

DEMOCRATS ABROAD
Kenya

A Guide to Nairobi for Democrats Abroad AGM Visitors

Welcome! 2
Getting Here 3
Conference Hotel 5
Money & Connectivity 6
Weather & What to Wear 7
Culture & Etiquette 8
Where to Eat & Meet 9
Things to Do 10
Safety & Practical Awareness 11
Medical Support 14
Recommended Service Providers 16

Welcome!





Welcome from the Chair

On behalf of the Kenya Country Committee, it is my distinct pleasure to welcome you to Nairobi for this year's AGM. Whether this is your first time in Kenya or a return to a place you already know, we are glad you are here and grateful for the time, energy, and commitment you bring to this community. Gathering in person matters. It allows us to build trust, deepen relationships, and do the kind of thinking and organising that simply cannot happen fully on screens.

Karibuni, Friends!

Warmly,

Brendan

Why Nairobi?

We are meeting in Nairobi because it is a city that embodies the global reality of our movement. Kenya sits at the intersection of regional leadership, civic engagement, and international connection. Nairobi is home to diplomats, activists, organisers, entrepreneurs, and communities constantly negotiating questions of power, participation, and belonging. It is a fitting place to reflect, to challenge ourselves, and to imagine what comes next together.





Getting Here

Visas & Entry

Most visitors will need an Electronic Travel Authorisation (eTA) to enter Kenya. It's done entirely online, costs USD 32, and is usually approved within 1–3 working days — no embassy visit required. Apply before you travel. Your passport must be valid for at least six months beyond your entry date, with at least one blank page.

Pro Tip: Carry both a digital and printed copy of your eTA. Airlines may ask for it at check-in, and immigration may ask again on arrival.

You will also need proof of yellow fever vaccination — bring your International Certificate of Vaccination or Prophylaxis (the yellow card), as checks do happen on arrival.

We strongly encourage booking a travel medicine appointment before departure. A clinician can confirm your vaccinations, review anything you're behind on, and give advice tailored to your itinerary. If you're planning any travel outside Nairobi — coastal areas, safari, upcountry — ask for antimalarial prophylaxis. Malaria risk in Nairobi is low, but rises significantly elsewhere.

US Embassy registration (STEP)

Before you travel, take five minutes to register your trip with the US State Department's Smart Traveler Enrollment Program (STEP). It's free, takes almost no time, and means the US Embassy in Nairobi can reach you in the event of an emergency — natural disaster, civil unrest, or a family emergency back home. It's standard travel practice that's easy to forget and worth doing.

Arriving at the Airport

Most international visitors will arrive at Jomo Kenyatta International Airport (JKIA), East Africa's busiest hub, with direct connections from Amsterdam, Doha, Dubai, Istanbul, Johannesburg, London, New York, and Paris. Most travellers clear immigration and collect luggage in under 40 minutes, though peak arrival windows can slow things slightly.

If you are connecting onward to a domestic destination or safari, you may also pass through Wilson Airport (WIL), which handles regional and charter flights.

Getting Around the City

Ride-sharing apps are your best friend here. Uber and Bolt are both widely used, cashless, reliable, and generally safe. Typical fares are under USD 10 within the city, and up to USD 20 for airport transfers depending on traffic.

Many hotels — including the Park Inn — offer arranged car and driver services, which is worth considering for late-night arrivals or if you prefer a fixed pickup.

Pro Tip: Nairobi traffic is real. Peak hours are 06:30–09:00 and 16:30–19:30, but congestion can spill beyond those windows. Always allow generous buffer time — even short distances can take 45–90 minutes unexpectedly. The Nairobi Expressway (accessible from JKIA) is genuinely worth using: it cuts the airport-to-Westlands journey dramatically.

Car hire is generally unnecessary for city travel unless you're planning a road-trip safari or extended upcountry travel, but if you're interested, check out the Service Providers section!

A Note on Jet Lag

Nairobi is UTC+3. From the US East Coast, that's 7–8 hours ahead; from the West Coast, 10–11 hours. Flying eastward tends to hit harder than flying west. Most people find the first two days genuinely rough: disrupted sleep, poor concentration, occasional dizziness. *This will be less of an issue for European travellers, but equally critical for Asian / Pacific Time Zones.*

If you can, try not to schedule anything critical for the morning immediately after you land. Get outside into natural light as quickly as you can on arrival day, stay hydrated, and resist the urge to nap for more than 20–30 minutes in the afternoon. It sounds simple, but it makes a real difference.

