

INFORMATION FOR DELEGATES

Please print and carry with you

Awakening the Healing Heart:

Transforming Communities through Love and Compassion

KENYA, March 1-7, 2012

March 2: United Nations Headquarters, Nairobi | March 3-6: Ol'ari Nyiro, Laikipia Nature Conservancy



Program at the United Nations Headquarters, 9:00 am - 5:00 pm, Friday, March 2nd

Arrival and Entry to the United Nations Headquarters

- A valid photo ID is required for entry to the United Nations' premises. No exceptions.
- Security Gates to the UN are located at: "United Nations Office at Nairobi (UNON)" compound United Nations Avenue in Gigiri. Entrance is directly across the road from the US Embassy.
- Security registration opens at 8:00 am
- Buses to UN will depart Tribe Hotel and Comfort Gardens Guest House at 7:45 am
- Please arrive in sufficient time to be through security, attend the registration desk and be seated for the meeting to begin on time at 9:00 am

Program details

- A program outline will be sent to you via email as soon as it is available. The final program will be provided at registration.
- Lunch will be provided by GPIW
- If you have printed materials about relevant programs and organizations you are involved with, you are welcome to bring these to share on tables in the foyer area.

Contact Details

Sansi Dietz GPIW Nairobi Coordinator sansi.gpiw@gmail.com sansidietz@gmail.com Mobile: +254 722 700 567	Janelle Surpris GPIW Program Director surprisj@gpiw.org Phone in New York: +1 212 715 1628 USA Mobile: +1 347 609 2948
Marianne Marstrand GPIW Executive Director salrig@mailas.com Phone in New York: +1 212 593-5877 USA Mobile: +1 917 412-9587	Brianne Chai-Onn GPIW Media Relations chaionnb@gpiw.org Phone in New York: +1 212 715-1526 USA Mobile: +1 917 257-6662

GPIW staff will be at the in Nairobi from February 29th until March 3rd. Should you need to communicate with us and be unable to reach us on the phone, please leave a message with the hotel (phone: +254 20 720 0000).

Transportation

Those delegates arriving by air to attend the Nairobi and Laikipia programs should plan to **arrive** at the Nairobi Kenyatta Airport on **March 1st** and to **depart after 2:00 pm on March 7th**. Please keep GPIW informed if any of your travel arrangements change from the information you provide on the registration form.

Delegates Arriving by Air

Upon arrival at Nairobi's International Airport (Kenyatta) you will be met in the arrivals hall – look for a sign that reads “**GPIW**”. You will be assisted with transportation to the hotel or guest house.

Please notify Sansi or Janelle of considerable flight delays if possible. If you have a mobile/cell phone please switch it on at the airport for SMS contact if needed.

Visas for Kenya

While it is possible to obtain a visa upon arrival in Kenya, GPIW recommends that you obtain the visa **in advance** so that you do not have an extended wait at the airport in Nairobi.

Visa requirements may differ depending on your nationality. Please check this in advance when making your travel plans. While we do not anticipate any problems in this area, **it is best to handle it before arrival if at all possible.**

Please check this list to see if you are required to have a visa for entry: <http://kenyaembassy.com/visa.html>

ON YOUR VISA APPLICATION:

- Apply for a tourist visa
- Purpose of travel is for 1 day program at UN in Nairobi, followed by a 4 day “retreat” at GALLMANN NATURE CONSERVANCY in Laikipia Kenya.
- Nairobi accommodations contact (March 1 to 3):
Tribe Hotel
Limuru Road
The Village Market, Gigiri
Nairobi, Kenya – 00621
Phone: +254 20 720 0000
- Laikipia accommodations contact (March 3 to 7):
Gallmann Nature Conservancy
(Ol ari Nyiro, Laikipia Nature Conservancy)
Lodges
Laikipia, Kenya
Phone: +254 734 291 710
- Kenya contact:
Ms. Sansi Dietz
GPIW Nairobi Coordinator
sansi.gpiw@gmail.com
Mobile: +254 722 700 567

If necessary, please submit your letter of invitation from GPIW as well as carry a copy of the invitation with you to Kenya.

NOTES: Yellow Fever Immunization, Passport Validity and Passport Pages

From the US State Department website: “On arrival to Kenya, evidence of yellow fever immunization may be requested, and some travelers have been turned around at immigration for not having sufficient proof of immunization. Travelers to Kenya and neighboring African countries should ensure that the validity of their passports is at least six months beyond the end of their intended stay. Kenyan immigration authorities require a minimum of two blank (unstamped) visa pages in the passport to enter the country; some travelers have experienced difficulties when they arrive without the requisite blank pages. Travelers should make sure there are sufficient pages for visas and immigration stamps to enter into Kenya and other countries to be visited en route to Kenya or elsewhere in the region.”

