

## LOGISTICS INFORMATION

### SAFE MOTHERS AND NEWBORNS: A LEADERSHIP WORKSHOP

Nairobi, Kenya 11 - 16 June, 2017



#### REGISTRATION:

On Sunday 11<sup>th</sup> June 2017, registration for the workshop will be done at the Southern Sun Mayfair Hotel from **2 to 5 p.m.** Those participants with later arrivals can register at the workshop venue: the Aga Khan Graduate School of Media & Communication on Monday 12<sup>th</sup> June 2017 from **8- 8:30 am**

#### HOTEL:

Southern Sun May Fair Hotel  
<http://www.southernsun.com>  
Parklands Rd, Westlands, Nairobi, Kenya  
Tel. [+254 20 3688000](tel:+254203688000)

#### Meals

Buffet supper and breakfast is included in the accommodation package. There will be a morning coffee break, lunch and afternoon coffee break every day during the workshop. Halal food including vegetarian options will also be provided during the workshop. Pork will not be served during the entire course. For those participants observing Ramadan, small take away meals will be available at lunch time, for their convenience. On **Sunday June 11<sup>th</sup>** there

will be a welcoming cocktail at 5.30 p.m. at the hotel gardens while on **Wednesday June 14<sup>th</sup>** at 6:30 pm there will be an African themed group dinner at the hotel poolside.

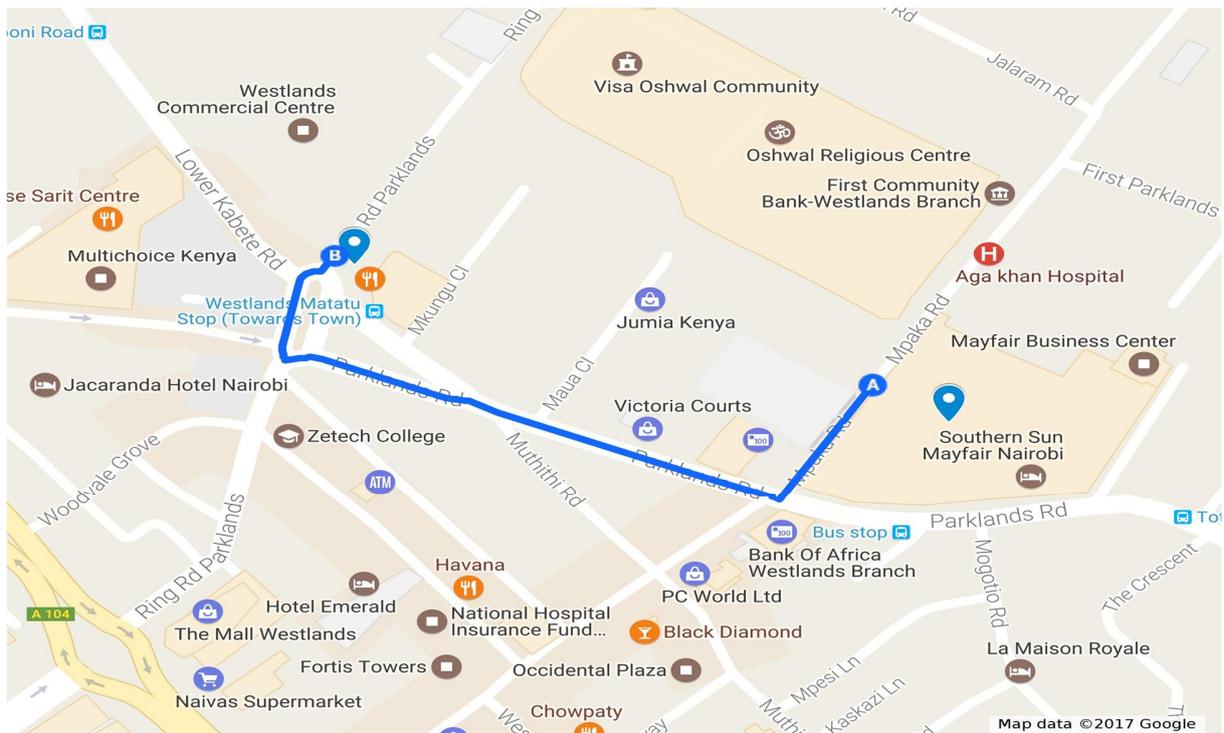
### Internet

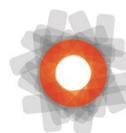
Internet access is provided at the workshop venue and hotel. Where necessary, access codes will be provided.