Conference Hotel

Park Inn by Radisson, Nairobi Westlands

The AGM's conference hotel is the Park Inn by Radisson, on Waiyaki Way in Westlands — right in the heart of the neighbourhood recommended throughout this guide for dining, nightlife, and general convenience. It's a practical, comfortable base that puts you within easy reach of everything.

Address	Waiyaki Way, Westlands, Nairobi
Check-in / out	Check-in: 15:00 | Check-out: 12:00
From JKIA	~15 minutes via the Nairobi Expressway (allow more in traffic)
Wi-Fi	Free throughout the hotel
Parking	Free on-site
Airport shuttle	Available — enquire at reception on arrival
Book your room	Use the dedicated AGM booking link: Hotel Booking Link

What's on site

The hotel has 140 rooms, all air-conditioned, with minibars and soundproofed windows — a genuine plus given the Waiyaki Way traffic. On-site you'll find the Live Inn Restaurant (open breakfast through dinner), an outdoor pool with a poolside bar, a gym, and the Attic Rooftop Bar, which has good views over the city and is a reliable spot for an end-of-day drink.

Booking support

If you run into any trouble with the booking link, the hotel team is very happy to help directly. Email reservations.nairobi@parkinn.com and copy wanjiku.munene@parkinn.com. Use the subject line: Democrats Abroad.

You're also welcome to reach Wanjiku (the events manager) directly on WhatsApp at +254 713 531 523 — she'll make sure your booking is sorted.

Pro Tip for Light Sleepers: request a room away from the road-facing side when you book or check in.

Money & Connectivity

Currency

The local currency is the Kenyan Shilling (KES), currently trading at approximately 128–129 KES to 1 USD. Cards are widely accepted at hotels, restaurants, malls, and most larger establishments — but carry some cash (around 5,000 KES in small notes is a sensible amount) for smaller vendors, tipping, and informal purchases.

M-Pesa, Kenya's mobile money system, is used almost everywhere — cafés, taxis, market stalls, the lot. It requires a local SIM card to set up, so most short-term visitors find it easier to rely on cards and limited cash rather than registering for M-Pesa.

ATMs are readily available across the city, including at JKIA. Stick to bank-affiliated ATMs rather than third-party machines — better rates and better security. Notify your bank before travelling to avoid your card being blocked, and avoid carrying large amounts of cash at any one time. Standard awareness applies: don't use ATMs that feel exposed or isolated, and be aware of your surroundings.

SIM & Wi-Fi

Safaricom offers the most reliable mobile coverage nationwide. SIM cards (including eSIMs on request) are available at JKIA on arrival — you'll just need your passport. Data bundles are affordable and activate immediately.

Most hotels, offices, and cafés in Nairobi offer reliable Wi-Fi, so you can stay connected throughout your stay without necessarily relying on mobile data.

Power & Adapters

Kenya uses Type G plugs — the three-pin British-style socket — at 240V. American devices run on 110–120V. You will need a plug adapter, and if your device isn't dual-voltage (check the small print on the charger: it should say "100–240V"), you'll also need a voltage converter. Most modern laptops, phone chargers, and camera chargers are dual-voltage and only need an adapter. Hair dryers, electric shavers, and older devices often are not — check before you travel.

The Park Inn has UK-style sockets throughout. Bring at least one adapter from home; they're harder to find quickly on arrival and the hotel gift shop is not a reliable source.

Weather & What to Wear

What to Expect in Late May

Nairobi sits at altitude, which keeps temperatures mild year-round. Late May falls toward the end of the long rainy season — you'll have warm days, cool evenings, and occasional short sharp showers (usually in the afternoon or evening, rarely all-day rain).

Daytime	20–26°C (68–79°F) — warm and generally comfortable
Evenings	14–17°C (57–63°F) — noticeably cool once the sun sets
Rain	Brief afternoon/evening showers likely; continuous rain unlikely
Sun	Can be strong even on overcast days — SPF is recommended

A Note on Altitude

Nairobi sits at approximately 1,700 metres (5,600 feet) above sea level. If you're coming from a sea-level city, you may notice mild symptoms in the first day or two: slight headaches, fatigue, or feeling winded on stairs. It's not dangerous, but it can catch you off guard, especially on top of jet lag. Drink plenty of water, take it easy on your first evening, and don't be surprised if you feel more tired than usual. It passes quickly.

