



# MWIA

Medical Women's International Association

Regional Conference for Near East and Africa

A photograph of a group of women in a community setting, with one woman in the foreground looking towards the camera. The image is partially obscured by geometric shapes.

## Accelerating Women's Health Agenda: Priorities and Opportunities Through UN SDGs and AU Agenda 2063

**11 - 15 Nov 2018**

Mövenpick Hotel & Residences

Nairobi, Kenya

## Delegates Travel Guide



# Delegate Information Pack

Dear Participant,

Thank you for choosing to participate in this year's **Medical Women's International Association (MWIA) Conference for the Near East and Africa Region** that is scheduled for **November 11th - 15th 2018** at **Mövenpick Hotels and Residences, Nairobi, Kenya**.

We have put together the following points to note while planning for your travel for the conference:





## The Conference Venue



### Movenpick Hotel and Residences

Located along Mkungu Close Westlands, Nairobi

**Address:** P.O Box 49719-00100 | Nairobi | Kenya

**Contact Tel:** +254 709 548 420 | +254 20 727 8420

**Website:** <https://www.movenpick.com/en/africa/kenya/nairobi/hotel-residences-nairobi/overview/>

**Reference person:** Ms. Kanana Kirimi

**Email:** kanana.kirimi@movenpick.com

**Mob:** +254 789 584 500

## Important Dates



- 8th November 2018** Close of online registration
- 11th November 2018** Onsite registration & collection of conference bags & delegates badge
- 11th November 2018** Pre-conference (Special Invitation only)
- 12th November 2018** Opening Ceremony (Morning session)
- 13th November 2018** MWIA Business Meeting (from 4 pm)
- 14th November 2018** Closing ceremony (afternoon session)

## Conference Online Registration and Fees Structure

<https://www.kmwa.or.ke/registration-information-and-fees/>

Registration Type	Fees (USD)	Key Dates
International Delegates Early Bird Fees	300	Mar 15th to Aug 31st, 2018
International Delegates Regular Fees	350	Sep 1st to Nov 10th, 2018
International Delegates Onsite Payment (At the Event Site - Nairobi)	400	Nov 11th and 12th, 2018
International Accompanying Person Fees	200	Mar 15th to Nov 10th, 2018
International Accompanying Person - Onsite Payment	250	Nov 11th and 12th, 2018
International Student Early Bird Fees	100	Mar 15th to Aug 31st, 2018
International Student Regular Fees	150	Sep 1st to Nov 10th, 2018
International Student Onsite Payment	200	Nov 11th and 12th, 2018
Local Delegates (Eastern Africa) Early Bird Fees	150	Mar 15th to Aug 31st, 2018
Local Delegates (Eastern Africa) Regular Fees	200	Sep 1st to Nov 10th, 2018
Local Delegates (Eastern Africa) Onsite Payment	250	Nov 11th and 12th 2018
Local (Kenya) Student Early Bird Fees	50	Mar 15th to Aug 31st, 2018
Local (Kenya) Student Regular Fees	75	Sep 1st to Nov 10th, 2018
Local (Kenya) Student Onsite Fees	100	Nov 11th and 12th, 2018

## Your Conference Package



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

- Attendance to all open sessions of the Conference
- Attendance to the gala Dinner
- Lunch, morning and afternoon tea breaks and a bottle of drinking water during all the conference days
- A conference bag
- Conference program
- Compilation of all conference abstracts
- Delegate badge
- Writing pad & a pen

## Travel Advice



Delegates flying in are advised to use Jomo Kenyatta International Airport (JKIA). There will be a welcome desk at the airport on 10th & 11th of November 2018 all day until midnight to facilitate your smooth transfers to the hotel(s). It is this desk that will facilitate delegates arriving on same flight to share transport, track lost luggage and offer assistance to delegates as may be needed.



Kindly note that Kenya Airways is the official airline carrier for the conference. For discounted rates visit the conference website, <https://www.kmwa.or.ke/mwia-near-east-and-africa-regional-meeting/> or send an email to [conference@kmwa.or.ke](mailto:conference@kmwa.or.ke)

## Accommodation Advice



Delegates are to book and pay for their own accommodation with their hotels of choice. The organizing committee has prepared a list of some of the hotels close to the Conference venue (<https://www.kmwa.or.ke/mwia-near-east-and-africa-regional-meeting/>).

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 to facilitate inter-hotels shuttle transfers. The following are hotels close to the venue;



### Mövenpick Hotel & Residences (Host)

Follow the link following for negotiated room rates

<https://gc.synxis.com/rez.aspx?Hotel=1423&Chain=7714&arrive=11/11/2018&depart=11/15/2018&adult=1&child=0&group=181111KENY>



### Ibis Styles Hotel

[www.ibisstylesnairobi.com](http://www.ibisstylesnairobi.com)



### Villa Rosa Kempinski

[www.kempinski.com/en/nairobi/hotel-villa-rosa](http://www.kempinski.com/en/nairobi/hotel-villa-rosa)



### Sankara Hotel

[www.sankara.com](http://www.sankara.com)



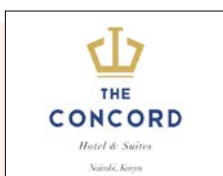
**Park Inn by Radisson Hotel**

[www.parkinn.com](http://www.parkinn.com)



