WELCOME TO NAIROBI

We are pleased to welcome you to the United Nations Office at Nairobi (UNON). This booklet has been designed to provide a range of basic information, which we hope you find useful during your stay. It is divided into the following sections:

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Version as of as of September 2013 - to be updated regularly
PLANNING YOUR TRIP

Introductory Guide to Kenya

Official name

Capital city Nairobi (Nyrobi 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).

Main cities
Mombasa is the coastal capital and the largest port on the East African coast. Other major cities include: Kisumu, Eldoret and Nakuru.

Area
Kenya covers an area of 583,000 sq km, 13,400km of which is inland water, including part of Lake Victoria. The coastline is 536 km long.

Borders
Kenya is bordered by Ethiopia, South Sudan, Somalia, Uganda and Tanzania.

Climate
Nairobi is situated close to the Equator, with an altitude of about 5,500 feet (1700 metres) resulting in an enjoyable equable tropical climate, with temperatures neither uncomfortably low at night. Mid-October to Mid-December will be the Secondary rainy season.
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 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.

**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**
44.4 million (2013 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
Christianity, 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 both 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.

Currency
Kenya shilling (Ksh); slang ‘bob’; coins: 50cts, KSh1, KSh5, KSh10, KSh20 and KSh40; notes KSh50, KSh100, KSh200, KSh500 and KSh1,000.

Exchange rates
As a general guide to exchange rates, the following rates applied as of August 2013

<table>
<thead>
<tr>
<th>Currency</th>
<th>Exchange Rate</th>
</tr>
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<tbody>
<tr>
<td>1 US$</td>
<td>87 Kenya shillings</td>
</tr>
<tr>
<td>1 Euro</td>
<td>116 Kenya shillings</td>
</tr>
<tr>
<td>1 Pound Sterling</td>
<td>136 Kenya shillings</td>
</tr>
</tbody>
</table>
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 12.00 on the first and last Saturday of each month. Banks in coastal towns open and close half an hour earlier.

ATMs
ATMs are available country wide with 24-hour access. Most accept international VISA VISA, Barclays, and UNFCU.

Credit cards
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.

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.

Shopping centres
Nairobi has a number of large shopping malls, which are recommended for visitors since they offer optimum security. Those listed below offer: supermarkets, retail outlets, banks, forex bureaus, restaurants and bars.
Mobil Plaza, Muthaiga  Tel: (020) 3766418  
Sarit Centre, Westlands  Tel: (020) 3740329  
(Cinema, Health Club)  
The Junction, Lavington  Tel: (020) 3872881  
(Cinema)  
The YaYa Centre, Tel: (020) 2713360  
Hurlingham  
The Warwick  Tel: (020) 7120876  
Centre  (immediately adjacent to UNON)  
Village Market  Tel: (020) 7122488 (5 minutes from UNON, Cinema)

**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.

**Media**

The Kenya Broadcasting Corporation (KBC) has radio transmission in English, Swahili, Hindi and African languages. The BBC World Service (which also transmits on 93.9 FM), Voice of America
and Deutsche Welle all transmit on short-wave frequencies. Radio France International transmits on 89.9 FM and China International Radio on 91.9 FM. There are several commercial radio stations such as Capital FM and Kiss FM. There are also locally produced television channels in English and Swahili, and digital satellite TV from South Africa. The two daily English-language newspapers are the Daily Nation and the Standard. The two Swahili newspapers are Taifa Leo and Kenya Leo.

Travel and Tourism

For details on travel and tourism options in Kenya, contact the Kenya Tourist Board. Tel: +254 (0)20 2711262. Email: info@kenyatourism.org, http://www.magicalkenya.com.

The Safety and Communication Centre
For up-to-the minute safety and security advice contact:
Where: Kenya Tourism Federation, KWS Complex, Langata Road
Telephone: Tel+ 254 (0)20 604767/604729.
Mobile: 0733 617499 or 0722 745645

Tourist 24-hour helpline
Tel: +254 (0)20 604767/605485

National Parks and Reserves
Kenya’s total wildlife conservation area is 44,359 sq km or 7.6 % of the total area. The main parks are: Aberdare National Park, Amboseli National Park, Hell’s Gate National Park, Lake Nakuru National
Park, Meru National Park, Mt Elgon National Park, 
Mount Kenya National Park, Nairobi National Park, 
Tsavo East and Tsavo West National Park. One of 
the most popular tourist destinations, the Maasai 
Mara, is designated a National Reserve. There are 
two major marine parks: Mombasa Marine National 
Park and Malindi/Watamu National Park. Details 
on all Kenyan National Parks and Reserves can be 
obtained from: Kenya Wildlife Service (KWS) Tel: 
+ 254 (0) 20 600800. 
Email: tourism@kws.org 
or http://www.kws.org.

World Heritage sites
Fort Jesus, the Gedi Ruins, Koobi Fora, Mount 
Kenya, Hells Gate National Park and the Maasai 
Mara National Reserve.

Historical sites
Kenya has over 400 historical sites ranging from 
prehistoric fossils and petrified forests, to 14th 
century slave trading settlements, Islamic ruins 
and 16th century Portuguese Forts.

Landscape
The landscape of Kenya is distinctly divided into 
two halves - the eastern half which slopes gently 
to the coral-backed seashore, and the western 
portion, which rises abruptly through a series of 
hills and plateaus to the Eastern Rift Valley. West 
of the Rift is a westward-sloping plateau, and 
the lowest part is covered by Lake Victoria. The 
highest point in the country is the snow-capped 
peak of Mount Kenya (5,199 m), the second highest 
mountain in Africa. The coastline extends some 536
km from the Tanzanian border in the southeast, to the Somali border in the northeast. The main rivers are the Athi/Galana and the Tana. The major lakes are: Lake Victoria, Turkana, Baringo, Naivasha, Magadi, Jipe, Bogoria, Nakuru and Elementeita.