What to Pack

- For AGM sessions — Business casual is standard and appropriate
- Layers — A light blazer, jumper, or jacket for evenings — it gets genuinely cool
- Shoes — Comfortable closed shoes, especially if you're moving between venues
- Rain — A compact umbrella or light rain jacket is worth throwing in
- Accessories — Keep it simple when out and about — avoid flashy jewellery or watches

Culture & Etiquette

A little cultural awareness goes a ***very long*** way in Nairobi. The notes below aren't an exhaustive guide — just the things most likely to matter during your stay.

Greetings

Greetings matter here and set the tone for every interaction. A handshake is standard in professional settings — unhurried and warm. Rushing through greetings, or jumping straight into business without acknowledging the person first, is noticed and can feel rude.

A few Swahili words are always warmly received, even if you immediately switch to English:

- Habari — How are you?
- Mambo — Hello / What's up?
- Asante — Thank you
- Karibu — Welcome / You're welcome

Meeting Style

Formal meetings generally expect punctuality from visitors. At the same time, local schedules can be more fluid — traffic, competing demands, and different cultural rhythms all play a role. If something starts late or shifts, patience and calm flexibility will always take you further than visible frustration.

Communication

Kenyan professional culture tends to be less direct and more conflict-averse than typical US norms. Disagreement is often expressed subtly rather than confrontationally, and feedback is almost always delivered privately rather than in group settings. This doesn't mean the message is any less real — listen carefully to tone and context, not just words.

Pro Tip: Avoid calling anyone out publicly or offering criticism in a group setting. It will land badly regardless of how gently you intend it - this includes with waitstaff and other service professionals.

Tipping & Dining

Tipping is optional but genuinely appreciated! 10–15% is appropriate for good service, and it makes a meaningful difference for workers who often earn below a living wage.

One thing worth knowing: in many restaurants, errors like incorrect orders or returned food will be deducted from the worker's pay. Order carefully, ask questions upfront, and if something is wrong but usable, consider accepting it rather than sending it back - be prudent!

Where to Eat & Meet

Neighbourhoods Worth Knowing

- **Westlands** — Where the conference hotel is — and by far the most convenient base. Restaurants, cafés, and nightlife all within walking distance. Lively in the evenings.
- **Kilimani / Lavington** — Trendy, immigrant-friendly, excellent café culture. Great for informal meetings or a working lunch in a more relaxed setting.
- **Karen** — Leafy, upscale, and calm — home to boutiques, galleries, and several landmarks. Worth a visit, but allow extra travel time from the hotel.

Recommended Restaurants & Venues

These are all well-regarded and reliable. Listed roughly by proximity to the conference hotel.

- About Thyme (Westlands) — Relaxed outdoor dining, great for conversation and informal meetings
- Hero Restaurant (Westlands) — Contemporary, lively — good energy for evening meals
- Nyama Mama (Westlands) — Modern Kenyan cuisine with playful presentation and local flavours
- The Arbor (Westlands) — Farm-to-table feel, wallet-friendly, easy for groups
- Alchemist (Westlands) — Better for a nightlife experience than a working meeting — a distinctly Nairobi scene
- River Cafe (Karura) — Set inside Karura Forest. Ideal for a daytime escape or informal meeting in nature
- The Carnivore (Lang'ata) — The classic nyama choma experience — unapologetically carnivorous and a Nairobi institution
- Talisman (Karen) — Upscale, consistent, excellent for business or celebratory meals
- Cultiva (Karen) — Farm-to-table, calm atmosphere — great for long lunches and meetings

Local Food Worth Trying

- Ugali — Maize meal — a Kenyan staple, served with everything
- Nyama Choma — Roasted goat or beef, ideally eaten at a nyama choma spot
- Sukuma Wiki — Collard greens, commonly served as a side
- Samosas, mandazi, chapati — Excellent snacks — widely available and hard to resist
- Roasted maize — Street-side favourite, particularly good on a cool evening

Things to Do

If you can add a day or two either side of the AGM, Nairobi rewards the time. Most of the best experiences fit comfortably into a half day — easy to layer around travel or meetings.

