PRACTICAL INFORMATION

Diplomatic Relations

The United States maintains bilateral diplomatic relations with Kenya and Uganda.

U.S. Diplomatic Mission in Kenya	U.S. Diplomatic Mission in Uganda
Ambassador William M. Bellamy	**Ambassador Jimmy Kolker**
United States Embassy	Plot 1577 Gbaga Road
United Nations Avenue	Kampala
Nairobi	UGANDA
KENYA	Tel: 256.41.233.231 or 256.41.259.791
Tel: 254.20.363.6000 ■ Fax: 254.20.363.6157	Fax: 256.41.259.794
E-Mail: Nairobi.Office.Box@N0SPAM.mail.doc.gov	E-Mail: ambkampala@state.gov
URL: http://nairobi.usembassy.gov/	URL: http://usembassy.state.gov/kampala

Travel Information & Advisory

The first leg of the mission is Nairobi, Kenya [April 3 - 7, 2005] and subsequently, Kampala, Uganda [April 7 - 9, 2005]. U.S. citizens require a valid passport, visa and confirmed roundtrip ticket for travel to both countries.

VISAS

For visa requirements and information please contact the respective embassy in Washington D.C.:

Embassy of the Republic of Kenya, 2249 R Street, N.W. Washington, D.C. 20008.
Tel: 202.387.6101; Fax: 202.462.3829; E-M: information@kenyaembassy.com; URL:www.kenyaembassy.com/

Embassy of the Republic of Uganda, 5911 16th Street, N.W., Washington, D.C. 20011.
Tel: 202.726.7100; Fax: 202.726.1727; E-M:embassy@ugandaembassy.com; URL: www.ugandaembassy.com/

IMMUNIZATION

Ensure that your vaccination is completed no later than 2 weeks before travel. Immunization against yellow Fever, Typhoid and Cholera are highly recommended. Anti-Malaria prevention medications are also recommended. For required vaccines please contact your physician or the Center for Disease Control www.cdc.gov/travel/eafrica.htm.

Additional Tips

- Please pack lightly. Airlines allow 2 pieces of luggage per passenger with no more than 70lbs each.
- Each passenger is also allowed one carry-on piece [20lbs] and a personal item on board.
- Bring extra copies of your organization's profile or catalog, brochures, or product samples.
- Don't forget your business cards!
- A small flash light with extra batteries is very handy.
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription.
- Don't forget your camera with extra batteries and films.
- Bring six extra passport photos.
- Make and keep in a separate place, photocopies of your passport and ticket or itinerary.
- Antibacterial hand sanitizer is a recommended.
- Insect Repellent containing DEET is highly recommended.
- A small calculator and battery-operated alarm clock would be handy too.
- Avoid excess or flashy jeweleries.
- Remember your adapter or converter for small appliances: Voltage Note: USA = 110/120v 50 cycles; East Africa = 220/240v 50cycles.
- Always remember before you eat anything: boil it, cook it, peel it, or forget it!

From all of us at the ITC... We wish all participants a successful mission to East Africa.

The information provided in this publication was compiled from the following sources:
www.census.gov; www.state.gov; www.cia.gov; www.eac.int; www.worldcityweb.com; www.cdc.gov/travel;