**Flora**
Kenya’s flora is diverse. Coastal forests contain palm, mangrove, teak, copal and sandalwood trees. Forests of baobab, euphorbia and acacia trees cover the lowlands to an elevation of approximately 915 m. Extensive areas of savannah are interspersed with groves of acacia and papyrus, which characterize the terrain from 915 to 2,745 meters above sea level. Bamboo and camphor are common in the dense rainforest of the eastern and southeastern mountain slopes. The alpine zone (above 3,550 meters) contains many Senecio and Lobelia plants.

**Fauna**
Despite the tremendous losses inflicted by hunting and poaching during the twentieth century, Kenya teems with wildlife. There are 80 major animal species ranging from the ‘Big Five’ (elephant, buffalo, rhinoceros, lion and leopard) to tiny antelopes such as the dik-dik, which is slightly larger than a rabbit. At least 32 endemic species are endangered.

**Avifauna**
Kenya boasts around 1,137 species of birds. Spotting over 100 bird species in a day is not uncommon.
Visa and Health Certification

Note: Information provided in this section is correct as of August 2013.
A passport, valid for at least six months, is required for entry into Kenya. A valid entry visa is also required (cost US$50) and may be obtained in advance from the Kenyan Embassy or High Commission in your country of origin. In the absence of either, the British High Commission will generally represent Kenya in the issuance of visas.

Nationals of the following countries do not require Visas to enter Kenya:

Bahamas, Barbados, Belize, Botswana, Brunei Darussalam, Burundi, Cyprus, Dominica, Fiji, Ghana, Grenada, Jamaica, Kiribati, Lesotho, Malawi, Malaysia (For less than 30 days stay), Maldives, Mauritius, Namibia, Nauru, Papua New Guinea, Rwanda, Samoa, Seychelles, Sierra Leone, Singapore, Solomon Islands, South Africa (For less than 30 days stay), St. Kitts and Nevis, St. Lucia, St. Vincent and the Grenadines, Swaziland, Tanzania, Tonga, Trinidad & Tobago, Tuvalu, Uganda, Vanuatu, Zambia, Zimbabwe
Obtaining a visa upon arrival
Visas can also be obtained upon arrival. The fee is US$50.
Kenyan visas require special advance visa clearance or referred visas by Kenyan authorities (as of August 2013) for Nationals from the following countries:

- Afghanistan
- Armenia
- Azerbaijan
- Cameroon
- Democratic People’s Republic of Korea (Formerly N. Korea)
- Eritrea
- Iran
- Iraq
- Kosovo
- Lebanon
- Libya
- Mali
- Palestine
- Senegal
- Somali
- Syria
- Tajikistan

Visa information and assistance
For information and assistance regarding visas please contact: Travel and Visa Unit, UNON: (762) 3580.

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. Telephone: (762) 2267. Emergency Line: (762) 5999
KEEPING HEALTHY AND SAFE

Health

**Vaccinations**
A number of vaccinations are recommended for visitors to Kenya (check with a travel clinic in advance).

**Malaria**
Malaria is endemic in tropical Africa and protection against it is necessary. There are numerous prophylactics on the market, and it is recommended that prophylactics be taken. Use of mosquito nets is also recommended in endemic areas. Furthermore, use of mosquito repellents is recommended.

**The malarial risk in Nairobi**
The risk of contracting malaria in Nairobi (or at any altitude above 2,500 m) is minimal. For specific health advice, contact the UNON Clinic.

**General health care**
Avoid dehydration and exhaustion by drinking plenty of bottled water. Rest, drink and eat at regular intervals.

Avoid sunstroke or sunburn by protecting yourself with clothing, hats and ultra-violet barriers. The sun is more powerful at altitude and is capable
of burning through both cloud and haze. In the case of heat exhaustion cool yourself with shade and/or cold water, and increase fluid intake. In the case of a heat stroke, cool yourself with shade and/or cold water; increase fluid intake and contact the emergency medical services, as heat stroke is a medical emergency.

**HIV/AIDS**
HIV/AIDS is a serious problem throughout Africa, and an estimated 7-9% of the Kenyan population is HIV positive.

**Medical insurance**
Travellers to Kenya are recommended to obtain medical insurance prior to arrival. The UN will not assume responsibility for any medical costs incurred by visitors. The Government of Kenya will also not cover any medical expenses incurred by visitors.

**Personal Safety**
Great efforts have been made of late by the Kenyan government to improve the security situation. However since Kenyan society is less affluent than that of the developed world, ostentatious or careless displays of wealth or valuables may attract unwelcome attention.

**Personal possessions**
Valuable items such as large amounts of cash, and irreplaceable documents should be locked in the hotel room safe. Handbags, cameras and jewellery are attractive targets for thieves, and street muggings can occur at any time of the day or night,
especially in Nairobi and Mombasa. Visitors should remain alert, and when possible take a taxi rather than walking. Never walk at night. Visitors are also advised to ignore the attentions of street children, or of any other persons who may approach them with unsolicited requests.

**Security clearance**
The UN in Kenya currently has 8 Security Levels (see map overleaf). Certain areas may experience heightened security. For further details please contact the Security Control Room (762) 6666.

**Sexual assault**
Immediately contact the Aga Khan or Nairobi Hospital emergency rooms (see below) in the case of sexual assault. Both hospitals will provide anti-retroviral drugs that may prevent transmission of diseases. Treatment should start as soon as possible, and at the very latest, 24 hours after the event.

**Hospitals and doctors**
There are many highly qualified doctors, surgeons, and dentists in Nairobi and Mombasa. Lodges and hotels in the game reserves usually have resident medical staff. Most lodges also have radio or telephone contact with the Flying Doctor Service in Nairobi.

