

PRE-ARRIVAL INFORMATION - smr.2286

The activity will be held at the Chepkoilel University of College, School of Science, Department of Physics (<http://www.chep.ac.ke>).

The Workshop will take place in the Mathematics and Computer Laboratory. All participants will be accommodated at Sirikwa Hotel in Eldoret town.

ACTIVITY UPDATINGS

Additional information, Programme, etc, will appear on <http://agenda.ictp.it/smr.php?2385>.

CONTACT INFORMATION

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VACCINATIONS

Special Precautions Certificate Required?

Malaria	Yes	
Tetanus	Yes	
Typhoid	Yes	
Yellow Fever	Yes*	Yes

* IMPORTANT: A yellow fever vaccination certificate is required of all travelers over one year of age.

TIME ZONE

GMT + 3 hours.

CURRENCY

KES (Kenya Shillings). Notes are in denominations of KES 1000, 500, 200, 100 and 50. Coins are in denominations of KES 40, 20, 10, 5, 1 and 50 cents.

One U.S. Dollar is roughly KES 83.

One Euro is about KES 105

Currency Exchange

Both Euros and US Dollars are easily changed to the KES. Travelers should bring cash in preference to traveler's cheques.

DO NOT CHANGE CURRENCY WITH NON-IDENTIFIED PEOPLE.

Credit/Debit Cards and At Ms

Major credit cards are accepted in most shopping malls and restaurants.

Visa & Master Card.

Visa is accepted at most ATM. All major banks (Barclay/Standard Chartered/Kenya Commercial/National Bank/Kenya Cooperative) have ATM available.

Banking Hours

Mon.- Fri. 09:00-16:00 hrs as well as Sat: 09:00 – 12:00 noon.

LANGUAGES

Throughout Kenya the official language is English while Swahili is the national language (spoken by everybody). Most communication at the University College and the hotel is done in English. The following are a few basic Swahili words and the corresponding English translations:

'Jambo' – Hello

'Asante sana' – Thank you very much

'Karibu' - Welcome

TRIBES

Kenya is made up of about 42 tribes. Each tribe has its culture: tribal language, food, music, birth, engagement, wedding and funeral customs.

RELIGION

Christian 80% (Catholic & Anglican), Muslim 10%, Others 10%.

VOLTAGE, TELEPHONE AND INTERNET

Electricity

220 volts AC, 50Hz.

Outlets in Kenya generally accept 1 type of plug: the UK type (three square pins).

Telephone

Kenya country code is +254 and Eldoret town code is 053.

Most mobile phones will operate in Kenya (there are 4 companies providing service, Orange, Safaricom, Airtel and YU). Check with your company roaming charges or buy (for about 0.105 Euros) a chip (SIM card) of one of those companies to have a pre-paid local mobile line.

Internet

Internet with cable can be used on the University College, while wireless Internet is available at some buildings in the University College as well as in the hotel rooms

PERSONAL DOCUMENTS

You are advised to carry some form of identification at all times (either a residence permit or a certified copy of

your passport). Failure to produce such identification may attract suspicion from the local police.

TRANSPORTATION

[Eldoret International Airport](#) is a major civilian hub.

Railway lines are not commonly used.

Many bus companies operate frequently from Nairobi city to Eldoret town and vice versa. The most popular companies are **Easy Coach** and 14 seater shuttles called **North Rift**. Travel time by road between Nairobi and Eldoret is approximately 6 hours by road, and about one hour by air. The 14 seater shuttles (matatus) are the most efficient ways of getting around.

Traffic in Eldoret can be moderately heavy during weekdays, but is very light during the weekends.

Best means to get around is by TAXI:

Common taxi: share a ride with others. Single drops cost from Ksh250 - 300 (3 – 3.60 US dollar) (typically within Eldoret Town) and for longer distances you would be charged about Ksh 500. Just stand by the street, flag any yellow or yellow stripped taxi cab and tell the driver your destination. Settle the price before boarding the taxi (none are metered). Only use authorized taxis (the ones colored yellow or with yellow strip or with a taxi sign on top) at all times.

Hire a taxi: for about US \$14.5 to US \$15 US you can hire a yellow taxi and its driver to drive you from Eldoret Airport to Eldoret town.

Minibus : Note that a 14-seater minibus (or sharetaxi) will not leave before completely packed with passengers and groceries.

SAFETY AND SECURITY

Avoid isolated areas of the town, take personal security precautions and maintain a high level of vigilance in public places. For example by avoiding the poorly lit streets at night, and as far as possible go out in the company of others. Ensure that car doors are locked when traveling, avoid wearing jewellery and carry the minimum in cash and valuables with you.

Have your bag, jacket and backpack always with you and do NOT hang them from the chair in restaurants and bars. Be aware of pickpockets (especially at the Bus, taxi stops or any crowded area).

SIGHTSEEING

ATTENTION: Photography:

Cameras should be used with discretion, particularly in rural areas. Always ask permission before taking a photograph. Do not photograph airports, banks, military establishments, official buildings, or military personnel in uniform. Don't take pictures of government buildings, or of anything that may be military.

Eldoret is a farming area and sits at the top of the Uasin Gishu plateau

The main attractions in Eldoret and the surrounding areas are:

The Kerio Valley (30 km)
Chepkiit Camp Site (20 km)
Lelin Camp Site (40 km)

West market is a huge outdoor marketplace.

WEATHER

Eldoret features a tropical, generally dry climate with constant temperatures throughout the year. Primarily due to the altitude, temperatures are not quite as hot as one would expect for a town located near the equator. The best period to visit the town is during the dry season which runs from November to around the month of April. The rainy seasons runs from April to June. There are heavy rains being experienced this year but it is expected that this will subside by the end of May. However, you are encouraged to bring along a small umbrella. There is a cool feel to the breeze and you do not get the suffocating heat. Eldoret inhabitants enjoy a gorgeous year round. November weather temperature range of average lows are 66°F (13°C) to average highs of 82°F (26°C).

EATING PLACES

Bars are in most hotels and restaurants some with enclosed seating facing the street - great for people watching.

Some popular eating spots are the following (be prepared to spend approx. min. 10 to 15 Euros per person):

Mama Mia Restaurant (Italian)
Eldoret Whitecastle
Wagon Wheel Hotel
Clique Restaurant
Poa Place Restaurant
Siam Restaurant (Chinese)
Indian Restaurant
Hotel Comfy

SHOPPING

Bargaining: requires time and patience.

You will find lots of western style shopping malls in Eldoret for your grocery and dressing & grooming needs. For a typical African shopping, there are a few shops offering the service in the centre of the town.

We hope you will enjoy your stay!