



L&D AFRICA 2025 CONFERENCE

# KENYA NAIROBI

## TRAVEL GUIDE



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# GREETINGS FROM L&D AFRICA!

Welcome to Kenya, the world's leading safari destination and the home of the magical wildebeest migration. The conference will be held in Nairobi, Kenya's capital aptly called the city in the sun. We would like to provide you with some information about your stay during the L&D Africa 2025 Conference.

## Temperature



In September, the average high is 25°C (77°F), and the average low temperature is 9°C (48.2°F). Due to Climate Change, there may be incidents of unexpected rains. Please be advised to carry some light clothing as well as warm clothing for the evenings or weather surprises.

# Entry Visa to Kenya



While Kenya is visa-free, all visitors need an electronic travel authorization (eTA) from the digital site. An eTA comes with a processing fee and can be filled out on the Kenyan Civil Aviation Authority website at <https://www.etakenya.go.ke/en>. Travelers with a valid visa can continue to travel using their visa until its expiry. Other exemptions apply and can be found on the **Kenyan Civil Aviation Authority website**. Only citizens from countries in the East African Community (EAC) are currently exempt from eTA requirements. Burundi, Democratic Republic of the Congo, Rwanda, Somalia, South Sudan, Uganda, and Tanzania.

## Here are the requirements for entering Kenya

1. Valid passport with an 'expiry date' at least 6 months after the date you arrive and at least 2 blank pages.
2. Recent passport picture.
3. Contact details. (home address, telephone, email)
4. Travel information and flight itinerary. (arrival flight number, date of departure of initial flight in case of connecting flights)
5. Proof of booking for the hotel you will be staying at. (if staying with friends, a letter of invitation is accepted)
6. Yellow fever vaccination certificate if coming from endemic countries. (please check the **WHO website** for the updated list of countries)

## Health and Safety Entry Requirements:

1. Recommended vaccinations include Hepatitis A, Typhoid, and Yellow Fever.
2. Malaria Prevention: Take anti-malarial medication and use insect repellent. Water: Drink bottled or boiled water to avoid waterborne diseases.
3. Medical Facilities: Major cities have good hospitals; rural areas may have limited services. Consider travel insurance. You can check a list of hospitals in Nairobi [here](#)
4. For more information, check here [TravelHealthPro's Kenya guide](#)

