



**The 6<sup>th</sup> Quadrennial Conference of The East, Central and Southern Africa College Of  
Nursing (ECSACON 2018)**

**3<sup>RD</sup> - 7<sup>TH</sup> SEPTEMBER 2018**

**SAFARI PARK HOTEL, NAIROBI. KENYA**

**DELEGATE TRAVEL GUIDE**

Dear Participant,

Welcome to the 6<sup>th</sup> Quadrennial Conference of The East, Central And Southern Africa College Of Nursing (ECSACON 2018). 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.com>  
Email: [reservations@safariparkhotel.co.ke](mailto:reservations@safariparkhotel.co.ke)  
Contact person: Ms. Irene Maina

**Important dates:**

- 15th Jan 2018 - 30th Apr 2018 – Early bird registration ([www.ecsacon.org](http://www.ecsacon.org))
- 28<sup>th</sup> February 2018 – Deadline for abstracts submission
- 3<sup>rd</sup> - 4<sup>th</sup> September 2018 - Preconference – ECSACON leadership and partners
- 4<sup>th</sup> September 2018 – On-site registration and collection of conference bags /& ID
- 5<sup>th</sup> - 6<sup>th</sup> September 2018 – Conference proceedings, poster presentations and panel sessions
- 7<sup>th</sup> September 2018 - ECSACON 6<sup>th</sup> Quadrennial General Meeting and elections
- **Special Events:** There will be an opening ceremony on the 5<sup>th</sup> afternoon, a gala dinner on 6<sup>th</sup> evening and a closing ceremony on the 7<sup>th</sup> afternoon.

**Your conference package:**

Once you have paid your registration fees, you will be entitled to the following:

- Attending all open sessions of the Conference
- Attending the gala Dinner
- Lunch

- Morning and afternoon tea breaks and a bottle of drinking during all the conference days.
- A conference bag
- Agenda booklet
- Compilation of all conference abstracts
- Delegate ID
- Writing pad & pen

### Registration fees:

Conference registration fees (USD)	Early bird registration (15th Jan 2018 - 30th Apr 2018)	Late registration (1st May 2018 and later)
<i>ECSACON Members</i>	USD 150	USD 200
<i>Non ECSACON Members from the ECSA region</i>	USD 250	USD 300
<i>Non ECSACON Members from outside the region</i>	USD 400	USD 600

The fees may be paid on site upon at the conference registration desk or paid in advance to the bank.

### Travel advice:

Delegates flying in are advised to use Jomo Kenyatta International Airport (JKIA). There will be a welcome desk at the airport on 4<sup>th</sup> September 2018 all day until midnight to facilitate your smooth clearance and transfers to the hotel. It is this desk that will facilitate delegates arriving on same flight to share transport and save cost, track lost luggage and offer assistance to delegates as may be needed. Car-pooling with other delegates staying at your hotel is recommended to cut down on the fares per person.

### Accommodation advice:

Delegates are to book and pay for their own accommodation directly with their hotels of choice. The organizing committee has compiled a list of the hotels close to the Conference venue ([www.ecsacon.org](http://www.ecsacon.org)). Kindly contact the hotels and book for your accommodation, then send us the name of the hotel so that we can 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 purpose 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 Master cards.



**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 the kind of 3-pin plug shown in clip below.

**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 rains in the month of September 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 Organizing 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 Standard Gage Railway (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 organizing committee has arranged to have a welcome desk at the airport (JKIA) on 4<sup>th</sup> September 2018 from 6:00am to midnight to receive the direct delegates the shuttles 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* that pry defined 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.
- **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 delegates arriving into Kenya to have received a yellow fever vaccine
- The following vaccines are also recommended: Malaria, flu

**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) 271737/4 <http://www.aarhealth.com>
  - 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.kenyattanationalhospital.org>
  - The Mater Hospital (020) 531199

**Conference contact person in Kenya:**

**Conference Organizer:** Claire Wanjiku

**Telephone:** +254 713693766

**Email:** [conference2018@ecsacon.org](mailto:conference2018@ecsacon.org)