**Golden Tulip**

[www.westlands-nairobi.goldentulip.com](http://www.westlands-nairobi.goldentulip.com)



**The Concord Hotel & Suites**

[www.theconcordhotels.com](http://www.theconcordhotels.com)



**Southern Sun Mayfair**

[www.tsogosun.com/southern-sun-mayfair-nairobi](http://www.tsogosun.com/southern-sun-mayfair-nairobi)



**Cloud Hotel Suites**

[www.cloudhotelsuites.com](http://www.cloudhotelsuites.com)



**Jacaranda Nairobi Hotel**

[www.jacarandahotels.com](http://www.jacarandahotels.com)



**PrideInn Hotel Westlands**

[www.prideinn.co.ke/hotels/westlands](http://www.prideinn.co.ke/hotels/westlands)



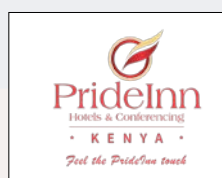
**Dusit D2 Nairobi**

[www.d2nairobi.com](http://www.d2nairobi.com)



**Hotel Royal Orchid Azure**

[www.royalorchidhotels.com](http://www.royalorchidhotels.com)



**PrideInn Lantana Suites**

[www.prideinn.co.ke/hotels/prideinn-lantana](http://www.prideinn.co.ke/hotels/prideinn-lantana)



## Inter-hotel Transport

KMWA will endeavor to provide inter-hotel transport to groups staying within the Westlands area. However, for your budgeting purpose we have estimated taxi charges between the hotels to be USD 5 one way. Carpooling with other delegates staying at your hotel is recommended to cut down on the fares per person.

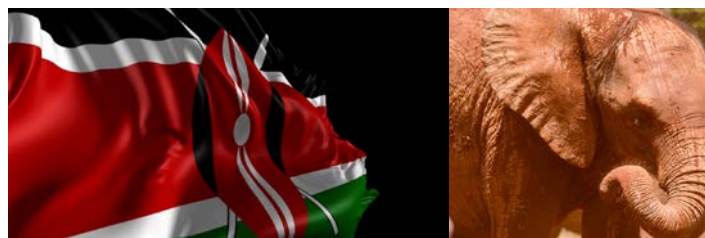


# ABOUT KENYA

**Host Country:** The Republic of Kenya (Jamhuri ya Kenya)

**Host city:** Nairobi

**Venue:** Mövenpick Hotel & Residences-Nairobi, Kenya



## Currency



The Kenya shilling (KES) is the mostly 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 KES but expect

exchange rate fluctuation.

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. It is AC plug type G grounded and 13A, 220-240 voltage.

## 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.

## Weather

We have 45-93°F on average. It is forecast that there would be no rains in the month of November. However, carry your pocket umbrella to be on the safe side because normally we have some rains.

## Time Zone

GMT +3.

## Other Major Towns

Kisumu, Nakuru, Mombasa, Thika.

## Religions

Christianity, Islam and traditional religions.

## 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. Kenya offers a variety of touristic sites and there will be more packages to consider.

With the newly inaugurated Standard Gauge 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 of Nairobi



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 taxi charges within the city range anything between \$4 and \$20 within the city center. We have UBER, TAXIFY and LITTLE CAB among other online taxi services operating in Nairobi. It is advisable that delegates download these mobile Apps because they are cheaper, more secure and more reliable. Another option is to use branded local taxis (with a yellow line) or those commissioned by the hotel as a security precaution.

The matatus that operate on 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



The information given below is subject to change – make sure to visit the government website before your travel.

<http://evisa.go.ke/single-entry-visa.html>.

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 about US\$ 21. (Please check this information as there may be variation depending on nationality)

## Medical/Health



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 for their medical/health services or employ their medical cover.

## Vaccines



It is compulsory for delegates arriving into Kenya to have received a yellow fever vaccine and be in possession of a valid yellow fever vaccine card.

Malaria, flu vaccines are also recommended.

## Security Advisory

Update on Security situation and Security briefing will be provided.

## Emergency Numbers

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

### Police lines:

#### CID Headquarters, Nairobi

+254 (020) 272 3090 / 271 3311

#### Central Police Station, Nairobi

+254 (020) 222 222 / (0) 721 337 99

#### Parklands Police Station

+254 020 742 238 / 632 222 / (0) 721 364 999

#### Fire and Ambulance

+254 020-222 2181 / 020-222 2182 / 020-234 4599



## Health Emergency Services

Details will be available upon arrival.

## Hospitals and Health Centers

Both public and private hospitals health facilities are available and details will be provided to delegates.

## Conference contact persons in Kenya

**Conference Organizer: Claire Wanjiku**

**Telephone:** +254 713 693 766  
**Email:** conference@kmwa.or.ke

**Kenya Medical Women's Association (KMWA) Office:**

**President:** Dr. Christine Sadia  
**Location:** KMA Centre, 3rd Floor, Suite 3A  
**Telephone:** +254 729 479 095 / +254 787 368 881  
**Email:** chairperson@kmwa.or.ke, info@kmwa.or.ke

**Focal point:** Ms. Lucy Odhiambo  
**Telephone:** +254 721 972 781  
**Email:** events@kmwa.or.ke