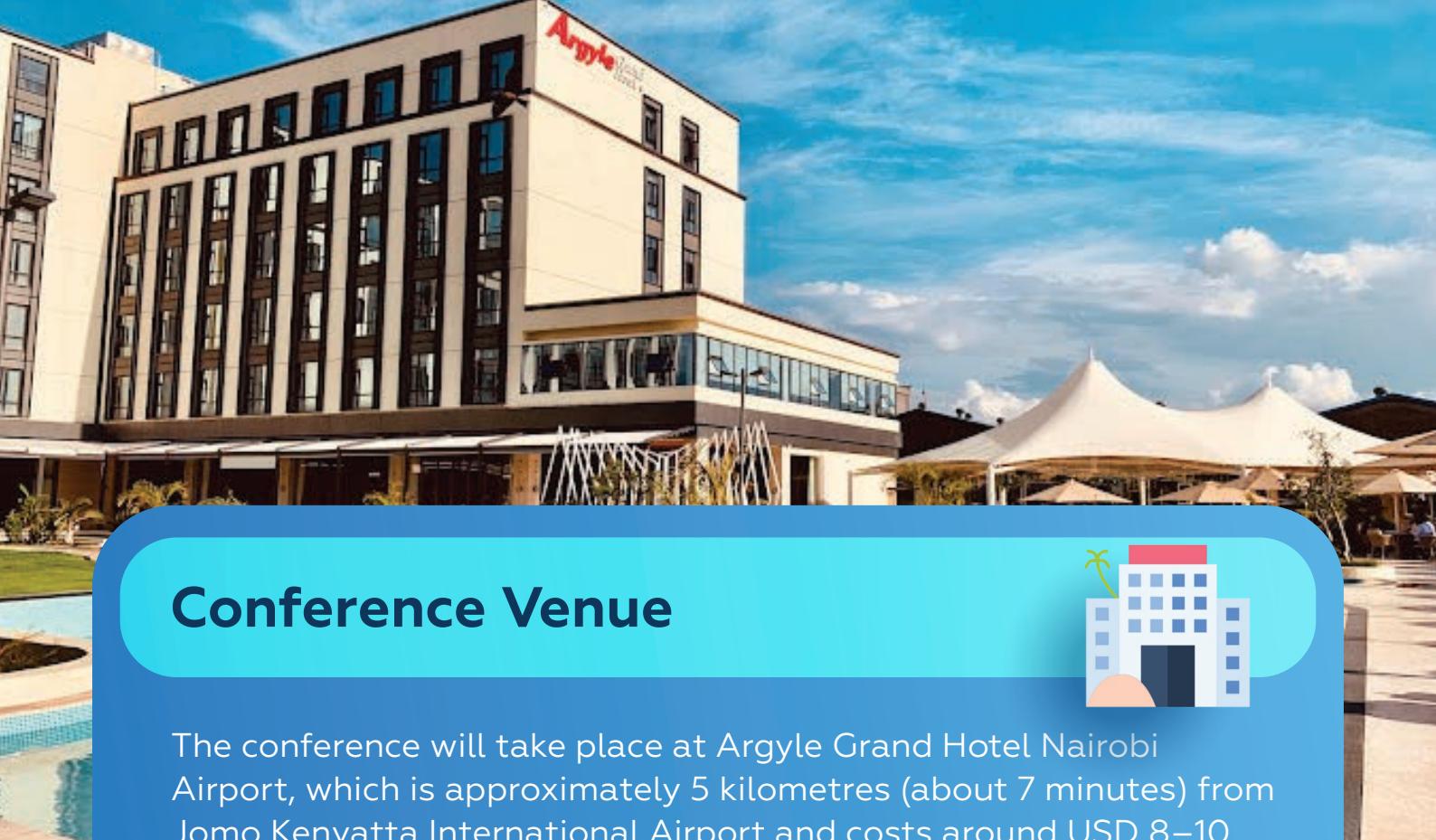
# Currency & Transactions



The official currency is the Kenyan Shilling (KES). The current KES - USD exchange rate is approximately 1 USD = 129.00 KES. Credit cards are widely accepted in urban areas, but carry cash for remote locations.

International banks, such as Standard Chartered, Citi Bank Absa, Ecobank, Bank of Africa, ABC Bank, Bank of India among others are found in Nairobi. ATMs can be found in the International Airport and in Nairobi. Visa and Mastercards work in most ATMs.

Please be advised that exchange rates at the airport are normally unfavourable, therefore we advise you not to change more than the equivalent of 50 USD into Kenya Shillings at the airport. Forex Bureaus can be found in the city centre, offering a better rate.



## Conference Venue



The conference will take place at Argyle Grand Hotel Nairobi Airport, which is approximately 5 kilometres (about 7 minutes) from Jomo Kenyatta International Airport and costs around USD 8–10 using Uber or similar taxi-hailing services. Upon arrival on the day of the conference, you will be given a schedule and general information package by the L&D Africa Secretariat Staff.

## Suggested Accommodation

Accommodation is available at the conference venue, **Argyle Grand Hotel Nairobi Airport**. There are also other options nearby – see map on the link provided.

Other accommodation options can be found on:

Booking.com

Tripadvisor

Airbnb

Trip101

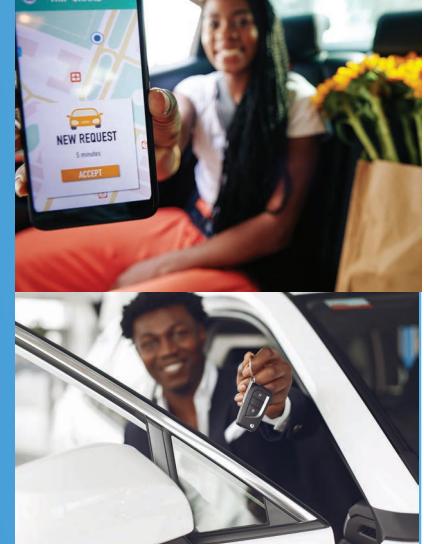
# Transportation



Nairobi is a busy city. In choosing your means of transport, Remember to prioritize safety and choose an option that aligns with your comfort level and travel needs.

