



2026 AHC Annual Convening

Nairobi, Kenya

Theme *Unlocking Africa: Co-creating Impactful and Sustainable Youth-led Health Innovations.*

18–23 October | Amref International University

Delegates Handbook



Message from the Vice Chancellor



On behalf of Amref Health Africa and Amref International University (AMIU), I warmly welcome you to the 2026, Annual AHC Convening in Nairobi.

We look forward to hosting you at AMIU for what promises to be a valuable opportunity to connect, learn, and share during this year's convening.

We wish you safe travels and a smooth preparation, and we look forward to welcoming you in October 2026.

Prof. Joachim Osur, Vice Chancellor, Amref International University,
Chair, Executive Steering Committee (ESC)

Karibu Kenya, Karibu Amref

"Karibu," swahili for welcome is our heartfelt expression of our delight to be hosting you in Nairobi, Kenya, the "Green City in the Sun" for the Annual AHC Convening at AMIU

Key Contacts

Maryanne Mugi

- ✉ Email: maryanne.mugi@amref.ac.ke
- 📞 Phone Contact: +254 716 332 821

Abdul Agukoh

- ✉ Email: abdul.agukoh@amref.org
- 📞 Phone Contact: +254 721 760 575

- ✉ AHC Convening Email: ahc@amref.ac.ke



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Introduction to Kenya

Capital City: **Nairobi**
Population: **55.1 million** (2023 estimate)
Area: **580,367 sq. km**
Languages: **English, Swahili**
Currency: **Kenyan Shilling (KES)**



Kenya is located in East Africa and shares borders with Tanzania, Uganda, Ethiopia, Somalia, and South Sudan. Renowned for its breathtaking landscapes, rich cultural heritage, thriving innovation ecosystem, world-famous wildlife, pristine white sandy beaches and sporting excellence, particularly in athletics and rugby

From the savannahs of the iconic Maasai Mara to the highlands of majestic Mount Kenya, Africa's second-highest peak, and from its lakes and rivers to the Indian Ocean, it is home to diverse landscapes, national parks, and nature reserves. Kenya is also an agricultural country, globally recognised for producing high-quality, flowers, Arabica coffee and tea among other farm produce.

Nairobi, the capital city, is a major regional hub for diplomacy, technology, and international conferences, often referred to as the "Silicon Savannah" due to its dynamic start-up and innovation landscape.



Geography & Nature

Nairobi, is located in the south-central highlands of the country at an elevation of approximately 1,795 metres above sea level. The city lies adjacent to the eastern edge of the Great Rift Valley and is surrounded by plains, forests and the Ngong Hills. Nairobi experiences a subtropical highland climate with mild temperatures averaging between 10°C and 26°C throughout the year, with long rains occurring from March to May and short rains from October to December.