Nature & Iconic Nairobi

- Nairobi National Park — Wildlife inside the city limits. Options include the Safari Walk, the animal orphanage, or a full game drive. Consistently surprising, even for seasoned Africa visitors
- Giraffe Centre — Feed giraffes at eye level. Genuinely charming, and a lot of fun
- Ngong Hills — Sweeping views and a brisk hike — great for clearing your head
- Karura Forest — Shaded trails, a waterfall, and a calm escape right inside the city

Culture & History

- Karen Blixen Museum (Karen) — The historic home of Out of Africa author Karen Blixen — quietly beautiful and reflective
- National Museum of Kenya — Accessible insight into Kenya's natural history, culture, and political life
- Maasai Market — Locally made jewellery, textiles, and crafts. Bargaining is expected and part of the fun
- Nairobi Gallery / Kenya National Archives — Good for a half-day dip into Kenyan political and artistic history

Pro Tip: Most hotels can arrange transport and tickets through their concierge. For more structured experiences — guided safaris, day trips, custom itineraries — refer to the Service Providers section of this guide.

Safety & Practical Awareness

Nairobi is a dynamic, welcoming city — and like any large global capital, it rewards basic situational awareness. Most issues visitors face are predictable and avoidable. Here's what you actually need to know.

Where to Stay, Where to Avoid

The conference hotel is already in a good spot. Westlands is central, busy, well-policed, and familiar with international visitors. Other areas that are generally safe for visitors include Upper Hill, Gigiri (the diplomatic quarter), and Karen.

After dark, avoid the downtown CBD, Eastleigh, Eastlands, and informal settlements. These areas are perfectly normal for locals — they're simply not tourist-oriented and present unnecessary risk at night, especially without a trusted local guide.

Getting Around Safely

- Use Uber or Bolt — Or a hotel-arranged driver. These are your default. *Be aware that some drivers may not like taking a trip paid with a card. If you are using a credit card, please confirm it's a card trip with the driver before departing to avoid an argument later.*
- Walking is fine — In secure areas, malls, hotel grounds, and during daylight — but avoid walking alone at night, even in 'safe' areas
- Keep valuables out of sight — Don't use your phone openly on the street. Step inside a shop or café to check messages
- Skip matatus — Public minibuses are fine for locals but a first-time visitor navigating them alone adds unnecessary risk. If you must, only go with a trusted local

Navigating Visible Poverty

For many first-time visitors to sub-Saharan Africa, one of the most immediately striking and sometimes destabilising experiences is the visible inequality on the streets — outside restaurants, at traffic lights, near markets. People will approach your car window. Children may ask for money. Touts and informal vendors will be persistent.

There is no single right response to this, and it is okay to feel uncomfortable. A few practical notes that may help:

Giving money directly to children on the street is genuinely discouraged — not because the need isn't real, but because it reinforces patterns that keep children out of school and on the street, and can attract larger groups quickly. Additionally, there are "cartel" like systems that exploit

children in this way for monetary gain (and contribute to trafficking). If you want to contribute meaningfully, the best way is through established local organisations, not street-level transactions.

When approached by touts or persistent vendors, a calm, clear "no thank you" — said once, with eye contact, and not repeated — is more effective than engaging, explaining, or apologising your way out of a conversation. You don't owe anyone an explanation for not buying something. Prolonged engagement is usually interpreted as interest.

None of this is unique to Nairobi — it's a reality in major cities across the continent and much of the Global South. Being prepared for it helps. Being kind while also being firm is always the right register.

The Most Common Risks

Petty theft and small-scale scams — not violent crime. The behaviours that make visitors targets are: flashing phones, jewellery, or large amounts of cash; walking while distracted; or being overly trusting with strangers who approach unsolicited. Confidence, awareness, and calm caution reduce risk dramatically.

Phones, Cash & Passports

- Phone snatching — Does occur, most often by motorcycle riders. Keep your phone pocketed on the street, and avoid using it in an Uber if your window is rolled down. Take extra care when taking photos from the back of an Uber.
- Cash — Carry only what you need for the day. Leave the rest secure at your hotel
- Passport — Keep it in the hotel safe. Carry a photo of it on your phone instead
- ATMs — Use bank-affiliated machines only, and stay aware of your surroundings

A Note for LGBTQ+ Members

Kenya criminalises same-sex intercourse (not identity), and LGBTQ+ people — including tourists — must be situationally aware. It is worth stating plainly.