## Taxis and Ride-Sharing App

Consider downloading ride-sharing apps like Uber or Bolt. This is the most convenient way to get around Nairobi safely. Rides cost as low as USD 2 depending on distance.



## Car Rentals

If you prefer more independence, consider renting a car. This allows you to explore Nairobi at your own pace.

## For the more adventurous people these are the local options

### Buses

Official city buses operated by the Kenya Bus Service (KBS) provide a safer alternative to matatus. Private bus companies like City Hoppa and Double M also operate on similar routes. Buses are generally more reliable and better maintained than matatus.



### Matatus (Shared Minibus Taxis)

Matatus are the most common form of public transport in Nairobi. They are shared minibusses that follow specific routes. While they are affordable, they can be crowded and uncomfortable. Safety can also be a concern due to reckless driving and overloading.



### Motorcycle Taxis (Boda Bodas)

Boda bodas are motorcycle taxis commonly used for short distances. They can weave through traffic, making them faster than other options during peak hours. However, safety precautions are essential, as accidents involving boda bodas are common.



# Things to Do



## Safari Tours

Explore various national parks and reserves.



## Cultural Visits

Engage with local tribes such as the Maasai and Samburu.



## Beach Activities:

Snorkeling, diving, and water sports along the coast.



## Adventure Sports

Hiking, mountain climbing, and hot air ballooning.

# Places to Visit



## Nairobi



### Nairobi National Park:

The only national park in the world inside the capital city.



### Nairobi National Museum:

A museum of culture, history and arts



### David Sheldrick Wildlife Trust:

Visit orphaned elephants and learn about conservation efforts.



### The Giraffe Center:

For a quick visit to watch and feed giraffes



### Karen Blixen Museum:

Explore the former home of the "Out of Africa" author.



### Bomas of Kenya:

Sample Kenyan tribes and their culture



## Maasai Mara

### Maasai Mara National Reserve:

Famous for the Great Migration and abundant wildlife.

### Balloon Safaris:

Experience a bird's-eye view of the savanna at sunrise.



## Mombasa

### Fort Jesus:

A historic fort and UNESCO World Heritage Site.

### Diani Beach:

Pristine white sands and crystal-clear waters.



## Mount Kenya

### Mount Kenya National Park:

Hiking and climbing opportunities on Africa's second-highest peak.

### Nanyuki:

A gateway town with various lodges and trekking routes.



## Other Notable Destinations

### Lake Nakuru:

Known for flamingos and rhino sanctuary.

### Amboseli National Park:

Spectacular views of Mount Kilimanjaro and large elephant herds.

### Tsavo National Parks:

Home to diverse wildlife and stunning landscapes.



# Food and Restaurants



## Traditional Dishes:

Try Nyama Choma (grilled meat), Ugali (prepared from ground maize), and Sukuma Wiki (collard greens).



## Nairobi Dining:

Carnivore Restaurant for meat lovers



## Talisman

for a mix of local and international cuisine.



## Coastal Cuisine:

Enjoy seafood and Swahili dishes in Mombasa, like biryani and pilau.

# Security Measures



## General Safety:

Be vigilant in crowded areas and avoid walking alone at night.

## Emergency Contacts:

**Police: 999 or 112**

**Ambulance: 999 or 112**

**Fire Brigade: 999 or 112**

**Tourist Helpline: +254 20 604 767**

# Are you ready?

We are looking forward to hosting you, networking, learning, and having fun. We can't wait to see you here.

**Below is the L&D Africa Conference Kenya Contact List:**

**Caroline: +254736293880**

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L&D Africa wishes you a safe flight and a wonderful stay in Kenya!