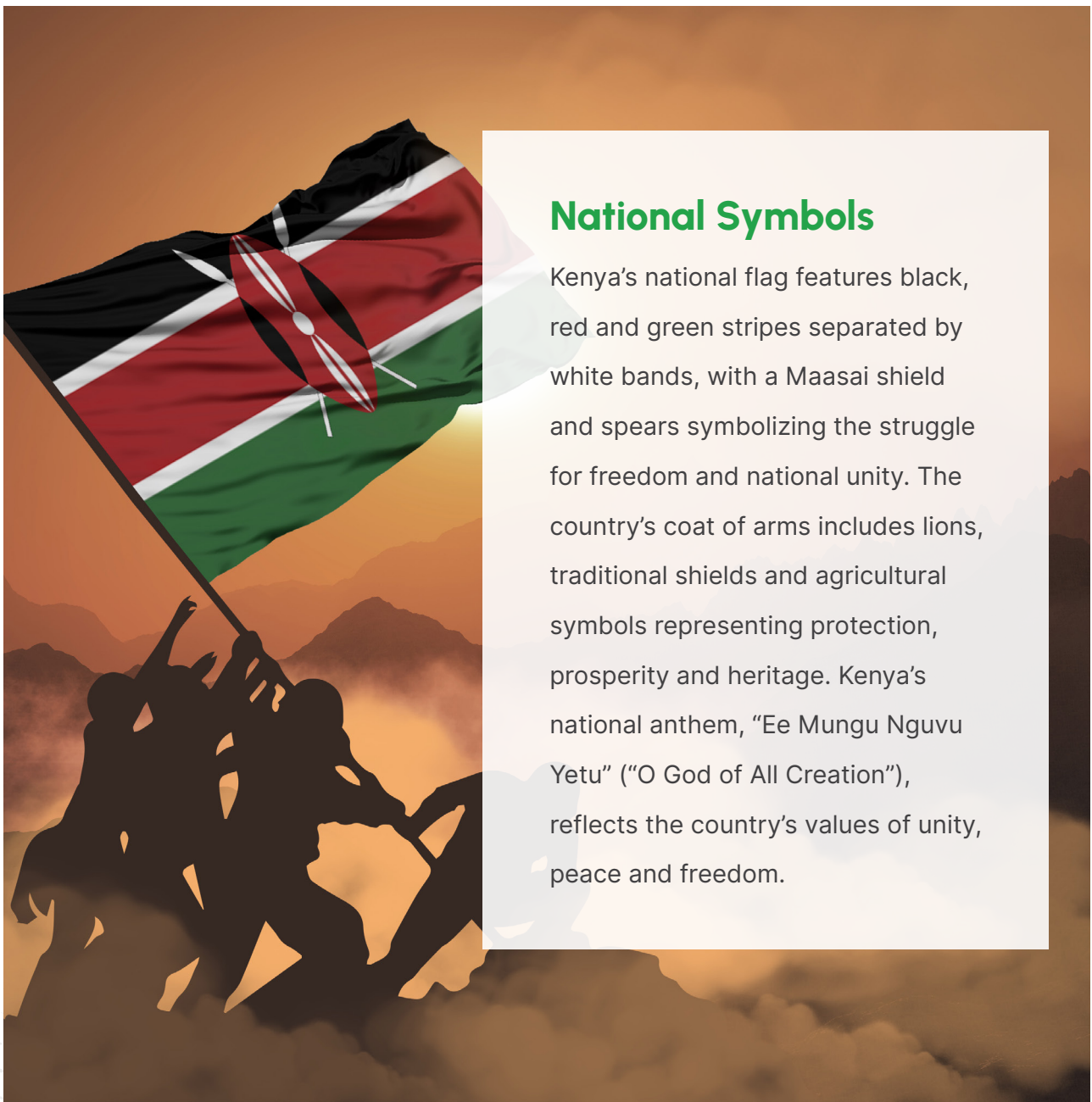
People & Culture

Kenya is multi-cultural and home to 44 ethnic communities, each with its own unique culture, traditions and language. English and Swahili are the country's official languages and are widely spoken in cities and across the country, alongside many indigenous languages. Kenyans are known for their warmth, hospitality and vibrant culture. There is no single national cuisine, as each community has its own traditional dishes. However, one meal that brings people together is nyama choma (roasted meat), often enjoyed with family and friends.



Nairobi's culture reflects a vibrant blend of tradition and modern urban life, expressed through music, fashion, art, cuisine, and festivals. The city brings together cultures and communities from across Kenya and the wider region, creating a dynamic urban identity shaped by diversity, creativity, and innovation.

Nairobi is also known for its vibrant and colourful matatu (public transport) culture, where vehicles are transformed into moving works of art through bold graffiti, music, and pop culture. These uniquely decorated matatus have become a defining symbol of the city's youthful energy and creative expression.



National Symbols

Kenya's national flag features black, red and green stripes separated by white bands, with a Maasai shield and spears symbolizing the struggle for freedom and national unity. The country's coat of arms includes lions, traditional shields and agricultural symbols representing protection, prosperity and heritage. Kenya's national anthem, "Ee Mungu Nguvu Yetu" ("O God of All Creation"), reflects the country's values of unity, peace and freedom.

History & Governance

Kenya's history is shaped by indigenous civilizations, coastal trade, British colonial rule, and the struggle for independence, achieved in 1963 under Jomo Kenyatta. 63 years later, Kenya is a democratic republic governed under the 2010 Constitution, with three arms of government, the Executive, Legislature and Judiciary, and a devolved system of 47 counties that strengthens local governance and public participation.

