



**INTERNATIONAL CIVIL AVIATION ORGANIZATION (ICAO)
EASTERN AND SOUTHERN AFRICAN OFFICE (ESAF)**

**LOSS OF CONTROL IN-FLIGHT (LOC-I) AND UPSET PREVENTION AND RECOVERY TRAINING
(UPRT) WORKSHOP (NAIROBI, KENYA, 6-7 DECEMBER 2018)**

INFORMATION BULLETIN¹

1. Site and date of the Workshop

- 1.1 The **Loss of Control in-Flight (LOC-I) and Upset Prevention and Recovery Training (UPRT) Workshop** will be held from **6 to 7 December 2018** at the ICAO ESAF Regional Office, located at the United Nations Compound in Gigiri, Nairobi, Kenya.

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2. Registration

- 2.1 Registration of participants will take place on Thursday, 6 December 2018 from 08:00am to 09:00am.

3. Opening Session

- 3.1 The official opening of Workshop will take place on Thursday, 6 December 2018 at 9:00am.

4. Working Language

- 4.1 The Workshop will be conducted in the English language only. Translation and interpretation facilities will not be available.

5. Hotel Information

- 5.1 Participants are requested to make their own hotel reservations and indicate that they are attending an ICAO Workshop. A list of recommended hotels and guest houses is attached at the end of this bulletin.

¹ The ESAF Regional Office makes its best effort to provide information to participants in order to facilitate their stay in Nairobi and participation at the event(s) to which they are invited. However, ICAO or its employees shall not be liable for any consequences arising from the use of information or views expressed in this bulletin, including but not limited to any loss or damage resulting from decisions taken on the basis of the information and associated views; or for any inaccuracies, omissions or errors it may contain.

6. Transport

6.1 *From the Airport*

Jomo Kenyatta International Airport is situated 16 kilometres (about 20-minutes' drive depending on the traffic) from the city centre. Taxis are readily available and the fare from the airport to the city centre is between Kshs.1600 – 2000. However, it is advisable to establish the fare before getting into the vehicle.

6.2 *Transport to the Workshop venue*

Transport will be provided by ICAO to the Workshop venue. A bus will depart at 7:15 am daily from the Sentrim Six-Eighty Hotel to the ESAF Regional Office at Gigiri, and will transport delegates back to the pickup point after closure of the Workshop each day.

7. Visa

- 7.1 Participants are advised to ascertain whether or not they are exempt from the Kenyan entry visa requirement at the respective Embassies. Kenya visas may be obtained from the Kenya High Commissions or Embassies. In applying for the visa, it is advisable to produce the letter of invitation from ICAO, together with other documents, which may be required by the High Commission or Embassy. **It is important to apply for visas well in advance to avoid delays and inconveniences.**

NOTE

Participants from referred countries: Eritrea, Libya and Somalia are required to submit the following documents to ESAF Regional Office at least one and a half months prior to the Workshop:

- 1) *Copy of national Passport (valid at for least 6 months).*
- 2) *Electronic copies of passport photo (JPEG FORMAT scanned in high resolution of at least 150kb).*
- 3) *An application form for visa which need to be filled and signed by the participants (Form 22 can be obtained from <http://www.kenya.org.za/forms/VisaApplicationForm.pdf>).*
- 4) *A letter from your State indicating that you have been nominated to attend the Workshop .*
- 5) *Indicate arrival/departure dates and how your accommodation/incidental expenses will be met.*

Note: ICAO ESAF cannot accept responsibility for applications submitted less than the stipulated one month prior to travel

8. Health

- 8.1 It is strongly recommended that participants should have travel insurance (including health) from their home country for the duration of their stay in Nairobi. Participants should particularly ensure that their insurance is applicable in Nairobi. Furthermore, they should carry evidence of current health/hospitalization insurance such as cards that may be produced to health institutions should the need arise. Participants are also encouraged to provide information during registration, on their next of kin who may be contacted on behalf of the participant should the need arise.
- 8.2 Presentation of a **yellow fever certificate** at the point of entry is required for persons who originate from or have travelled to the following States: Angola, Benin, Burkina Faso, Burundi, Comoros, Central African Republic, Chad, Congo, DRC, Ivory Coast, Ethiopia, Gabon, Gambia, Ghana, Guinea Bissau, Guinea Equatorial, Liberia, Mali, Mauritania, Mozambique, Niger, Nigeria, Somalia, Congo, Rwanda, São Tomé and Príncipe, Senegal, Sierra Leone, Tanzania, Togo and Uganda.