In practice, international visitors in hotel and conference environments are largely insulated from the most acute risks, and Nairobi is considerably more cosmopolitan than much of the country. However, public displays of affection between same-sex partners — holding hands, kissing — can attract unwanted attention such as stares and comments. Discretion in public spaces is strongly advised.

Inside the conference hotel and AGM events, you should feel comfortable and safe. The risk is primarily in public-facing spaces: streets, restaurants, bars, and taxis.

If you plan to meet someone from a dating app, there is also a risk of blackmail due to people taking advantage of the law to attempt to extort money from you – situational awareness applies here, as well (also for our straight colleagues!).

If you have concerns about your specific situation or travel plans, please reach out to Brendan directly (brendan.csaposs@gmail.com or +1 415 706 4224) – as an out and proud gay man living in Nairobi, I'm happy to advise, or just chat!

If Something Goes Wrong

Move to a secure, populated location and contact your hotel concierge first. They are your best first resource.

Emergency number in Kenya: 999 (also 112).

You will be provided with a DAKE organisational contact for the AGM who can assist with anything beyond hotel support.

A few cultural notes that matter for safety

- **Photography** — Do not photograph government buildings, embassies, police, or military personnel — this can lead to questioning or arrest. Do not photograph people without permission; it's a cultural taboo and, simply put, it's rude
- **Police & Security** — Stay calm, polite, and respectful. There are security checks at most major venues - this is normal, proceed as you would at the airport. Avoid arguing or becoming confrontational. If asked for money by an official, you are not required to comply — contact us first before handing anything over
- **Food & Water** — Drink bottled or filtered water. Street food is delicious but riskier for first-time visitors — try it sparingly and with local guidance
- **Out at Night** — Restaurants, hotels, and malls are fine in the evenings. Aim to be back at the hotel by 10–11pm unless escorted. Always use a car at night, even for short distances

Medical Support

Nairobi has excellent private healthcare. The providers below are close to the conference hotel and well-regarded for international visitors. We recommend carrying comprehensive travel insurance, including medical evacuation coverage if possible.

Pro Tip: If you need medical assistance during the AGM, contact the DAKE organisational team first and we will help you get to the right place quickly.

Recommended providers near Westlands

MP Shah Hospital	
Address	Shivachi Road, Parklands/Westlands — approx. 10 minutes from the conference hotel
Phone	+254 111 000 600 (appointments & general enquiries)
Emergency	+254 707 044 115
Hours	24 hours, 7 days
Notes	One of Nairobi's best private hospitals. Full emergency, inpatient, and specialist services. Highly recommended for anything beyond a minor complaint.

Westlands Medical Centre	
Address	Krishna Centre, 3rd Floor, Woodvale Groove, Westlands — very close to the conference hotel
Phone	+254 705 569 267 / +254 722 708 176
Hours	Mon–Fri: 8:00am – 7:00pm | Sat & Public Holidays: 8:00am – 3:00pm
Notes	Excellent walk-in clinic for general consultations, diagnostics, and travel medicine needs. Accepts multiple insurance providers — confirm yours in advance.

Nairobi Adventist Hospital	
Address	Mwisho Road, off Red Hill Road / Limuru Road, Westlands
Phone	Check directly on arrival or via the hotel concierge
Emergency	24-hour facility
Hours	24 hours, 7 days
Notes	A Level 4 24-hour facility in the Westlands area. Good option if MP Shah is not accessible. Full emergency and specialist services.

Aga Khan University Hospital	
Address	Third Parklands Avenue, Parklands — approx. 15 minutes from the conference hotel
Phone	+254 20 366 2000
Emergency	+254 20 366 2000 (ask for emergency)
Hours	24 hours, 7 days
Notes	One of East Africa's leading hospitals. Comprehensive specialist and emergency services. Slightly further from the hotel but excellent for complex or serious needs.

Pro Tip: Keep a screenshot of these numbers on your phone before you arrive. If you need to make a claim, keep receipts for everything.

Recommended Service Providers

The providers below come from local knowledge and input from DAKE members. They are offered as a starting point, not an endorsement — availability, pricing, and service quality can vary. Always confirm details directly.