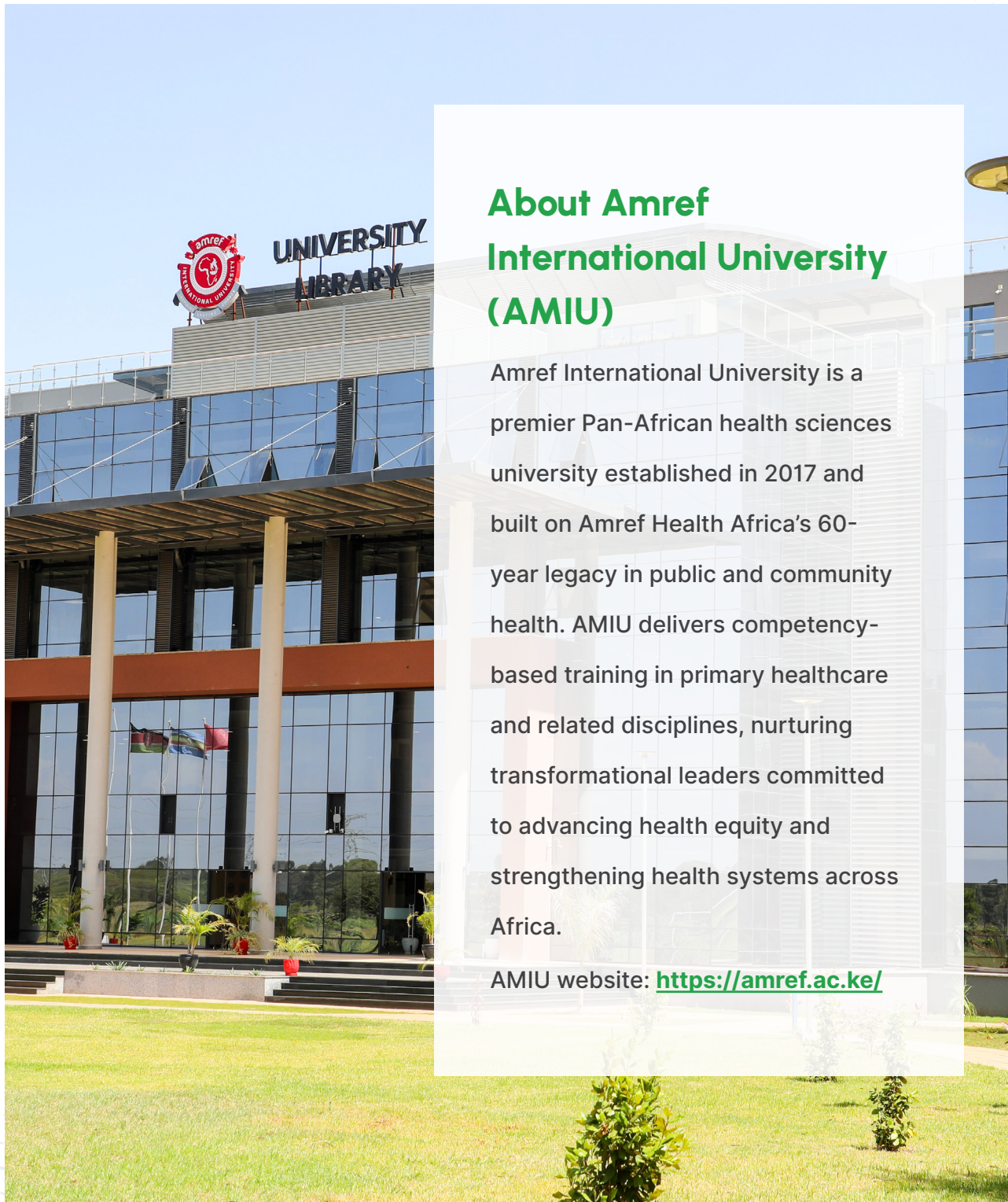


Development Vision

Kenya is one of Africa's leading economies, driven by agriculture, technology, tourism, manufacturing and financial services. Its long-term development blueprint, Vision 2030, aims to transform the country into a globally competitive, middle-income economy through infrastructure development, innovation, sustainability and job creation.



About the Host



About Amref International University (AMIU)

Amref International University is a premier Pan-African health sciences university established in 2017 and built on Amref Health Africa's 60-year legacy in public and community health. AMIU delivers competency-based training in primary healthcare and related disciplines, nurturing transformational leaders committed to advancing health equity and strengthening health systems across Africa.

AMIU website: <https://amref.ac.ke/>

HOST





About Amref Health Africa (AHA)

Amref Health Africa, headquartered in Kenya, is the largest Africa based International Non-Governmental Organisation (INGO) currently running programs in over 35 countries in Africa with lessons learnt over 60 years of engagement with governments, communities and partners to increase sustainable health access in Africa. Amref Health Africa also incorporates programme development, fundraising, partnership, advocacy, monitoring and evaluation, and has offices in Europe and America.

AHA website: <https://amref.org/>

HOST



Travel Information

Immigration & Visa Information

Kenya operates an Electronic Travel Authorization (eTA) system for most international travellers entering the country.