Recommended private hospitals in Nairobi:

**Nairobi Hospital:** Tel: (020) 272 2160
**Aga Khan Hospital:** Tel: (020) 3740000/ 3662000
**M.P. Shah Hospital** Tel: (020) 374 2763
Nairobi Hospital, Gigiri: Tel: (020) 2845000/6000
‘Flying Doctor’ service
Tel: 24-control centre (020) 315454/31545
5/602492/501280.
Email: emergency@flydoc.org
The Flying Doctor service specializes in air evacuations and emergency treatment in East Africa. Temporary membership is available. Non-members may use the doctor services, but must pay for the cost of the flight.
WHERE TO STAY

One of Africa’s prime tourist destinations and the longest established Kenya’s tourist infrastructure is well tried and tested. The spirit of Kenya is also exemplified by its tradition of hospitality. Few people in the world are as welcoming as the Kenyans. The range of accommodation is comprehensive ranging from budget travel to luxury hotels. Kenya’s hotels vary enormously in price and facilities and it is recommended that travel arrangements be booked through a larger hotel chain.

Lodges
Lodges are located in the national parks and reserves and are usually expensive. The food and facilities, however, are generally of the highest standards.

Tented Camps
Comprising a small selection of permanently-sited canvas tents, which are roofed, pitched on a concrete base or raised wooden platform, and often have a bathroom to the rear, tented camps have little to do with ‘camping’. Most offer a surprising degree of luxury with flush toilets, hot and cold running water and electricity.

Where to stay in Nairobi
Nairobi offers a wide range of accommodation options. The following hotels are suggested and have received UNON security clearance. For further details on the amenities offered we suggest you visit the websites of the hotels detailed.
*** star choices

**Boulevard Hotel**
Location: Between Westlands and the city centre
Tel: +254 (0)20 227567-9 337221
Email: hotel@hotelboulevardkenya.com
Website: http://www.hotelboulevardkenya.com

**Silver Springs Hotel**
Location: Central Nairobi
Tel: +254 (0)20 2722451-7
Email: Silversprings@iconnect.co.ke
Website: http://www.silversprings-hotel.com

**Sixeighty Hotel**
Location: Central Nairobi
Tel: +254 (0)20 315680/344000
Email: info@680-hotel.co.ke
Website: http://www.680-hotel.co.ke

**** star choices

**Fairview Hotel**
Location: Central Nairobi
Tel: +254 (0)20 2881000
Email: book@fairviewkenya.com
Website: http://www.fairviewkenya.com

**Fairview Country Lodge**
Location: Central Nairobi
Tel: +254 (0)20 2881600
Email: stay@countrylodge.co.ke
Website: http://www.countrylodge.co.ke
Southern Sun Mayfair Nairobi
Location: Parklands suburb, Central Nairobi
Tel: +254 020 3740920
Email: admin@southernsun.co.ke
Website: http://www.holiday-inn.com

Jacaranda Hotel
Location: Westlands suburbs, Central Nairobi
Tel: +254 (0)20 4448713-7
Email: cro@jacarandahotels.com
Website: http://www.jacarandahotels.com

Sarova Panafric
Location: Central Nairobi
Tel: +254 020 2714444/2720822
Email: reservations@panafric.sarova.co.ke
Website: http://www.sarovahotels.com

***** star choices
Grand Regency Hotel
Location: Central Nairobi
Tel: +254 (0)20 211199/220386
Email: info@grandregency.co.ke
Website: http://www.grandregency.co.ke

Hilton Hotel
Location: Central Nairobi
Tel: +254 (0)20 250000
Email: hilton@africaonline.co.ke
Website: http://www.hilton.com
Intercontinental Hotel
Location: Central Nairobi
Tel: +254 (0)20 3200000
Email: nairobi@interconti.co.ke
Website: http://www.ichotelsgroup.com

Norfolk Hotel
Location: Central Nairobi
Tel: +254 (0)20 216940
Email: Kenya.reservations@fairmont.com
Website: http://www.fairmont.com

Nairobi Safari Club
Location: Central Nairobi
Tel: +254 (0)20 251333
Email: info@nairobisafariclub.com
Website: http://www.nairobisafariclub.com

Nairobi Serena Hotel
Location: Overlooking Central Park, Central Nairobi
Tel: +254 (0)20 2711077-86
Email: cro@serena.co.ke
Website: http://www.serenahotels.com

Panari Hotel
Location: Mombasa Road, close to airport
Tel: +254 (0)20 6946000/828990
Email: info@panari.com
Website: http://www.panari.com
Sarova Stanley Hotel
Location: Central Nairobi
Tel: +254 (0)20 228830/316377
Email: reservations@thestanley.sarova.co.ke
Website: http://www.sarovahotels.com

Windsor Golf Hotel and Country Club
Location: Kiambu, Nairobi
Tel: +254 020 8562300
Email: marketing@windsor.co.ke
Website: http://www.windsorgolfresort.com

Tribe - The Village Market Hotel
Location: Limuru rd, Gigiri, Village Market, Nairobi
Tel: +254 020 720 0000
Email: reservations@tribehotel-kenya.com
Website: http://www.africanpridehotels.com/tribe

For more information on hotels and guest houses, please access the link below:
http://intranet.unon.org/content/shipping-and-hotels
Getting there by Air

Numerous international carriers serve Kenya, and Nairobi is the hub of the East African region. Kenya has two international airports: Jomo Kenyatta International Airport is half an hour’s drive depending on traffic, from Nairobi’s city centre, and Mombasa’s Moi International Airport is even closer to the town centre. Most tourist hotels have minibuses to transport guests, and public buses serve both the Jomo Kenyatta and Moi airports. Taxis are readily available at both airports (officially regulated tariffs should be displayed).

