



**TRAVEL ADVISORY INFORMATION FOR THE JOINT MANI/LAUSANNE INTERNATIONAL RESEARCHERS CONFERENCE  
HOLDING AT THE DIMESSE SISTERS-KAREN, NAIROBI**

**ARRIVAL FORMALITIES**

Visitors arriving into Kenya are expected to present a valid and up to date certificate of immunization against Yellow Fever (tagged 'Yellow Card') especially if they are arriving from the countries and regions in the tropics where Yellow Fever is prevalent. This the first clearance arriving visitors must undergo before being allowed to proceed to the Immigration Hall.

**OBTAINING VISAS PRIOR TO OR ON ARRIVAL:** Visitors of nationalities that require visa to enter Kenya are required to obtain the Kenyan visa online before arrival or to do so on arrival WHICH PROBABLY WILL TAKE MUCH MORE TIME TO DO THAN OBTAINING IT ONLINE IN ADVANCE OF YOUR ARRIVAL. But you must ensure that you have the following items at hand, which you will present at the Kenya Immigration Office next to the Passport Control in the Arrival Hall where they will stamp your passport.

- Letter of invitation
- Completed Visa Application Form and the landing card (both of which you will collect and complete on arrival at the Passport Control area)
- Valid passport
- Visa fee, currently US\$ 50

**DIRECTION AFTER CLEARING WITH IMMIGRATION AND CUSTOMS**

1. Watch out for the Grand Voyage Travel Agency Staff with a placard LIRC8/MANI immediately as you come through the baggage hall or across the street as you step outside. If you have any difficulty locating the person with the MANI placard sign, ask for the Grand Voyage Travel Agency Staff or Office. You can also call any of the following lines – Jane (+254722689221); +254723091567; +254722430646
2. They will direct you to the next step.

**PICK-UP FROM THE AIRPORT TO THE VENUE ON ARRIVAL**

- Participants who provide and confirm their arrival details in time will be provided transportation in batches from the airport to the venue
- Participants who are arriving at times very close to one another (not more than one hour apart) will be required to wait for the next arrivals to be picked together to the venue. Flights that are up to two hours apart will be handled separately.
- Please also note that the Conference pick-up and drop-off arrangements are STRICTLY FROM THE AIRPORT TO THE VENUE, and vice-versa. We cannot accommodate any routing that is outside this arrangement. Our Transport Contractors are under instruction to strictly keep within these directives.

- Delegates who have other plans outside the agreed routing will need to make their own arrangements and be responsible for such.

### **THE VENUE AND LOCATION CONTACTS**

DIMESSE SISTERS

Karen, Nairobi, Kenya

**TELEPHONE:** +254724939871

**EMAIL:** [dimesse.retreatcentre@gmail.com](mailto:dimesse.retreatcentre@gmail.com)

[Above could be used as your **contact address while in Nairobi**]

### **ACCESS TO THE VENUE**

- International flights fly into Jomo Kenyatta International Airport, Terminals 1 & 2, Nairobi
- A drive from the airport to the Retreat House takes 30 minutes.
- Transportation will be provided on a pre-arranged shuttle for those who confirm their arrival details ahead of time.

### **RECEPTION AT THE VENUE**

- Check in time is 12:00 noon
- Checkout time is 10.00 am.

### **WARNING REGARDING PLASTIC BAGS AND CONTAINERS**

The Kenyan Government has banned the use and/or possession of **plastic bags and containers** in the country. Defaulters in this regard will face very severe penalties including imprisonment. So, **DO NOT BRING** any of such along with you and never make use of any of such plastic bags/containers while in the country. Non-plastic shopping bags are available for purchase and use when you go shopping.

**Water is sold or served in the appropriately approved containers in the shops, restaurants, hotel and the guesthouses.** Make sure you comply with whatever approved container for using or dispensing of water when and wherever you have need for water while in the country.

### **FINANCIAL MATTERS - Currency Exchange on arrival**

Delegates who intend to change money are advised to make their own arrangements but to be cautious where they transact.

- Several exchange bureaus are within the airport and offer fair rates.
- **ATM Access** - Different ATM for international banks like Barclays machine, are several at the airport

### **ADVISORY ON HEALTH MATTERS**

1. The venue place is a malaria free zone but it is advised you get anti malaria for prevention as you will be passing through different places.
2. It is required and mandatory that visitors from Yellow Fever infested areas must have anti-Yellow Fever vaccination which must be indicated on the International Health Vaccination (Yellow) card.

## **WEATHER**

1. We are experiencing a period of hot and dry season.
2. Bring light and warm clothes

## **SECURITY MATTERS**

1. There are security guards on 24 hours' security surveillance of the compound.
2. However, please keep your personal valuables with you at all times.
3. All participants must wear their NAME TAGS ALWAYS within the resort.
4. Report all security matters or any emergency to retreat secretariat. Jane (+254722689221)

## **GUEST SERVICES AT THE VENUE**

- Bureau De Change facilities are available at the Karen Shopping Center
- Shopping services can be done at the nearby Karen Nakumatt Shopping Mall
- Laundry services are provided at a fee
- Health facilities are available at the nearby hospitals for serious medical cases at the patients' cost

## **ROOM FACILITIES**

- All rooms are non-smoking rooms.
- Free wireless internet connectivity available.
- Each room has private bath, shower and WC

## **POWER SUPPLY (ELECTRICITY)**

1. Voltage used is **240** with **3-pin square-multi plug sockets**.
2. It is advisable to have in your possession an International Multi-plug adapter if you can obtain one.

## **GSM COMMUNICATIONS**

1. **Safaricom** and **AirTel** GSM SIMs and recharge cards are available in the Airport Arrival halls. You can obtain and register them on the spot for your use during the period of the meeting.
2. Subscribers of **AirTel** GSM services can use their numbers and recharge with the local recharge cards [**138\*PIN Code SEND**] in Kenya via the **AirTel One-Network** platform without any roaming charges.