- » Visitors are required to apply online prior to travel through the official Kenya eTA platform. Applications are typically processed within 72 hours, and travellers are advised to apply at least three days before departure.
- » Citizens of East African Community (EAC) member states including **Uganda, Tanzania, Rwanda, Burundi, South Sudan and the Democratic Republic of Congo**, are exempt from the eTA requirement and may enter Kenya visa-free for up to six months under regional free movement agreements.
- » Kenya has also expanded visa-free access for most African countries, allowing many African nationals to enter without prior authorization for stays ranging from 60 to 90 days, depending on nationality. You can confirm if your country requires an eTA [here](#).

Travellers applying for an eTA are generally required to provide:

- » A valid passport with at least six months' validity
- » A recent passport photograph
- » Flight and accommodation details
- » Proof of onward or return travel
- » Yellow fever vaccination certificate if arriving from endemic countries
- » The standard Kenya eTA fee is approximately **USD 32.50** for single entry.
- » All international travellers are required to obtain an **Electronic Travel Authorisation (eTA)** prior to arrival in Kenya.
- » Delegates are advised to **apply at least 7–10 days** before travel to allow for processing time. The Invitation Letter for the convening has already been shared.
- » Visit <https://etakenya.go.ke/> to confirm your eligibility for an eTA and review the application process on **HOW TO APPLY**
- » Applications should be completed online through the official government portal: <https://www.etakenya.go.ke>



Flying into Kenya

Kenya's main international gateway is Jomo Kenyatta International Airport (JKIA), located in Nairobi and recognized as one of Africa's busiest aviation hubs.

Direct flights are available from major African cities including Johannesburg, Addis Ababa, Kigali, Entebbe, Dar es Salaam, Lagos, Accra, Cairo, Kinshasa, Lusaka and Zanzibar, among others. Nairobi is also well connected to global hubs such as London, Amsterdam, Paris, Doha, Dubai, Istanbul, Mumbai and New York.

Kenya's national carrier, Kenya Airways, operates an extensive regional and international network, offering convenient connections across Africa, Europe, Asia and the Middle East. Major international airlines including Emirates, Qatar Airways, Turkish Airlines, KLM, Ethiopian Airlines and British Airways operate regular scheduled flights into Nairobi, providing multiple travel options for international visitors.

For regional travellers within Africa, flight times into Nairobi are generally short-haul, ranging from approximately one to four hours depending on the departure city.

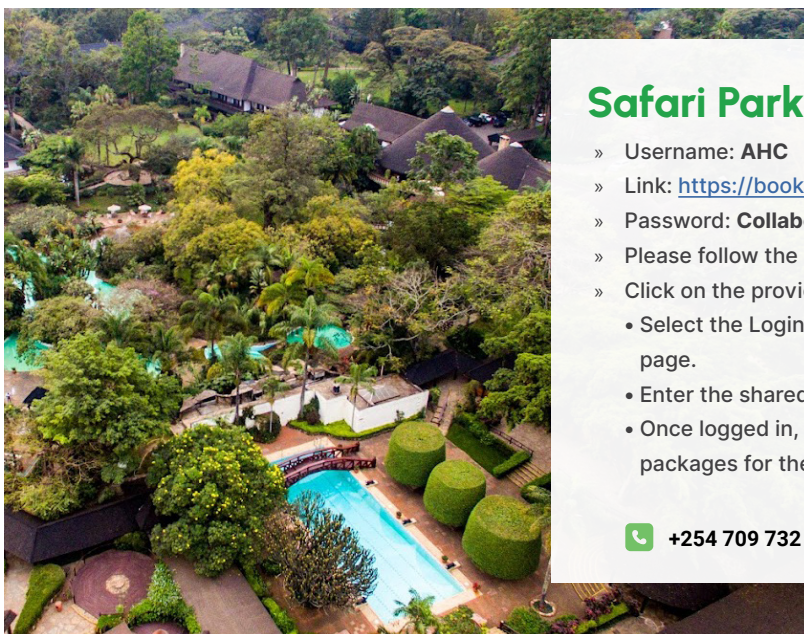


Hotels & Accommodation

We have identified and selected Safari Park Hotel and The Mark Hotel as the recommended accommodation options for participants attending the convening.

- » All accommodation costs, including room rates, taxes and any incidental expenses, will be the responsibility of participating institutions or individual delegates.
- » Participants are encouraged to make their reservations as early as possible to secure availability within the recommended hotels.

Detailed booking instructions and reservation information for each facility are shared below to support a smooth and convenient booking process below;



Safari Park Hotel

- » Username: **AHC**
- » Link: <https://book.nightsbridge.com/14655?special=AHC>
- » Password: **Collaborative@2026**
- » Please follow the steps below to access the special packages:
- » Click on the provided link to open the booking engine.
 - Select the Login button located at the top right corner of the page.
 - Enter the shared credentials to sign in.
 - Once logged in, click on Check Availability to view the packages for the scheduled check-in and check-out dates.