Getting to the hotel and the UNON Compound in Gigiri

It is recommended that visitors to the UNON Compound take a taxi from the airport to the hotel. Many hotels listed in this booklet also supply courtesy buses to transport guests from the airport to the hotel (and in some cases from the hotel to the UNON Gigiri Compound). The Government of Kenya may also provide transport, depending on the Host Government Agreement. Visitors should advise the hotel in advance as to their requirements. Prepaid vouchers are available at JKIA. Recommended taxi services are listed in the taxi section below.
Getting about

Internal air travel
Domestic flights are convenient, and minimize the time spent on Kenyan roads, which are often in poor condition. Frequent flights (both scheduled and charter) operate from JKIA, Nairobi’s Wilson Airport and from Mombasa and Malindi to the main towns and national parks.

Trains
Kenya’s single-track railway line runs from Mombasa to Kisumu (via Nairobi). Overnight trains depart the major stations of Mombasa, Nairobi and Kisumu around sunset and arrive at their destinations just after sunrise. The ‘Deluxe’ option is recommended for rail travel.

‘Matatus’
Most Kenyans use ‘matatu’ as the primary method of transport. They are typically minivans following specific routes. Fares are regulated by ‘stages’ and payment must be made to the ‘tout’ who operates the sliding door. Matatus are privately operated, and although much safer than they used to be, they are not recommended for visitors to the UN.

Night travel
Night is not recommended due to poor road conditions, poor street lighting, a relaxed attitude towards operational headlights, and armed hold-ups.
Taxis
Taxis are plentiful outside the main hotels, shopping arcades, and central city points. There are a number of dial-up taxi companies in major towns. A tariff sheet should be available, and it is wise to agree the price of the journey before you set off.

Recommended taxi contacts
Hilltop Tel: (020) 2723218
Jatco Tel: (020) 446096/4440180/4440181,
Jim cab Tel: (020) 7122565/7120344
Kenatco Tel: (020) 230771/2 or 316611

Car Rental
There are plenty of well-established and reputable car hire companies, but car rental is not generally recommended. To hire a car you must be over 23 and under 70 years and have had a driving license (International or Commonwealth are also valid) for a minimum of two years. Prices vary enormously. Kenyan motorists drive on the left and overtake on the right. Road conditions in many places are poor.

Useful numbers for car rental (when dialling from a mobile prefix the numbers with 020)
Avenue Car Hire Tel: (020) 313297/317770
Avis Rent a Car Tel: (020) 244977 or 316061
Budget Car Hire Tel: (020) 652144-9
Car Hire Services Tel: (020) 822090
Concorde Tel: (020) 4448953-4 or 4448134
Hertz Rent-a-Car Tel: (020) 311143
Payless Car Hire Tel: (020) 652144-9
Driving in Kenya
Kenyans drive on the left side of the road, and defensive driving is recommended. Kenyans typically place broken tree branches on the road in the case of a breakdown.
Note: Never leave valuables in the car, always lock the car, always padlock spare wheels and always put windows up at urban traffic lights.

Police road blocks
Roadblocks are indicated by large pieces of iron (fitted with spikes) extending across the road with a small gap in the middle. They are preceded by a warning triangle. Police officers will point directly at those vehicles they wish to stop. They will then wave them to the side of the road, and provide instruction on further steps.

Road accidents
Visitors are advised against stopping at the scene of a serious accident due to the fact that blame can sometimes be incorrectly apportioned, and violence may erupt.

Armed vehicle hijacking
Armed hijacking of vehicles in Kenya, particularly in Nairobi and Mombasa, is fairly common. In the event of a hijacking, drivers are strongly advised to comply with the demands of the hijackers.

Safety on Safari
Visitors wishing to go on safari should use a reputable travel agent to book the trip (see Travel Agents within the UNON compound).
GOING OUT IN NAIROBI

Nairobi offers numerous diversions, a cross-section of which are offered below.

Restaurants and bars

Casablanca
Where: Lenana Road, Hurlingham
Tel: (020) 2723173
Moroccan-styled lounge bar with Shisha pipes, wines and cocktails.

Emerald Garden Restaurant
Where: At China Garden, UN Avenue, Gigiri
Tel. 0710 886681/887888
(020) 2324977/2324988
Authentic Thai cuisine in a garden with fine dining setting.

Fairview Hotel
Where: Centre of Town, Bishops Road.
Tel: (020) 2711321
Wine cellar, Japanese Sushi Bar, Gourmet restaurant and outside European café. Safe and secure parking.

Haandi Restaurant
Where: The Mall, Westlands
Tel: (020) 4448294
An authentic north Indian cuisine. Safe and secure parking.
Mediterraneo
Where: At ‘The Junction’ Shopping Mall, Ngong Road or in Westlands.
Tel: (020) 4447494 (Westlands) 3878608 (‘The Junction’).
Where: At UN Avenue, Gigiri
Tel: 0789 269841/0705 269841
Mediterranean-styled restaurants offering a wide range of international dishes, pizza and pasta.

Osteria
Where: At Warwick Centre, UN Avenue, Gigiri
Tel: 0736 550098/0701 570468
Enjoy indigenous Italian cuisine.

Restaurant Misono
Where: Lenana Road, Hurlingham
Tel: (020) 3868959
An authentic Japanese restaurant. Safe and secure parking.

Safari Park Hotel and Casino
Where: 15 minutes outside Central Nairobi, heading north.
Tel: (020) 3633000/856222
More of a theme park than a hotel, the Safari Park offers a Chinese restaurant, a Japanese, restaurant, an international café, a BBQ restaurant serving game meat (with a floor show by the famous dance troupe ‘The Safari Cats’), numerous bars, a casino and a disco. Safe and secure parking.
Tamambo
Where: Village Market, Gigiri
Tele: ((020) 7124005/07722 385089
Email: info@tamambo.co.ke
Tamambo is a slightly more relaxed version of the famous Tamarind (above). European and global cuisine. Safe and secure parking.