Travel Agents

Bush Blazers

info@bushblazers.com | +254 734 321 239 (WhatsApp or Local Call) | Phyllis Marete | www.bushblazers.com





Tour & Safari Operators

BushKing Safaris

bushkingsafaris@gmail.com | +254 723 008 107 (WhatsApp or Local Call) | Sarah Ngetha

We are a Kenya-based tour operator dedicated to designing and delivering exceptional, tailor-made travel experiences that showcase the very best of Kenya and the wider East African region. Our approach is rooted in personalisation, authenticity, and service excellence, ensuring every journey is meaningful, seamless, and memorable.

Our Services

We offer a comprehensive range of travel solutions, including:

- Customised leisure and holiday travel
- Wildlife safaris and conservation-led experiences
- Cultural, heritage, and community-based tourism
- Adventure and experiential travel
- Special-interest travel (photography, wellness, educational, and private tours)

Each itinerary is carefully curated to reflect the traveller's interests, pace, and budget, whether luxury, mid-range, or value-conscious.

Our Value Proposition

What sets us apart is our commitment to:

- Highly personalised planning and bespoke itineraries
- Exceptional local knowledge and trusted on-the-ground partners
- Attention to detail before, during, and after each journey
- Flexibility and responsiveness to evolving traveller needs
- Responsible tourism that respects local communities and environments

We don't offer one-size-fits-all packages; every experience is thoughtfully designed to deliver value, comfort, and lasting impact.

Spiky Tours

info@spikytours.com | Cell/WhatsApp +254 796 597 208 | Sammy Mwangi |
www.spikytours.com

Key Services & Destinations;

The agency is highly regarded for its local expertise, particularly on Mount Kenya, and offers customized itineraries for various group sizes from solo,couples, and families to more than 20 sometimes workmates/friends.

- **Mountaineering**: Specializes in multiple routes for Mount Kenya (Sirimon, Chogoria, Naromoru, and technical rock climbing to Batian/Nelion peaks) as well as expeditions to Kilimanjaro and the Rwenzori Mountains.
- **Wildlife Safaris:** Private and group-joining tours to major parks, including Maasai Mara, Amboseli, Samburu, Lake Nakuru, and Ol Pejeta Conservancy.

- **Speciality Tours:** Offers Flying Safaris for luxury travel, cultural excursions to Maasai villages, and day trips from Nairobi or Nanyuki.
- **Full Support:** Packages typically include professional guides, porters, chefs (for mountain treks), 4x4 safari vehicles, park fees, and gear rental options.

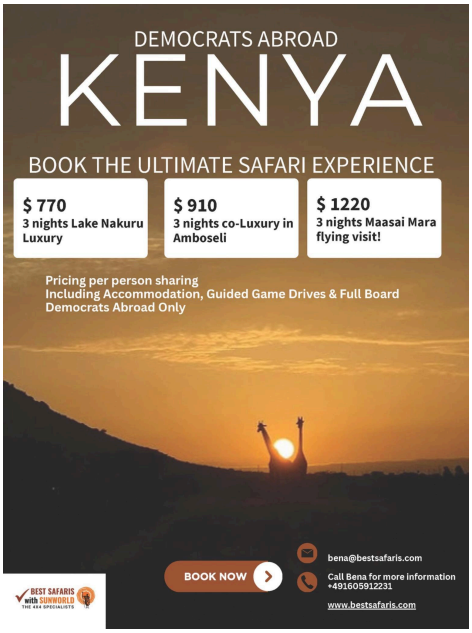
HikeManiak
hike@hikemaniak.co.ke | +254 721 510 057 (Call/WhatsApp) | Florence | www.hikemaniak.co.ke

Primary Services

1. One day guided Hikes from Nairobi (1-2hrs drive)
2. Rock climbing in Lukenya and Hells Gate
3. 3-4 days Mount Kenya climb
4. Group treks (check the calendar on the website!)

Why Choose Us

We walk the trails gently and hence our strict leave no trace code, we champion for respect and protection for the environment. We serve trail enthusiasts from all over the world and are thrilled to be part of the great movement of eco-friendly trekkers and mountain climbers. We have both scheduled and unscheduled mountain hiking tours to all the documented destinations, giving you the flexibility to take on your adventure of choice at a time convenient to you. The scheduled treks allow you to take advantage of the group rates and also gives the opportunity to meet and connect with other trail lovers.



Best Safaris

Bena@bestsafaris.com
Call Bena for more information +491605912231

Book a special safari - for Democrats Abroad members and their families only.

Booking Link: https://www.bestsafaris.com/reserve/

WHY CHOOSE BEST SAFARIS?
We are Experienced

Best Safaris has over 40 years combined experience in arranging travel to Africa. No one knows Africa better than us.