- 8.3 Persons who fail to produce a valid yellow fever vaccination certificate to the port health officials may be required to take the vaccination at the point of entry in Nairobi and the officials may take other action in accordance with applicable regulations and procedures. For more information you may wish to visit the World Health Organization (WHO) website <http://www.who.int/ith/> for information on Kenya.

9. Weather

- 9.1 Nairobi is very close to the Equator and is located at a relatively high elevation of approximately 5000 feet (1524m) above mean sea level. Forecast minimum/maximum temperatures for November 21.4°C / 10.2°C.

10. Local Currency and Foreign Exchange Rates

- 10.1 The basic unit of currency is the Kenyan shilling (Ksh), which is divided into 100 cents. There are silver and bronze coins of 1 shilling, 5 shillings, 10 shillings, 20 shillings and 40 shillings. Notes are issued in denominations of 50, 100, 200, 500 and 1000 shillings.
- 10.2 The Kenya shilling exchange rates are determined by the interbank trade which varies daily. Recently the rate has been fluctuating between Kshs 100 to Kshs 102 to the US dollar, but may change depending on market influences.
- 10.3 There is no limit to the amount of foreign bank notes or traveller's cheques which visitors may bring into Kenya. However, the export of Kenya currency by visitors is strictly forbidden.
- 10.4 Commercial banks and forex bureaux provide exchange facilities. Most banks are open between 9.00 am to 4.00 pm from Monday to Friday and between 9.00 am to 12.00 am on Saturdays. Some forex bureaux may be open outside of these hours. Hotels also offer exchange facilities but at an extra fee and/or less favourable rates. On arrival at Jomo Kenyatta International Airport (JKIA), forex services are available within customs hall, from 7.00 am to midnight.

11. Telephones

- 11.1 Worldwide direct connections are available, using the international code or telephone operator if necessary. From outside Kenya, dial 254 followed by the area code (for landline numbers) and the required number. The main mobile operators in Kenya are Airtel, Orange and Safaricom.

12. Security

- 12.1 Please visit the site <http://www.unon.org> and click on "Security Advice" for the latest information. As in many large cities, crime is prevalent within Nairobi. It is advisable to check with the hotel reception regarding security within the surrounding areas and use taxis or transport arranged by the hotel reception to visit shopping complexes, sightseeing or to travel for any other purpose.

Security at the UN Complex

- 12.2 Security procedures for entry and remaining within the UN Complex at Gigiri are strictly enforced. International participants must bring valid passports to the UN Complex. All participants must wear identification (tags/badges) issued by UN Security at all times while within the UN Complex.



**INTERNATIONAL CIVIL AVIATION ORGANIZATION (ICAO)
A LIST OF RECOMMENDED HOTELS IN AND AROUND THE NAIROBI CENTRAL BUSINESS AREA
AND GUEST HOUSES NEAR ICAO/UN WHICH OFFER UN/CORPORATE RATES**