The Carnivore
Where: Langata Rd near Wilson Airport
Tel: (020) 6059333-7
The Carnivore is probably Nairobi most famous restaurant, voted amongst the worlds top 50 restaurants, a ‘must’ for every tourist. Large, busy, efficiently run with excellent service, the Carnivore specializes in Kenyan traditional cuisine, namely BBQ’d meat such as ostrich and crocodile as well as the more normal choices of chicken, beef, mutton, lamb pork and fish. There is also a disco at the ‘Simba Saloon’, which hosts a ‘Rock Night’ on Wednesday and ‘Soul’ on Sunday evenings. Open daily for lunch and dinner. Safe and secure parking.

The Lord Erroll
Where: off Limuru road, Runda
Tel: (020) 7121308
An elegant restaurant with an international clientele, set in urban surroundings, serving a varied menu with barbecue, Italian, oriental and European dishes. Safe and secure parking.

The Sarit Centre
Where: Westlands
(http://www.saritcentre.com)
The Sarit Centre hosts an international ‘Food Court’
with wide ranging choices in fast food. Safe and secure parking.

**The Tamarind Restaurant**  
Where: National Bank Bldg, Harambee Avenue, central Nairobi  
Tel: (020) 2251811/20473/17990  
Email: info@tamarindmsa.co.ke  
Part of the Tamarind Group, this is another of Nairobi’s most famous and most respected restaurants with an international clientele spanning all age groups. Wide menu: seafood as well as a broad range of global choices. Safe and secure parking.

**Thorn Tree Cafe**  
Where: At the New Stanley Hotel, Central Nairobi  
Tel: (020) 2757000/316377  
Email thestanley@sarovahotels.com  
The famous pavement café at the Stanley Hotel, the Thorn Tree makes the perfect meeting place and serves a wide selection of international food.

**Village Market**  
Where: Gigiri (five minutes from the UN), Limuru road  
The Village Market offers a wide range of cuisines, some in formal restaurants, some in the central fast-food mall. Busy, totally international and also offering a wide range of shops it offers; Italian, Chinese, African, Burgers, an Indian Pub and more. Safe and secure parking.
Museums and galleries

National Museum of Kenya
Where: Museum Hill, off Uhuru Highway
Tel: (020) 3742141-4/3
Email: nmk@africaonline.co.ke
Contact: http://www.museums.or.ke.
The famous Know Kenya Course, an annual series of lectures on culture, history, wildlife and more, typically runs 2nd-7th October. For up-to-date information contact: info@kenyamuseumsociety.org

Nature Kenya (The East African Natural History Society)
Where: At the National Museum
Tel: (020) 3749957
Email: info@naturekenya.org (http://www.naturekenya.org)
The oldest scientific society in Africa, the office, shop and library are located in the museum compound. The society supports a number of conservation projects ranging from succulent plants to butterflies, and often arranges natural history outings and bird watching excursions.

The Railway Museum
Where: To the west of Nairobi station and visible from Uhuru Highway
Open: Daily 08.15 to 14.45.
Established in 1971 to preserve and display the steam locomotives and rolling stock of the then East African Railways, the museum has an eclectic collection of memorabilia from the history of the Uganda railway, from its infamous beginnings,
when numerous workers perished at the jaws of the man-eating lions of Tsavo, to the present.

**The Karen Blixen Museum**

Where: Karen Road, 10 km west of the city centre  
Tel: 0736 919321  
Email: karenblixen@bidii.com  
Open: Daily 09.00 to 18.00.  
Home of Karen Blixen, author of the famous novel ‘Out of Africa’, who lived here between 1914 and 1932. Donated by the Danish government in 1963, the house is now a museum. There’s a museum shop on site and the Karen Blixen Coffee Garden is close by.

**Rahimtulla Museum of Modern Art (RAMOMA)**

Where: Rahimtulla Tower, Upper Hill Road  
Tel: (020) 3748612  
Email: ramoma@africaonline.co.ke  
Open: Mon-Fri: 09.30 to 16.30. Sat: 09.30 to 13.00. Entry free.  
The RAMOMA gallery hosts a series of revolving exhibitions by Kenyan and international artists displaying mainly paintings and sculpture. Art workshops are also regularly held in the gallery space.

**Gallery Watatu**

Where: City Centre, Lonrho House, Standard Street  
Tel: (020) 228737  
Open: Mon-Sat: 09.00 to 18.00. Sun: 10.00 to 17.00.  
A formal gallery and regular showcase for sculpture, paintings, screen prints and etchings.
MatBronze
Where: 2 Kifaru Lane, off Langata South Rd, Karen
Tel: 0733 969165
Open: Mon-Fri: 08.00 to 15.30. Sun: 10.00 to 17.30.
Matbronze is a gallery displaying bronze sculptures, mostly of wildlife.
**Places of interest**

**AFEW Giraffe Centre**  
Where: Koitobos Road, Langata  
Tel: (020) 891658  
Open: 09.00 to 17.30. Daily.  
Email: info@giraffecentre.org  
An African Fund for Endangered Wildlife project, the giraffe centre features a number of Rothschild’s giraffes, the most rare of Kenya’s giraffes.

**David Sheldrick Wildlife Trust**  
Where: Magadi Road  
Telephone: (020) 891996  
Open: 11.00 a.m. to noon daily  
Website: http://www.sheldrickwildlifetrust.org  
World-renowned for its work with infant orphan elephants and black rhinos, the Trust rescues and raises orphaned herbivores and oversees their reintegration into the wild. Orphans that are still highly dependent can be seen at the nursery in Nairobi.

**The Bomas of Kenya**  
Where: Forest Road off Langata Road;  
Tel: (020) 891391  
Open: 09.00 to 16.30 daily.  
Email: Bomas@africaonline.co.ke  
A cultural and entertainment centre, the Bomas of Kenya showcases African culture and dance. There’s also an African theme village and the ‘nyama choma boma’ restaurant serving traditional Kenyan food.
Kenya National Theatre
Where: Central Nairobi, opposite the Norfolk Hotel
Tel: (020) 225174
The National Theatre showcases a wide range of contemporary and classic events.

