

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 you may require during your stay. It is divided into the following sections:

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Version as of March 2007 - to be updated regularly

PLANNING YOUR TRIP

Introductory Guide to Kenya

Official name

The Republic of Kenya. Kenya is named after Mount Kenya or 'Kirinyaga', the 'Mountain of Whiteness'.

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, Sudan, Somalia, Uganda and Tanzania.

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

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

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

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 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 and KSh20; notes KSh50, KSh100, KSh200, KSh500 and KSh1, 000.

Exchange rates

As a general guide to exchange rates, the following rates applied as of January 2007

1 US\$	70 Kenya shillings
1 Euro	90 Kenya shillings
1 Pound Sterling	138 Kenya shillings

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

ATMs 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.

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 bureaux, 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 93.7 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:
or

tourism@kws.org
<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 January 2007.

A valid passport, not expiring 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 Embassy will generally represent Kenya in the issuance of visas. Note: visas are not required by citizens of the Republic of Ireland and the Commonwealth countries (except Antigua, Bermuda, Guyana, India, South Africa, Sri Lanka and the United Kingdom).

Obtaining a visa upon arrival

Visas can also be obtained upon arrival. The fee is US\$50.

Kenyan visas requiring advance clearance
Nationals from the following countries require special advance visa clearance by the Kenyan authorities (as of January 2007): Afghanistan, Armenia, Azerbaijan, Cameroon, Georgia, Islamic Republic of Iran, Iraq, Lebanon, Libyan Arab Jamahiriya, Jordan, Mali, Nigeria, North Korea, Pakistan, Palestine, Senegal, Somalia, Sudan, Syrian Arab Republic, Tajikistan and Yemen.

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 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

Kenya is currently at UN Security Phase 1 (precautionary phase). 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

‘Flying Doctor’ service

Where: Wilson Airport, Nairobi.

Tel: 24-control centre (020) 315454/315455/602492/501280.

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>

Holiday Inn

Location: Parklands suburb, Central Nairobi
Tel: +254 020 3740920
Email: admin@holidayinn.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@nairobiisafariclub.com
Website: <http://www.nariobisafariclub.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>

The 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>

GETTING THERE AND ABOUT

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 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 serves 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. In the absence of a courtesy bus it is recommended that visitors take a taxi from the hotel to the UNON Compound. 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 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) 4448162/4446096
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. 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.

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').

Mediterranean-styled restaurants offering a wide range of international dishes, pizza and pasta.

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: The Mall, Westlands

Tele: (020) 4448064.

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 game meat such as ostrich, zebra, gazelle 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 International Casino and Toona Tree Restaurant

Where Museum Hill, Central Nairobi

Tel: (020) 3740802

International casino and restaurant. 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 Pavement Club n' Café

Where: off the Westlands roundabout in the Westview Centre

Tel: (020) 4441711

A combined restaurant café and coffee shop with a buzzing bar and disco. There's a choice of Japanese, Thai and Mediterranean food and European grills.

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) 251811.

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) 228030

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, a German Pub and more. Safe and secure parking.

Museums and galleries

National Museum of Kenya

Where: Museum Hill, off Uhuru Highway

Tel: (020) 3742141-4

Email: nmk@africaonline.co.ke

Kenya's famous Nairobi National Museum is currently closed for a USD 10 million rehabilitation programme scheduled for completion in June 2007. Visitors are, however, still welcome to the museum's Snake Park and Aquarium (open 09.30 to 18.00 Mon-Sun). 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: (020) 882779.

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) 2729181.

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: (020) 891251

Open: Mon-Fri: 08.00 to 15.30. Sun: 10.00 to 17.30.

Matbronze is a gallery displaying bronze sculptures, mostly of wildlife.

Pimbi Gallery

Where: General Mathenge Close, off General Mathenge Drive, Westlands

Tel: (0)20 4183682. Mobile: 0722 650666/764085.

Email: magadistone@yahoo.com.

The gallery displays sculptures made from scrap metal by Kioko Mwitiki whose elephants may be seen on the roundabout at Jomo Kenyatta International Airport. An artist first known as the 'junk man' and then the 'elephant man' his visionary work as a sculptor is now recognized in collections in the US and Europe.

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) 891802

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

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

do elsewhere. Mount Kenya is also one of only a small number of great mountains whose summit is accessible to non-climbers.

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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 enclosed at the back of this booklet. The compound is divided into blocks A to X, 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 2,000 staff members (of the total 3,000 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, vervet 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 the given day.

Using the UNON telephone system

The UNON has a central switchboard (762) 1234. The first three digits (762) should be dialled when calling from outside the UNON Compound (followed by the last four digits i.e. 1234). 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 020).

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-Thur: 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 (Automated teller machines).
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: ungigiri@kcp.co.ke
Services: All general banking services including forex services and ATMs
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 (Celtel and Safaricom).
Open: Mon-Fri: 09.00 to 17.00. No weekend service.

Telkom Kenya at UNON

- Where:** Lower Concourse, in the Post Office.
Tel: (762) 2454
Services: National, regional and international telecommunications services.
(Pay phones operational within office hours only).
Open: Mon-Fri: 09.00 to 17.00. No weekend service.

Free wireless internet access (WiFi)

Free wireless hotspots are available in: the upper and lower library; the main cafeteria; the main entrance lobby, the upper and lower concourses; the press centre, the delegates lounge and conference rooms 3,4,5,6,7,8,9,10,11,12,13 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

Videoconference 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) 3081 or (762) 1888/2484
Services: Global video conferencing service.
Open: Mon-Fri: 09.00 to 17.00.

