

Introductory Guide to Kenya

Capital city Nairobi

(Nairobi meaning 'the place of cool waters' in Maa). The highest city in East Africa (1700 m), modern and fast growing, Nairobi has over 4 million inhabitants (estimated).

Climate

The coast is hot with an average daytime temperature of 27-31 degrees centigrade whilst the average daytime temperature in Nairobi is 21- 26 degrees centigrade. Nairobi can become cold enough for coats and fleece; July and August mark YOUR GUIDE TO YOUR STAY IN KENYA the Kenyan winter. Temperatures elsewhere depend on altitude. Typically, January-February is dry, March-May is wet, June-September is dry, October-December is wet. Nairobi is currently experiencing highs of 23°C and lows of 15°C. For a more accurate weather reading closer to your departure date please visit: <http://www.weather-forecast.com/locations/Nairobi/forecasts/latest>

Economy

Agriculture employs 80% of the population, contributes 20% to GDP and accounts for 50% of export earnings. Tourism is the largest source of income. The industrial base contributes around 18% of GDP.

Population

33.9 million (2005 est.), 42.5% of whom are under 14 years old, with a growth rate of 2.56%, one of the highest in the world. It is estimated that 50% of the population live below the poverty line. **Ethnic makeup** There are over 40 tribal groups distinguished by two major language groups: Bantu and Nilotic. The largest tribes of the Bantu are the Kikuyu, Meru, Gusii, Embu, Akamba, Luyha and Mijikenda. The largest tribes of the Nilotic are the Maasai, Turkana, Samburu, Pokot, Luo and Kalenjin. A third group made up of Cushitic speaking peoples includes the El-Molo, Somali, Rendille and Galla. The coastal region is the home of the Swahili people.

Religion

The predominant religion in Kenya is Christianity. However, the Constitution of Kenya acknowledges freedom of religion under the Bill of Rights hence existence of other religions including: Hinduism, Sikhism, Islam and traditional beliefs.

Language

English (official), Kiswahili (national), multiple ethnic languages (Bantu, Cushitic and Nilotic language groups). Literacy: 85% of population over age 15 can read and write.

Government

Kenya is an independent republic with a democratically elected parliament. The President is the chief of state and head of government.

Currency exchange

Most hotels offer forex facilities, though sometimes at disadvantageous rates. Forex facilities remain open at Jomo Kenyatta International Airport daily from 7am to midnight. Close to the GLF-Africa conference venue, there are other places where you can obtain forex bureau services, viz. Village Market Mall:

<http://villagemarket-kenya.com/> and the closest to the Un complex which is less than 5 minutes walking distance is the Give and Take Forex Bureau Ltd, Gigiri, China Garden Nairobi,

Currency

Kenya shilling (Ksh); slang 'bob'; coins: 50cts, KSh1, KSh5, KSh10 and KSh20; notes KSh50, KSh100, KSh200, KSh500 and KSh1, 000.

Banking

Foreign currency can be changed at banks, foreign currency bureaux or hotels. Banks in major centres are open from 09.00 to 15.00 Mon-Fri. 09.00 to 11.00 on the first and last Saturday of each month. Banks in coastal towns open and close half an hour earlier.

ATMs

ATM s are available country wide with 24-hour access. Most accept international VISA cards. **Credit cards** All major international cards are accepted. Credit card fraud occurs in Kenya, as in most other parts of the world, and the usual precautions should be taken. Some international banks are represented in Kenya (e.g. Barclays), where you can usually access cash if your debit card has international access. It is best to check with your bank in your country about how their debit card works. VISA and AMEX credit cards are widely accepted in Kenya. Others are only accepted by a few outlets. We recommend bringing a VISA card. There is normally a 5 USD fee for withdrawing using a bank card or a VISA card, but you can check with your bank (usually you pay a fee to your country's bank, as well as the Kenyan bank / local branch).

Travellers' cheques

Travellers' Cheques are accepted at most banks, bureaux and hotels.

Tipping

Tipping is appreciated. Most hotels and restaurants include a 10% service charge.

Shopping and business hours

08.30 to 12.30 and 14.00 to 17.30 Mon-Sat. Many businesses work Saturday mornings.

Time

GMT +3 all year-round. Kenya maintains an almost constant 12 hours of daylight. Sunrise is typically 06.30 and sunset at 18.45.

Electricity

220-240 volts AC , with standard 13-amp three square-pin plugs.

Water

Kenyan tap water is not safe to drink. Bottled water is readily available.

Post offices

Opening hours are 08.00 to 17.00 weekdays and 09.00 to 12.00 on Saturdays. Stamps can be purchased at post offices, stationery and souvenir shops and hotels.

VISAS & HEALTH CERTIFICATION

Obtaining a visa upon arrival

Depending on your country of origin, visas can be obtained upon arrival or online prior to your departure. E-Visa for a single entry visa could be obtained through the link <http://evisa.go.ke/evisa.html>. It is important to note that e-visa approval takes up to 7 working days. In case you will not have received your entry visa prior to arrival, you will need a single TOURIST visa for Kenya which costs USD50.

VISA FEES

- The transit visa fee shall be US \$ 20.
- The visa referral visa fee shall be US \$ 10 non-refundable.
- The current standard visa fee for an ordinary or a Single Journey entry visa shall be US \$ 50.
- The standard fee for multiple journey visas shall be US \$ 100 for all nationalities.

NB: The information provide above could be change without prior notice, please always refer to <http://evisa.go.ke/category-three-visa-regime.html> for visa fees and <http://evisa.go.ke/eligibility.html> for visa eligibility.

Health certification

A yellow fever vaccination certificate is required only if you are arriving in Kenya from an infected area. For advice on vaccinations recommended for visitors to Kenya, please contact your doctor or the UNON Medical Clinic: +254 (0)20 762 2267. The clinic also has an emergency line: +254 (0)20 762 5999.

ACCOMODATON

LIST OF HOTELS WITHIN GIGIRI AREA					
	HOTEL	EMAIL	TEL	CONTACT PERSON	PRICE RANGE USD
1	Comfort Gardens	comfort06@gmail.com	+254 20 14014, +254 722 873 741	Maureen	90
2	Village Villa	villagevilla22@yahoo.com	+254-720225531 +254-737657032 +254-0202632735	Naomi	70
3	Shanema	info@shanemahomes.com	+254 721500877	Jacque	90
4	Tara Suits	info@tarasuites.com	+ 254 518 006 719 +254 717 700 417 +254 720 248 835 + 254 722 870 792	Maureen	100
5	The Bedelle	reservations@thebedelle.com	+254 733 370312 +254 700 368611	Robert	150
6	Tribe Hotel	tsm@tribehotel-kenya.com	+254 020) 7200113	Cecilia	210
7	Trademark Hotel	tsm@tribehotel-kenya.com	+254 020) 7200113	Cecilia	160
8	City Lodge Hotel at Two Rivers	cltworivers.resv@clhg.com	+254 709 264000	Lief Maina	200