From the Consulate in NY: “All travelers to Kenya are required to have proof of yellow fever immunization, no matter what country you are a national of. Whether or not you will be checked at the Kenya airport on arrival for proof of immunization/vaccination is entirely by chance; they do not screen every person. You advised to have it, however, just in case you are the random person they decide to check. It is plausible that you have traveled to Kenya before and gotten in without the yellow fever vaccination/immunization, but there is no way to know when you’ll be screened, so again, it is advised to get the yellow fever inoculation/vaccination/immunization in advance of travel to Kenya.”

Further requirements: Some countries, such as Australia, require proof of yellow fever immunization for re-entry to the home country following travel to Kenya.

Information for March 3-7, at Olari Nyiro, Laikipia Nature Conservancy

The following information has been provided by the Gallmann Africa Conservancy in order to prepare you for a comfortable stay. Since we will be in close proximity to untamed wildlife and nature for four days, it is necessary that you follow these recommendations for your safety.

The conservancy will also provide all guests on arrival with an information sheet on wildlife and water on the premises.

CLOTHES:

Pack light:

The lighter you pack the better. Please bring a light towel and only necessary toiletries. We will be travelling in small vehicles from and to Nairobi, and space is limited. As well, in this simple setting, very little is needed (see below).

Shoes:

1 pair of closed toe shoes is a must – this is necessary for walking outdoors. A walking boot or sneaker will work very well; we do not recommend a business style shoe. Socks must be worn with walking shoes.

1 pair of slippers or sandals. This can be used in your room/tent, bathroom, and the dialogue room.

Day clothing:

Days are very hot. Light-weight trousers and long and short sleeved shirts for warm weather. For women who wear skirts or dresses, we recommend a garment that is long. Shorts are permitted, but you must bring knee-length socks if you plan to wear this.

These items are suggested, but not required:

- A hat and sunglasses, particularly if you are sensitive to the sun
- Swimming trunks or bathing suit

- Sun block lotion
- Mild insect repellent

Night clothing:

The conservancy gets **very cold** at night. A jacket **and** warm sweater/s or shawl is strongly recommended.

Festive clothing:

Please bring a festive costume or traditional wear for the fire ceremony to be held on March 4th.

ACCOMMODATION:

The sleeping facilities (very simple structures) will have an attached bathroom. Most of the housing will be shared with one, and in some cases two or three, other individuals. While we understand that many may prefer single accommodation, single rooms are just not available to us in this remote setting.

FOOD:

All dishes will be vegetarian (no meat).

Bottled water will be provided for drinking purposes.

CLIMATE:

The conservancy is approximately 1,800 metres above sea level, resulting in warm days and cool nights. May through September is the coolest time of year; November through March is the warmest.

OTHER MATTERS:

The conservancy is a 5-hour drive from Nairobi city. Below is a list of things you must pack and bring with you or be prepared to leave at home. Please remember that you will **not** have access to stores, mobile phone shops, etc. while on the conservancy.

1. Bring with you prescribed medications or vitamins that you take on a daily or weekly basis (you will not be able to buy these items)
2. Bring with you a camera and enough film and/or batteries (you will not be able to buy these items). You will be able to recharge batteries.
3. Inform your relatives and place of business that you will **not** be able to contact them easily via phone while in Laikipia, although mobile phones do get reception in certain areas of the conservancy.
4. The conservancy is not responsible for lost or damaged equipment.
5. **Vaccinations:** Hepatitis, Yellow Fever, and Malaria pills are recommended. You should consult your doctor before departure to complete any recommended inoculations. **There is no malaria in Ol Ari Nyiro (the conservancy)**, but it is prevalent in other areas of Kenya.

PROGRAM:

A detailed program will be provided at a later date. However, you may expect the following activities:

- March 3 - Depart by jeep 7:30 am for Laikipia (5-5½ hours) - Check in to rooms, orientation and welcome dinner
- March 4 - Dialogue Sessions. Sunset fire ceremony on lake with Shinnyo-en, and local tribes
- March 5 - Dialogue Sessions (afternoon wildlife viewing)
- March 6 - Dialogue Sessions (afternoon wildlife viewing)
- March 7 - Jeeps depart Ol ari Nyiru (Laikipia) early morning, directly to Nairobi Kenyatta Airport.

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*Organized by the Global Peace Initiative of Women & Gallmann Memorial Foundation
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