided as required.

FOOD

There are about 40 different ethnic groups in Kenya, each with its unique culture. As a result, there is no single dish that represents all of Kenya. While different communities have their native foods, the staple foods in Kenya include cereals (maize, millet, sorghum, and others depending on the region) eaten with various meats and vegetables. Foods that are universally eaten in Kenya are ugali, Sukuma wiki, rice and githeri.

ELECTRICAL OUTLETS

Kenya operates on a 240V supply voltage and 50Hz. There is one associated plug type; type G which has three rectangular pins in a triangular pattern. We recommend bringing a power

adaptor if your devices use different plugs. Points for electric shavers (electric current 250V AC) are available at major hotels and most state-owned rest camps and resorts.

ENJOY YOUR STAY IN KENYA