Hotel	Rates	Address / Location	E-mail	Telephone	Telefax	Distance to ICAO / UN Offices
BOMA INN Nairobi***	S 170US\$ D 215 US\$ <i>B&B, inclusive of all Taxes</i>	Near the Airport	reservations@theboma.co.ke www.theboma.co.ke	254 20 3904000		18 Km
Crowne Plaza Nairobi*****	SBB: 205 US\$ DBB: 230 US\$ <i>B&B, inclusive of all Taxes</i>	Upper Hill (Downtown)	reservations@cpnairobi.com www.cpnairobi.com	254 20-2746000	254 20-2746100	15 Km
Eka Hotel ****	SR: US\$ 190 JS: US\$ 212 <i>B&B, taxes included</i>	Near the Airport	reservations@ekahotel.com www.ekahotel.com	254 20 704493090	-	18 Km
Fairmont The Norfolk*****	SBB: 246 US\$ DBB: 246US\$ <i>B&B, inclusive of all Taxes</i>	Harry Thuku Road, Nairobi,	kenya.reservations@fairmont.com www.fairmont.com	254 20 2265000/ 2216940/ 225900	254 20 2216796/ 336742	10 Km
Hemingways Nairobi*****	S 230 US\$ D 285 US\$ <i>B&B, inclusive of all Taxes</i>	Outside City Center	centralreservations@hemingways-collection.com www.hemingways-collection.com	254 722 204 251		30 Km
Hilton Hotel****	SBB: 175 US\$ DBB: 215 US\$ <i>B&B, inclusive of all Taxes</i>	Mama Ngina street, Nairobi,	Reservations.nairobi@hilton.com www.hilton.com	254 20 2790000	254 20 250099/ 2226477	10 Km
Intercontinental Nairobi*****	SBB: 210 US\$ DBB:245 US\$ <i>B&B, inclusive of all Taxes</i>	Cr. City Hall Way, Uhuru Highway	reservations@icnairobi.com www.intercontinental.com/nairobi	254 20 320 00 000 Cell: +254 710 800 409	254 20 320 00 036	10 Km
Jacaranda Hotel – Nairobi****	SBB: 160 US\$ DBB:198 US\$ <i>B&B, inclusive of all Taxes</i>	Chiromo Road, Westlands	cro@jacarandahotels.com www.jacarandahotels.com	254 20 4448713/ 4/5/6/7 Mob: 254 722 205486/ 722722633	254 20 4452117	6 Km
Laico Regency Hotel****	Deluxe S: 175 US\$ Deluxe D: 200 US\$ <i>B&B, inclusive of all Taxes</i>	Loita Street, Uhuru Highway	reservations@laico-regency.com www.laico-regecncy.com	254 20 2211199	254 20 2217120	10 Km
Nairobi Safari Club***	SBB: 170 US\$ DBB: 190 US\$ <i>B&B, inclusive of all Taxes</i>	University Way /Koinange Street	reservations@nairobisafariclub.com www.nairobisafariclub.com	254 20 2821000	254 20 215137/ 224625	10 Km
Ole- Sereni	SBB: 220 US\$	Off Mombasa	reservations@ole-serenihotel.com	254 20 3901000/		18 Km

List of Hotels/Lodges

Hotel	Rates	Address / Location	E-mail	Telephone	Telefax	Distance to ICAO / UN Offices
Hotel*****	DBB: 270 US\$ <i>B&B, inclusive of all Taxes</i>	Road	www.ole-serenihotel.com	5036000 Mob: 254-732-191-000		
Panari Hotel****	S: 170 US\$ D: 210 US\$ <i>B&B, inclusive of all Taxes</i>	Mombasa Road Near Airport	reservations@panarihotels.com www.panarihotels.com	254 20 394 6000/ 828990/ Mob: 254 722 474 836/ 733 474 836	254 20 828985	18 Km
Safari Park Hotel****	S Deluxe: 190 US\$ D Deluxe: 240 US\$ <i>B&B, inclusive of all Taxes</i>	Kasarani off Thika Road	reservations@safariparkhotel.co.ke sales@safariparkhotel.co.ke www.safaripark-hotel.com	254 20 3633000/ 3633312/971	254 20 3633919	10 Km
Sankara****	Superior: 248 US\$ Deluxe: 278 US\$ <i>B&B, inclusive of all Taxes</i>	Westlands	stay@nairobi.sankara.com www.sankara.com	254 20 4208000	254 20 4208888	6 Km
Sarova Panafric****	SBB: 165 US\$ DBB: 205 US\$ <i>B&B, inclusive of all Taxes</i>	Kenyatta Avenue	Reservations2@sarovahotels.com www.sarovahotels.com	254 20 276 7000/ 7431 Mob: 254 732866166	254 20 271 5566	18 Km
Sarova – The Stanley*****	SBB: 175 US\$ DBB: 215 US\$ <i>B&B, inclusive of all Taxes</i>	Kenyatta Avenue/Kimathi Street	Reservations3@sarovahotels.com www.sarovahotels.com	254 20 276 7000/ 7431 Mob: + 254 732866166	254 20 271 5566	12 Km
Southern Sun Mayfair Nairobi****	SBB 215 US\$ DBB 230 US\$ <i>B&B, inclusive of all Taxes</i>	Parklands Road and Mpaka Lane	reserve@southernsun.co.ke www.sarovahotels.com	254 20 3740920/1 0722 205 508	254 20 3748823	6 Km
Tribe –The Village Market Hotel****	SS-260 US\$ DD 330 US\$	Village Market Shopping Centre /Gigiri Area	reservations@tribehotel-kenya.com www.tribe-hotel.com	254 20 7200000	254 20 7200110	2.5 Km
Villa Rosa Kempinski*****	SS 256 US\$ DD 286 US\$ <i>B&B, inclusive of all Taxes</i>	Westlands	Reservations.nairobi@kempinski.com www.kempinski.com/nairobi	254 20 3603000		8 Km
Windsor Golf Hotel and Country Club****	Deluxe: 180 US\$ Suite: 220US\$ <i>B&B, inclusive of all Taxes</i>	Off Kiambu Rd	reservations@windsor.co.ke www.windsorgolfresort.com	254 20 8562300/ 8562500	254 20 8563322	8 Km

