



## **GOLD AWARD INTERNATIONAL NETWORK (GAIN) 2019 KENYA**

### **INFORMATION PACK**

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#### **Overview**

Welcome to the Gold Award International Network (GAIN) Event 2019. We look forward to your valuable participation and contribution and we hope you make the most of this unique experience.

Kenya is a melting pot of an endless array of activities and destinations. It is the world center for animal safaris and active adventure holidays. You can enjoy wildlife safaris, bird watching, windsurfing, horseback riding, canoeing and many more wonderful activities. The Award Holders Alumni-Kenya (AHA-K) team endeavors to give you a true and memorable taste of Kenya while making your comfort and safety our priority.

Arrivals, meet and greet

International guests will be received by our team at the Jomo Kenyatta International Airport, Nairobi. They will then be transferred to the Lukenya Getaway Resort where the event is scheduled to take place. Delegates are encouraged to send their arrival details in advance to:

Email: [gainkenya2019@gmail.com](mailto:gainkenya2019@gmail.com)

## Accommodation

The GAIN 2019 event will be held at the Lukenya Getaway in Athi River, situated in the tranquil Lukenya plains. Located at the foot of Lukenya Hills, 40 kilometers from the capital city, Nairobi. The hotel is 17 kilometers, about 30 minutes from Jomo Kenyatta International Airport.

The link to the accommodation website can be found here:

<https://www.lukenyagetaway.com/>

And a virtual tour through the link below: <https://www.lukenyagetaway.com/vt>



Enthusiasts can also engage in nature walks and hikes to enjoy the spectacular view of giraffes, gazelle, zebras and wild beasts, all in their natural environment. A trek up the hills takes you to the famous Lukenya Hills which boasts a heart-stirring view of Nairobi City.

## **Proposed Itinerary**

Finalization of the itinerary is still ongoing and will be circulated shortly before the event.

Below is the proposed program

Day -1: Arrivals & Registration:

Check in, recreation activities & Welcome Dinner

Day 2: Interactive Conference sessions and Cocktail

Day 3: Conference session and afternoon hike (Lukenya)

Day 4: Early morning game drive, Bush Breakfast and Community Service

Day 5: Community Service/ Outdoor Experience

Day 6: Cultural Experience/ Shopping

Day 7: Closing Ceremony & Departures

## **GENERAL INFORMATION**

### Fees

Registration for the event is open from 15<sup>th</sup> April 2019.

We have two options;

Early Bird Registration: \$350.00 per person **until** 22<sup>nd</sup> June, 2019

Late registration: \$380 per person (any registration made from 23<sup>rd</sup> June, 2019)

The registration fee will cover accommodation and meals for 6 nights and 7 days, outdoor activities (including community service), cultural experience and local transport associated with GAIN 2019.

International delegates will be expected to pay for their own flights, travel insurance and visa costs (where applicable).

Airport transfers from and to the hotel will be covered by the host. Please ensure you share your travel details as soon as you have them.

## Payment Details:

Please insert the various payments methods.

- Bank Details ( with SWIFT Codes)
- Western Union Details.
- Paypal ( If possible)
- MPesa Details

## Visa & Immigration

Tourist visas are required by some nationals.

If you require Visa assistance, kindly get in touch with us in good time to be able to help you where possible. Please visit <https://www.ecitizen.go.ke/> to check your country status and for further details.

## Time

Kenya has a single time zone which is GMT +3.

## Weather

The average temperature in August is 19°C, with highs of 25°C and lows of 11°C. (around 80 degrees Fahrenheit).The nights a Lukenya can get chilly so we advise you to pack some warm clothing for the evenings.

The dress code in Kenyan culture is conservative. Many Kenyans adhere to different cultural, religious and customary dress styles. Please be decently dressed.

## Currency

The official currency is the Kenya Shilling. (KES/ Kshs)

Visitors to Kenya should change foreign currency at registered banks, bureau de change or authorized hotels. Most major currencies are acceptable in majority of the establishments with the US Dollars and Euro being most acceptable and will cause the least delay.

Many supermarkets, hotels, travel agencies, safari companies and restaurants accept Visa and Master Credit Cards. As a norm, always ask what commission and charges will be deducted first (if any) and prior to transaction.

## Banking

Banks are open from 0900hrs to 1600hrs Monday to Friday. Some branches open on Saturdays from 0900hrs to 1100hrs. Many banks are equipped with 24 hour ATM machines. Some bank branches at the Jomo Kenyatta International Airport (Nairobi) run 24 hour Forex services.

### **Dietary requirements**

We aim to cater to all our guests. Should you have special dietary requirements, please indicate this on the form and communicate the same to our team through email: [gainkenya2019@gmail.com](mailto:gainkenya2019@gmail.com)

### **Theme nights**

We have organized for themed nights on some of the evenings. We request that you come prepared to show-case your national culture during the Cultural night.