Nairobi Arboretum
Where: Located on Arboretum Road, off State House Road and Uhuru Highway
Tel: (020) 3537568
Website: www.naturekenya.org
Open: Daily – entry free and unlimited.
The Arboretum offers a collection of more than 350 species of indigenous and exotic plants, as well as over 100 bird species. Footpaths, jogging trails and picnic spots.

Nairobi National Park
Where: KWS Headquarters, Langata Road, Nairobi.
Tel: (020) 600800, 602345
Open: 06.00 to 19.00 daily.
Email: kws@kws.org (http://www.kws.org)
Just 10 minutes from the city centre, Nairobi National Park is unique in that it is the world’s only major national park located adjacent to a capital city. An oasis of green and rolling plains it offers over 100 recorded species of wildlife to include rhino, buffalo, lion, leopard, crocodile and hippo. Easily accessed by 2WD vehicles including taxis, it offers a mini Kenyan safari, which can easily be done in a morning. The park also offers the Safari Walk, restaurant facilities and an Animal Orphanage (Open 8.30 to 17.30 daily).
Weekend excursions to the National Parks and Reserves

Kenya is famous for her national parks and reserves, which are administered by the Kenya Wildlife Service (KWS) and rank as some of the finest in the world. They exist as total wildlife sanctuaries where human habitation is prohibited and animals can roam wild and free. The following parks and reserves are the closest to Nairobi.

**Hell’s Gate National Park – 100 km from Nairobi**
Hell’s Gate is one of the few remaining places in Kenya where you can walk and mountain bike (bikes for hire at the gate) unguided amongst herds of gazelle, antelope and zebra. A compact park with plenty of biodiversity and excellent birdlife, it features dormant volcanoes, hot springs, geothermal geysers, cliffs, ravines and volcanic plugs.

**Lake Nakuru National Park – 160 km from Nairobi**
Lake Nakuru is world famous for the flocks of lesser flamingos, which frost its blue shores sugar pink. It also plays host to over 400 species of bird life, being second only to Lake Baringo as the most prolific ornithological site in Kenya.

**Mount Kenya National Park – 175 km from Nairobi.**
Home to the highest (5,199m) mountain in Kenya, Mount Kenya National Park contrasts warm savannah with glaciers and snowstorms. Both the Kikuyu and Masai regard the mountain as the home of their Supreme Being, Ngai, and on her slopes the plants grow 100 times bigger than they
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**The Aberdares National Park – 180 kms from Nairobi**

Gazetted in 1950 this park is one of the oldest in the country and famous as the place where Princess Elizabeth became Queen Elizabeth II whilst staying in the original Treetops Lodge. Its prize inhabitant is the Bongo Antelope, it is also home to the second largest population of indigenous black rhino; and features miles of high moorland scenery, tumbling waterfalls and sensational views.

**Tsavo East National Park – 230 km from Nairobi**

A true wilderness evoking vivid memories of Africa’s forgotten grandeur and encompassing arid plains, savannah and scrubland. There are over 8,000 elephants in some of the largest herds in the country and Tsavo entered ‘frontier’ lore at the turn of the century when two maverick ‘man eating’ lions devoured over 50 Indians working on the Kenya.
Tsavo West National Park – 230 km from Nairobi
Also offers a glorious diversity of habitats but the biggest attraction by far is Mzima Springs, a fount of cool clear water that has gushed hundreds of miles from beneath Mount Kilimanjaro before bursting out of the rocks at Mzima at the rate of 250 million litres a day.

Amboseli National Park – 230 km from Nairobi
Amboseli provides the classic Hollywood image of Africa: vast herds of buffaloes and elephants ranging across the open plains and set against the glorious backdrop of a snow-capped Mount Kilimanjaro. At 5,896 meters, the ‘Shining Mountain’ is the highest freestanding mountain in the world and is topped by one fifth of all the ice in Africa.

The Maasai Mara – 270 km from Nairobi
Often described as the greatest of nature’s stages, the Masai Mara, with its huge dramatic skies, is perhaps the most popular of all Kenya’s game parks. The landscape, which is mostly savannah, hosts around 22 families of lions and 3,000 elephants while the Mara River is one of the best places to observe crocodiles and hippos.

Kenya Wildlife Service information
For further information on Kenya’s national parks and reserves contact: http://www.kws.org or Email tourism@kws.org or by calling Tel: (Nairobi) +254 (0)20 600800, 602345.
SERVICES OFFERED ON THE UNITED NATIONS OFFICE AT NAIROBI (UNON) COMPOUND

Welcome to UNON. We hope that your stay will be a pleasant one, and we are pleased to extend a wide range of services to you.

Full details on every aspect of the UNON compound, its functions and services can be obtained by visiting the UNON website on WWW.UNON.ORG

Finding your way around
The UNON Compound is located in the Nairobi suburb of Gigiri, which lies approximately 20 minutes drive from the city centre. The UNON compound is extensive and whilst all our staff will be pleased to direct you, a map is attached at the back of this booklet. The compound is divided into blocks A to X, and NOF 1 to NOF-4 while the central area is divided into the Upper Concourse and the Lower Concourse. The Recreation Centre lies to the right of the Main Gate and is clearly marked. Guided tours of UNON can also be arranged by calling: (762) 4387.

About the UN Gigiri Compound
The Gigiri Compound accommodates some 3,452 staff members (of the total 5,208 UN staff in Kenya) from: UNON, UNEP, UN-Habitat, UNESCO, UNICEF, UNDP, UNDCP, WFP, UNOPS, ICAO, UNSO, UNFPA,
UNAIDS, UNV, UNIFEM, IMO, UNCAS, UNIASC, UNIC, UNCRD, UNOIOS and UNPOS.

The 140-acre UN Gigiri compound, an oasis of green in the suburbs of Nairobi, is a peaceful place, offering the chance of observing local wildlife such as red duikers, squirrels, marsh mongoose, sykes monkeys and olive baboons. Easily spotted bird species include: Crowned cranes, Egyptian geese, Crested eagles, green pigeons and hoopoes.