We are Locals

The Best Safaris difference doesn't come from experience alone: we are locals. We were born and have lived in Africa. We speak local languages and respect African traditions. We have traveled up and down the continent. We know Africa's hidden corners and mysterious secrets – the in-depth knowledge that only locals can bring you.

We are Focused

Africa is our only destination. We focus on developing and arranging unique safaris that our clients will remember fondly for a lifetime. We have traveled to the corners of the continent, earning us the know-how and expertise to organize tours. Our main goal is to craft itineraries that communicate and celebrate the mystique, romance and sanctity of Africa.

Travel Medicine

See the Medical Support section above for the key providers closest to the conference hotel. Below are additional options sourced / recommended by our members.

Centre for Tropical and Travel Medicine

https://www.cttm-kenya.com | +254 721 16397

Offers:

- Clinical work to treat patients
- Laboratory diagnoses of Tropical and Travel Diseases
- Vaccinations and General Nursing Services
- Hospital visits to care for the in-patients
- Special training programmes for identified staff groups
- Research on Tropical Diseases

Childcare

We do not have formalised listings for childcare but in Nairobi this is primarily provided by individual nannies, rather than agencies or daycare centres.

If you will be travelling with kids and would like to arrange for support for your family, please reach out to Brendan or the DAKE team for referrals to vetted / trusted individuals who can work in conjunction with a driver or tour agency to coordinate supervised family activities during your stay!

Courier / Delivery Services

Similar to the above, this is typically handled by individual service providers with their own boda bodas (motorbike taxis). If you need to order and get something delivered to you during your stay, just let one of us know and we will be happy to furnish you with contacts for a trusted / vetted rider. Think Amazon but WAY simpler… same day delivery from a real store for under $5!

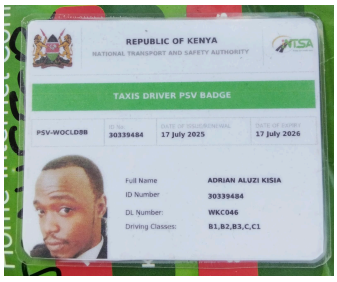
Transport & Taxis



Real Comfort Cab & Tours

realcomfortcabs@gmail.com | +254 707 949 836 (WhatsApp / Local Call) | Paul Wainaina

Offers taxi and transport, both on demand and prebooked, in a variety of car sizes running from Saloon cars (sedans) to vans. Call for quotes both within Nairobi and around Kenya!



Adrian Aluzi Kisia

aluziadrian@gmail.com | +254 742 412 929 | Adrian Kisia

I can co-ordinate any form of logistics required - any airport transfer, hotel transfer both individual and family, from 1 to 6 people, plus vans to 11 people capacity, to anywhere around Kenya, professionally and with the best experiences. I have quite a lot of experience and am registered as well with the government for the same. Thank you a lot, I will really appreciate the jobs, anytime!



KIKENYA Taxi Transport

+254 706 415511 (WhatsApp or Local Call) | Wilson Wainaina

Offers transport in a 5-7 seater van, as well as other options, both within Nairobi and outside the city. Call for a quote for both day rates or individual (distance-based) trips.



John Lenny Kamau

+254 724 339458 (WhatsApp or Local Call)

Offers transport in a car of the size you need, both within and outside of Nairobi. Call for a quote or send a text to get started planning your trip today!



bradley@ottogoes.com | +254713201904 (WA / Call) | Bradley Opere | www.otto.rentals

Otto for Business is Kenya's leading corporate mobility platform, built to eliminate the friction, risk, and inefficiency companies face when managing transport for their teams. Through a single digital platform, corporate clients access a fleet of 500+ vetted vehicles; spanning saloons, mid-size SUVs, SUVs, vans, and buses, alongside professional chauffeured services and fully maintained long-term leases, with HQs in Nairobi, Kisumu, and Mombasa serving organisations across every major city and satellite town in the country. Every booking includes 24/7 emergency rescue and roadside assistance through Rescue.co, while enterprise tools - custom approval workflows, consolidated monthly billing, expense codes, and a dedicated account manager - replace the chaos of managing multiple suppliers. Trusted by global corporates and NGOs including Dalberg, TechnoServe, and the Embassy of Peru, and with pan-African expansion underway.