SBB = Single, Bed and Breakfast

DBB = Double, Bed & Breakfast

Note: 1: When making your reservations, please specify that you are attending an ICAO Seminar in order to be accorded special UN/Corporate Rates.

2: The above rates are as of January 2015 and are subject to change by the hotels without notice.

GUEST HOUSES NEAR UN COMPOUND, GIGIRI

(These rates are as of January 2015 and are subject to change without notice.)

Name of Guest House	Rate US\$	Distance to ICAO/ UN Offices	E-mail	Telephone	Internet Access (Wireless)
Alexandra's	Single 100 US\$; Double 130 US\$ Bed & Breakfast inclusive of taxes	4km	teddy@gianopulos.home.co.ke	254-735502581	inclusive
Casa Bella Suites	Single 100 US\$; Double 120 US\$ Bed and Breakfast inclusive of taxes	6km	enquiries@casabellagigiri.com www.casabellagigiri.com	254-722994999	inclusive
Comfort Gardens	Single 100 US\$; Double 134 US\$ Bed and Breakfast inclusive of taxes	2 Km	info@comfortgardens.com	254-723610280 722873741	inclusive
Daisy Homes Ltd.	Single 100 US\$; Double 120 US\$ Bed and Breakfast inclusive of taxes	1km	info@daisyhomekenya.com www.daisyhomekenya.com	254-721703333	inclusive
Gigiri Homestead	Master Room en-suite 100 US\$ Double Room en-suite 115 US\$ Master Room non en-suite 75 US\$ Studio en-suite 65 US\$ Bed and Breakfast inclusive of taxes	1.5km	info@gigirihomestead.com www.gigirihomestead.com	254-722839232 254-203-544-189	inclusive
Homely	Single 85 US\$; Double 105 US\$ Bed and Breakfast inclusive of taxes	1km	Homely.Guesthouse@gmail.com www.homelyguesthouses.com	254-722-901335 254-722-315588	inclusive
Shanema Homes	Single 80 US\$; Double 100 US\$ Bed and Breakfast inclusive of taxes	1km	info@shanemahomes.com www.shanemahomes.com	254-20-2691911 254-700-333404	inclusive
Tara Suites	Single room BB 120 US\$ Double room BB 175 US\$ Junior executive suite BB 200 US\$ Executive suite is 250 US\$ NB: Prices do not include 18% VAT and Catering levy taxes. The above charges apply only on production of a VAT tax exemption certificate.	1km	info@tarasuites.com www.tarasuites.com	254-2-0518006719 254-717700417 254-786700417	inclusive
The 140	Single 100 US\$; Double 120 US\$ Bed and Breakfast inclusive of taxes	3km	the140@cenhika.com www.cenhika.com/the140	254-722527964 254-733600298	inclusive

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