Areas of special interest
The Seasonal Swamp is an ideal place to spot water birds and Crested cranes.
The Gigiri Nature Trail is managed by a group of local volunteers. The Nature Trail showcases 600 indigenous tree species, and a wildlife and flora checklist can be obtained upon request.

The Memorial Garden is a garden of remembrance and offers an area of peaceful contemplation. It was inaugurated in commemoration of the victims of the Nairobi bombing of the United States Embassy.

What’s on and where?
Closed Circuit TV (CCTV) screens are located at strategic points throughout the UNON Compound. These give details of all events taking place within UNON on any given day.

Using the UNON telephone system
The UNON has a central switchboard (020) (762) 21234. The first three digits (762) should be dialled when calling from outside the UNON Compound (followed by the last five digits i.e. 21234). The last
four digits indicate the internal extension number. When dialling from inside the UNON Compound use only the last four digits. (When using a mobile phone prefix all numbers by 07).

General Services

The UNON Medical Clinic (inclusive of emergency assistance and first aid)
Emergency assistance, first aid and medical assistance, including on-call (24 hour) ambulance services, are available. On-site medical assistance is available during all meetings, conferences and events. The UNON clinic also offers general medical assistance, vaccinations and a broad range of medical services.
Where: Block F, Room 117
Tel: (762) 2267. Emergency Line: (762) 5999
Open: Mon-Thu: 10.00 to 12.30 and 14.00 to 16.00. Fri: 8.30 to 13.30 and during meeting hours. No service on weekends. For assistance at the weekends please dial the 24-hour UNON Control Room on (762) 6666.

The UNON Security Control Room
The Security Control Room should be the first point of contact for all visitors requiring emergency assistance. Visitors involved in security incidents should immediately call the 24-hour UNON Control Room on (762) 6666 and advise the officer on duty that they are visitors to UNON. This officer will contact the relevant police and/or emergency
services for the visitor.

Where: Block G, room 105
Tel: (762) 6666/2999/2334/2860
Mobile: 0720 629999 or 0733 629999
Open: All day. Every day. 24-hour coverage.

**Banks within the UNON compound**

There are two banks within the UNON compound. The United Nations Federal Credit Union offers primarily internal financial services and does not offer cheques encashment or forex services.

**United Nations Federal Credit Union**

Where: Lower Concourse
Tel: (762) 1036/7
Services: Internal banking services. ATM (US$ only)
Open: Mon/Tue/Wed: 08.30 to 16.00. Thur: 08.30 to 17.00. Fri: 08.30 to 15.00.

**Kenya Commercial Bank**

Where: Lower Concourse
Tel: (762) 1170/1179/2670
Email: ungingiri@kcp.co.ke
Services: All general banking services including forex services and and ATMs (KShs & US$)
Open: Mon-Fri: 09.00 to 16.00. No weekend service.
The UNON Post Office
Where: Lower Concourse.
Tel: (762) 2452
Services: General postal services: ‘Speed Post’ (EMS), fax, telex plus purchase of phone cards (Airtel and Safaricom).
Open: Mon-Fri: 09.00 to 17.00. No weekend service.

Free wireless internet access (WiFi)
Free wireless hotspots are available everywhere; the main cafeteria; the main entrance lobby, the upper and lower concourses; the press centre, the delegates lounge and conference rooms 1, and 14. To use this service select “VISITORS-LAN” from the list of available wireless networks.

Courier Service
Where: DHL Courier Mail Service, Lower Concourse, next to the Post Office
Tel: (762) 2580/2579
Services: Worldwide courier service.
Open: Mon-Fri: 08.00 to 17.00.

Freight Service
Where: Global Freight Services, Upper Concourse, next to the Staff Lounge.
Tel: (762) 4756/7
Email: globalfreight@unon.org
Services: Import/export, clearing and forwarding and general freight services.
Open: Mon-Fri: 08.00 to 17.30.
Video Conferencing Service
Video conference facilities are available in a series of dedicated rooms. Those wishing to use this service should email: videoconferencing@unon.org, stating when the service is required and giving relevant telephone numbers.
Where: Lower Concourse.
Tel: (762) 2484/4917/1169/1194
Services: Global video conferencing service.
Open: Mon-Fri: 09.00 to 17.00.

Press Centre
Where: LB Block. Lower Concourse (beneath the former library).
Tel: (762) 3176/1068/1104/1027
Services: General media services including press conference services.
Open: Mon-Fri: 08.00 to 16.30. No weekend service (other than when functions are in progress).

Travel agents within the UNON Compound
There are two travel agents within the UNON Compound; BCD Travel and Express Travel
Where: BCD, Lower Concourse, adjacent to KCB Bank.
Tel: (762) 2390/49/ 2439/37/38/92
Email: contact@bcdtravel.co.ke
Website: http://www.highlightsafaris.com
Services: All local, regional and international travel services.
Open: Mon-Fri: 08.00 to 17.00. Sat: 09.00 to 12.30.
Express Travel Group
Where: Express Travel Group, Upper Concourse, adjacent to the Travel Unit
Tel: (762) 22502/23824/5/24974/5/6/7/87/8/90/2/3
Email: nina@expresstravelgroup.co.ke
Website: http://www.expresstravel.co.ke
Services: All local, regional and international travel services
Open: Mon-Fri: 08.00 to 17.00. Sat: 0900 to 12.30.