### WORKSHOP VENUE:

Aga Khan Graduate School of Media & Communication  
Ring Road Parklands, 9 West Building  
7th Floor, Nairobi, Kenya  
Tel: [+254 20 3740062](tel:+254203740062)

The 9 West Building is just 450 meters from the hotel through Parklands Road and onto to Ring Road Parklands (see map).





### **Visa reimbursement**

The organization appreciates visa costs can be high and as such will reimburse fees incurred whilst making a visa application to enter Kenya. Please send **scanned copy of the receipts** to our travel manager Desiree Van der Mei at [desiree.vandermei@isglobal.org](mailto:desiree.vandermei@isglobal.org) and be sure to keep all **original receipts** as documentation for reimbursement purposes upon arrival in Nairobi.

### **Transfers from/to airport:**

Once you arrive at Jomo Kenyatta International Airport (JKIA) you will be met by our travel agents who will be holding placards with your names. JKIA is located on Mombasa Road 16km from Nairobi CBD and 18km from the hotel. For transfers to the airport, our travel agents will pick you from the hotel.

### **Local transportation in Nairobi**

For other local transportation needs, Nairobi has a convenient public transport system, including trains, buses and shared mini vans nicknamed 'Matatus'. The name Matatu which literally translates to "three cents for a ride" (nowadays much more) are privately owned minibuses and are the most common form of public transport in Nairobi. For your private use, the hotel has a reliable network of taxi operators including Uber Taxis.

### **Security**

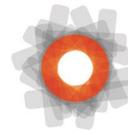
Although Nairobi is generally safe, the normal precautions that come with spending time in any major city apply. These include common sense steps for keeping your personal items safe and secure, particularly while in crowded areas or on public transportation or when withdrawing money from ATMs. Keep your wallets and bags in your front pockets and backpacks closed and in front of you – where you can see and touch them. Do not leave mobile phones, cameras, etc. on your table while you are dining out. The hotel provides private safety boxes.

### **Banks and ATMs**

There are several banks and ATMS nearby. Banking hours are Monday through Friday from 8:30h until 16:00h. Saturdays from 9:00h to 12:00h.

### **Hospitals and Pharmacies**

There are several pharmacies and hospitals such as Aga Khan University Hospital and M.P Shah Hospital in the area around the workshop hotel and venue (within a few minutes walking).



### **Parks and gardens**

Nairobi has many parks and open spaces throughout the city. Much of the city has dense tree-cover and plenty of green spaces. The most famous parks in Nairobi are Uhuru Park and central Park. Uhuru (Freedom in Swahili) Park is a centre for outdoor speeches, services, and rallies. The parks border the central business district and the neighborhood of Upper Hill.

### **Restaurants**

In Nairobi, there is a range of restaurants which serve traditional and modern food. Traditional food joints such as K'osewe in the city centre and Amaica in Westlands specialize in African delicacies including the popular *nyama choma* and *ugali* which is a local term used to refer to roast meat and maize meal. Coffee houses, doubling up as restaurants such as Artcaffe, Java Coffee House and Dorman's have become increasingly popular in recent days.

### **Shopping Malls**

There are plenty of shopping malls and markets in the area, these include Sarit Centre, the Mall, West Gate and the Village Market. The Maasai Market is a wonderful shopping and cultural experience that happens on Fridays at the Village Market. It's an opportunity to buy African artefacts, paintings, clothes and footwear at discounted prices.

### **Places of Interest**

Located just 3 km from the hotel, Nairobi City Park is a favourite with runners, picnic and nature lovers who bring food to share with troops of Sykes monkeys milling around the area. Located 2km from the hotel, Nairobi National Museum was founded in 1910 and continues to draw visitors from all walks of life in appreciation of Kenya's rich heritage.

**If you need any assistance during your trip, please contact Sospeter Ndaba at:**

mobile number: +254721807963  
e-mail: [sospeter.ndaba@aku.edu](mailto:sospeter.ndaba@aku.edu)

v. 20 March 2017