Library

Where: LB Block. Lower Concourse.
Tel: (762) 1017
Services: General reference services. Cyber Café (internet services) for reference only.

Note: the library also offers guided tours of the UNON compound. To book a tour call: (762) 4387

Open: Mon-Thur: 08.00 to 16.30. Fri: 08.00 to 14.00. No weekend service.

Press Centre

Where: LB Block. Lower Concourse (beneath the library).
Tel: (762) 1102
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).

Delegates Lounge

Where: Lower Concourse adjacent to conference room.
Tel: (762) 2441

- Services:** Meeting and relaxation area. Tea, coffee and snacks available.
- Open:** The lounge is open at all times during conference sessions.

Travel agents within the UNON Compound

There are one travel agents within the UNON compound; BCD 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.

The UNON Recreation Centre

- Where:** Adjacent to Main Gate.
- Tel:** (762) 1506
- Services:** Gymnasium (aerobics, Salsa, 'Chakacha', Yoga, Spin), changing rooms, (steam and sauna), 25 m heated swimming pool (aqua aerobics).
Tennis courts
(3 – book in advance), basketball, football. Nature trail.
Tennis coaching, massage, aromatherapy, reflexology, Shiatsu.
- 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 (visitors will require prior clearance to use the commissary, for further details please contact tel: (762) 1040).

Where: Lower Concourse, opposite the Post Office.

Tel: (762) 2622

Services: Sale of imported retail goods. Gift Shop and Sports Shop.

Open: Mon-Fri: 09.00 to 17.30. Sat: 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 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, 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

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

Open: Mon-Fri: 07.00 to 21.00. Sat: 08.00 to 20.00. Sun: 09.00 to 19.00

The Main Cafeteria (Coffee Shop)

Where: Upper Concourse

Tel: (762) 2460/3

Services: International and local cuisine (hot and cold). Snacks, pastries, salads, juices. Tea and coffee.

Open: 24-hour opening.

Caz Creole (The Old Cafeteria)

Where: Between A and G Block

Tel: (762) 2647

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.

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), and a tented café (Lower Concourse between Blocks T and U) offering 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.

Conference Services and Facilities

All aspects of conference organization at UNON fall under the jurisdiction of the Division of Conference Services. Contact: Tel: (762) 3394/97 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). Note: Rooms 1 and 2 have balconies. All rooms have telephone services.

For further details: contact: Tel: (762) 3397 or Tel: (762) 3394. Simultaneous interpretation services are available as follows: Room 1 and 2 (in six languages), Room 3 and 4 (in three 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
Tel: (762) 3096 / 3397
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, accommodation and transportation arrangements for delegates, catering, entertainment, etc. Organizer advice and support.

Translation and Editorial Section

Where: Block R and S

Tel: (762) 3350

Services: Translating and editing of documents and publications. Provision of report writers and editors. Terminology and reference advice.

On-line support in document editing, printing and circulation.

Publishing Services Section

Where: Block D and P

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).

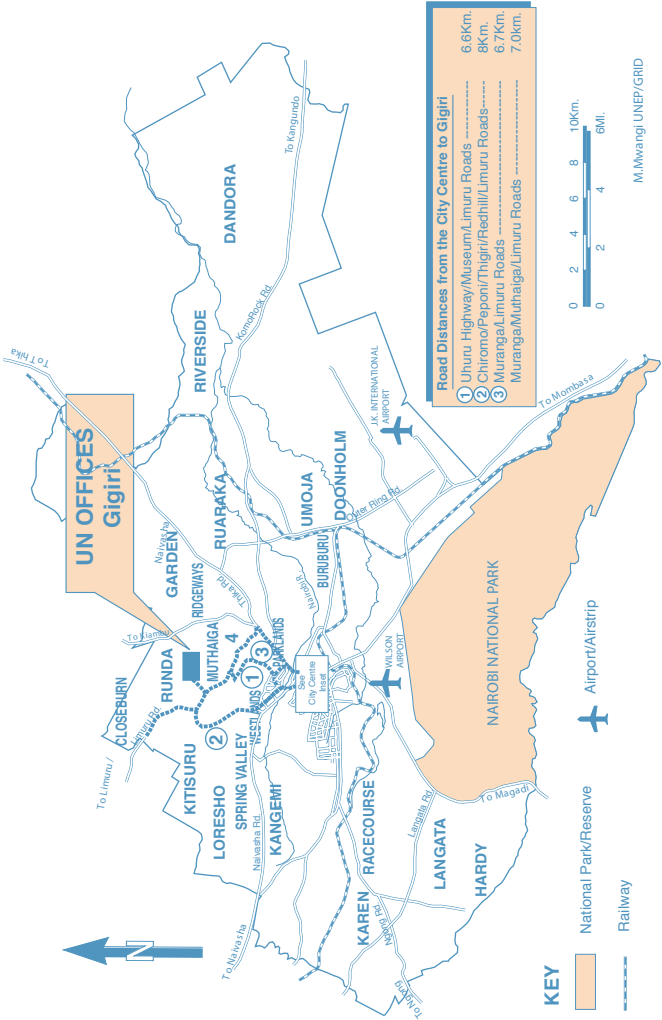
Interpretation

Where: Block CE, CW

Tel: (762) 2433

Services: Simultaneous interpretation services in: Arabic, Chinese, English, French, Russian and Spanish.

MAP OF NAIROBI



MAP OF CITY CENTRE



The boundaries and names shown on this map do not imply official endorsement or acceptance by the United Nations

Map prepared by GRID-Nairobi, March 1995

GRID
Global Resource Information
Database