The UNON Recreation Centre
The Recreation Centre is open to all staff at a fee. Visitors can use the facilities as a guest of the staff at KShs1,000/day
Where: Adjacent to Main Gate.
Tel: (762) 1506
Open: Mon-Fri: 06.00 to 21.00. Sat: 09.00 to 19.00 including all public holidays.
The UNON Commissary
The UNON commissary is open to all entitled staff members and visitors accompanied by staff. Meeting participants are also allowed, with prior arrangement.
Where: Behind ‘i’ Block, adjacent to the Mail, Pouch and Archives Unit (MPAU)
Tel: (762) 2622
Services: Sale of imported retail goods, Gift Shop and Sports Shop, Duty free.
Open: Mon-Fri: 09.00 to 18.00, Sat: 10.00 to 16.00, Sun: 10.00 to 16.00.

The UNON Petrol Station
Where: Adjacent to Main Gate.
Tel: (762) 1022
Services: Sale of petroleum products available only to those with UNON purchasing authorization
Clearance: For clarification call: (762) 1040.
Open: Mon-Fri: 07.00 to 18.00, Sat: 09.00 to 16.00.
Restaurants and Catering Services

A broad range of catering and restaurant services are offered within the UNON compound. During conferences and events, additional catering services will be offered on site. There are also a number of beverage stations located throughout the compound. All UNON caterers offer a full range of catering services for; conferences, cocktails, dinners and events.

**Savanna the Coffee Lounge Restaurant**
Visitors are allowed, if accompanied by staff.

Where: Within the Recreational centre, by the Main Gate  
Tel: (762) 1503/8  
Services: A broad range of international dishes, snacks, juices, tea and coffee. Event catering services: on-site and off-site. Email: unonrc@unon.org  
Happy Hour is on every Thursday.  
Open: Mon-Fri: 07.00 to 21.00. Sat: 08.00 to 20.00. Sun: 09.00 to 19.00

**The Main Cafeteria (café Royale)**

Where: Upper Concourse  
Tel: (762) 2460/3  
Open: 24-hour opening.
**Kadai King Restaurant (The Old Cafeteria)**
Where: Between A and G Block
Tel: (762) 1715/2496
Services: A broad range of salad buffets (vegetarian and non-vegetarian), hot and cold buffets (national and international dishes), BBQs, fresh juices, pastries, quiches, sandwiches and soups. Tea and coffee.
Catering services to all events – onsite and outside catering.
Open: Mon-Fri: 07.30 to 16.30.

**River Café (Delegates Lounge)**
Where: Lower Concourse in the Central Area
Tel: (762) 2647
Services: (vegetarian and non-vegetarian), hot and cold buffets (national and international dishes), BBQs, fresh juices, pastries, quiches, sandwiches and soups. Tea and coffee.
Catering services to all events – onsite and outside catering.
Happy Hour is on every Thursday.
Open: Mon-Fri: 0730 to 17.00

**Café Royale**
Café Royale operates 5 coffee stations throughout the UNON compound (offering tea, coffee, toasted sandwiches and pizzas). They also operate a bar in Block W offering fries, salads, cakes and pastries, hot and cold buffet, salads, fruit, tea and coffee. Opening times vary. A broad range of event catering services are also offered. For further details contact: Tel: (762) 3840.
River Café
River café operates 3 coffee stations in the New Office Facilities (NOF) (behind Blocks M,N,P,Q). (offering tea, coffee, toasted sandwiches and pizzas). Opening times vary. A broad range of event catering services are also offered. Opening times vary. For further details contact:
Tel: (762) 21030/43/8

Conference Services and Facilities
All aspects of conference organization at UNON fall under the jurisdiction of the Division of Conference Services. Contact: Tel: (762) 3124/3466 or (762) 3571.

Conference Centre
14 conference rooms are available within the UNON Conference Centre. Approximate seating capacities are as follows: Room 1: 439. Room 2: 528. Rooms 3 and 4: 188 (each). Room 5: 20. Rooms 6 and 7: 28 (each). Room 8: 24. Room 9: 100. Room 10: 100. Rooms 11/12/13/14: 60-90 (each). Combined room 2/3/4: 1172. Note: Rooms 1 and 2 have balconies. All rooms have telephone services.
For further details: contact: Tel: (762) 3124 or Tel: (762) 3466. Simultaneous interpretation services are available as follows: Room e (in six languages), Room 3 and 4 (in four languages, Rooms 6, 7 and 8 (in two languages).
The division is divided into four sections, as follows:
Planning and Coordination Section
Where: Block-R, Ground Floor
Tel: (762) 3124/3466
Services: A complete range of meeting services are provided – on-line booking of conference rooms, cost estimate for meetings, meeting coordination, meeting service personnel, administrative arrangements, conference equipment, documents control, remote transmission of documents, transportation arrangements for delegates, catering, entertainment, etc. Organizer advice and support.

Translation and Editorial Section
Where: Block R, First Floor
Tel: (762) 4705/2884

Publishing Services Section
Where: Block DP-05
Tel: (762) 2518
Services: Design and desk top publishing: production of CDs and DVDs, booklet and brochure production. Reprographics, photocopying, printing, binding, finishing and
presentation services. Preparation of diplomatic correspondence. Documents distribution. Pre-press services. Exhibition and display: Support and advice on layouts, supply of exhibition and display accessories (panels, lighting, furniture, banners, fascias etc).

**Interpretation**
Where: Block CE, CW, Lower Concourse
Tel: (762) 2433
Services: Simultaneous interpretation services in: Arabic, Chinese, English, French, Russian and Spanish.
Road Distances from the City Centre to Gigiri

1. Uhuru Highway/Museum/limuru Roads --- 6.6Km.
2. Chiromo/Peponi/Thigiri/Redhill/Limuru Roads ---- 8Km.
3. Muranga/Limuru Roads ---------------------------------- 6.7Km.
4. Muranga/Muthaiga/Limuru Roads --------------------- 7.0km.

To Mombasa
0 46 8 10Km.

Naivasha
To Limuru/Ruiru
0 2 4 6 8 10Km.

Nairobi National Park/Reserve
To Loresho
To Kangundo
To Magadi
To Nairobi R.
To Kitisuru
To Naivasha
To Ngong
To Runda
To Thika
To Thika Rd.