### **Health and Safety**

All necessary precautions are being taken to ensure the security of the delegates. The nearest appropriately-equipped hospital is 2km (7 minutes) away. It is open 24Hours in case of emergencies. Participants with any pre-existing medical conditions/on medication are advised to make necessary arrangements before travel.

An Ambulance will be on standby 24 hours a day for any emergencies. A dedicated Health & Safety Team will at hand for the duration of the event.

Delegates are encouraged to obtain travel insurance to cover any medical emergencies.

### **Security:**

The Hotel has 24/7 security on site as well as 24Hrs police response on call. Only registered guests and employees are allowed on the premises. All rooms are equipped with lockable safes where valuables can be kept.

### **Electricity**

The electricity supply in Kenya is 220/240 v 50 Hz. Plugs are 3 point square. If you are planning to bring a video camera charger or any other electrical device, please bring voltage and plug adaptors where appropriate.

### **Language**

English is the official language while Kiswahili is the lingua franca (local language). In addition, most Kenyan tribes have their own language.

The official language of the 3<sup>rd</sup> GAIN 2019 event is English

## **Common Swahili Phrases**

My name is... -	<i>Jina langu ni.....</i>
I come from... -	<i>Nimetoka.....</i>
What is your name? -	<i>Jina lako ni?</i>
Where is the hotel? -	<i>Hoteli iko wapi?</i>
Good morning? -	<i>Habari ya asubuhi?</i>
Good afternoon? -	<i>Habari ya mchana?</i>
Good evening? -	<i>Habari ya jioni?</i>
Good night. -	<i>Usiku mwema</i>
You're welcome -	<i>Karibu, or Una karibishwa</i>
Where do you come from? -	<i>Umetoka wapi?</i>
Only a little -	<i>Kidogo tu</i>
How much? -	<i>Pesa ngapi?</i>
Excuse me -	<i>Samahani</i>

*We look forward to hosting you in Kenya as we meet to share best-practice and discuss the growth and development of Alumni, striving to build on our successes and marking our commitment to future growth.*

*See you in August!*

Award Holders Alumni-Kenya

**AHA-K/ GAIN 2019**

## COUNTRY INFORMATION AND FACT SHEET



### Natural beauty

Kenya offers a breathtaking natural beauty that is distinctly spectacular. Inland, there are wide-open plains and savannahs, arid deserts, snow-capped mountains and undisturbed forests rounded off with the vastness of the Great Rift Valley. Along the coast there are magnificent sandy beaches and access to amazing coral reefs.

Whether you choose to laze in the tropical sun, swim in the warm turquoise waters of the Indian Ocean or climb Mount Kenya, you will experience an unparalleled variety of beauty everywhere you travel. Go on safari to spot the "Big Five" animals in the wild, or simply enjoy our history, culture and lifestyle. Kenya has something for everyone.

**Climate:** Kenya enjoys a wonderful tropical climate. Being on the equator, the seasonal temperature changes are not extreme. We have favorable weather all year round, with plenty of sunshine and cooler mornings and nights. However, due to the differing topography, you will experience different weather patterns when traveling across Kenya.

### Food and drink

Kenya's coffee and tea have received accolades as some of the best products in the world and it also has a rich variety of cuisine. The ethnic cuisine of Kenya's various tribes includes the famous *nyama choma* and *ugali*. There is also a variety of intercontinental cuisine available in most restaurants and hotels

## **People and culture**

Kenya is renowned for its diverse culture and heritage. Kenyans embrace a great sense of unity, peace, acceptance and closeness as one people and one country; all strong virtues of traditional African culture. The Kenyan people are warm, friendly and hospitable. The unique culture of the various ethnic groups, including the famous Maasai, is a great experience to be enjoyed.

## **Wildlife**

Kenya is the home of the wildlife safari, and offers some of the best game viewing in the world, including the hard-to-resist attraction of the "Big Five" (lion, leopard, elephant, buffalo and rhino). These can be seen at the national parks and game reserves throughout the country. The Nairobi National Park is a unique ecosystem by being the only protected area and only national park in the world close to a capital city; with its wide open grass plains and scattered acacia bush plays host to a wide variety of wildlife including the endangered black rhino, -and diverse birdlife with over 400 species recorded.

Kenya also has a variety of natural wonders that are worth visiting including;

- Hell's Gate National Park is one of the few parks in Kenya that allows camping and enables you to explore on foot or bicycle. The park also boast of geothermal features include hot springs and natural geysers hissing steam through vents in the earth's crust.
- The wildebeest migration in Maasai Mara is one of the natural wonders of the world
- Lake Nakuru National Park, famous for its huge flocks of pink flamingos.
- The David Sheldrick Wildlife Trust, a wildlife sanctuary rescues and rehabilitates orphaned elephants and offers close-up encounters with these adorable animals.
- Mount Kenya National Park, also a UNESCO World Heritage Site encompassing the country's namesake highest mountain at 5,199 meters and providing the rare sight of equatorial snow.
- Menengai Crater, which stands at 2,490m high. It is known as the second largest volcanic crater in the world, still standing