+254 709 732 000

www.safaripark-hotel.com



Mark Hotel

- » Use the email info@markhotelke.com to get the AHC delegates discounted rates
- » Faith Omari: +254 728 084 892
- » Faith Gitu: +254 720 022 764

+254141 038756

markhotelke.com

For additional information regarding accommodation and reservations, delegates may contact the organizing team through the official convening communication channels.



Medical Insurance & Health Advisory

We highly recommend that all delegates secure comprehensive medical insurance coverage before traveling to Kenya. While medical insurance is not currently a mandatory entry requirement, travellers are strongly encouraged to ensure they are adequately covered throughout their stay.

Your health insurance should ideally provide:

- » Coverage for emergency medical treatment, hospitalization and surgery
- » Medical evacuation or repatriation in the event of serious illness or accident
- » Coverage for communicable or pandemic-related illnesses where applicable
- » Access to private medical facilities and healthcare services during your stay in Kenya

Delegates traveling from or transiting through countries with risk of yellow fever transmission may also be required to present a **valid Yellow Fever Vaccination Certificate** upon entry into Kenya.

Participants are advised to carry a **copy of their insurance policy, vaccination records and emergency contact details** while traveling.

Packing Guide

- » Kenya uses Type G (UK-style) sockets with a 240V supply. Delegates travelling from countries using different plug types should carry an appropriate adapter.

Dress Code

- » During Sessions: **Smart Casual attire is recommended**
- » Evening Events: **Smart Casual attire is appropriate**
- » On 20th October, there will be site visits and team building activities; ***remember to carry comfortable activity wear suitable for outdoor movement, including light clothing, comfortable walking shoes or sneakers***
- » On 21st October, the theme is "Celebrating Africa" remember to carry your **African Attire**

Climate note: Nairobi enjoys a mild subtropical highland climate with warm daytime temperatures averaging 22–26°C (72–79°F) and cooler mornings and evenings averaging 10–15°C (50–59°F).



- » October falls within the short rainy season, so delegates are encouraged to pack light layers, a sweater or light jacket, comfortable footwear, and a compact umbrella or raincoat. Evenings and nights can be quite cool, so be sure to pack something warm.

Arrival

Immigration & Customs: Upon arrival at Jomo Kenyatta International Airport, delegates will be required to present their passport, yellow fever vaccination certificate, approved Electronic Travel Authorization (eTA), where applicable, and other relevant travel documents.

- » Travellers are advised to complete the Kenya eTA application process online prior to departure.

Hotel Transfers: AMIU ushers will be present at the airport to welcome delegates and coordinate transfers to the recommended accommodation facilities: Safari Park Hotel and The Mark Hotel.

- » Delegates should look out for pagers holding an Africa Health Collaborative sign upon arrival.

Local SIM Cards & Connectivity: Safaricom and Airtel Kenya SIM cards are readily available at airport kiosks, with affordable voice and data packages that can be activated on-site (passport required for registration).

eSIM Options: Delegates using eSIM-enabled devices are encouraged to consider



purchasing an international or regional eSIM before departure for seamless connectivity upon arrival in Kenya.

- » Providers such as GoMoWorld and similar platforms offer convenient pre-travel activation options.

Currency Exchange: The Kenyan Shilling (KES) is the local currency.

- » Currency exchange bureaus and ATMs are available at the airport and across the city.
- » Major credit and debit cards are widely accepted in hotels, restaurants and shopping centres, though carrying some cash or using mobile money services such as M-PESA is recommended for smaller purchases, local transport and informal vendors.



Getting Around

Nairobi is a dynamic and fast-paced city, with travel times varying depending on traffic and time of day.

Organized ground transportation will be provided for official convening activities and scheduled movements during the event period.

Taxi and Ride-Hailing Apps For movement outside official conference transportation, delegates are strongly encouraged to use registered taxi-hailing applications only for safety and convenience. Please note, card payments are not accepted by taxis.

Recommended platforms include Uber, Bolt and Little Cab, Faras.

- » These services are widely available across Nairobi and support both cash and cashless payment options.



Motorcycle taxis (commonly known as boda bodas) are also widely available, including through ride-hailing applications such as Uber and Bolt. While they can provide faster movement through traffic, delegates are encouraged to use them with caution and prioritize registered taxi-hailing services for added comfort and safety.

Other services

- » **Pharmacies:** MyDawa (online pharmacy), Goodlife, Pharma Plus, TF Pharmacy
- » **Restaurants within malls at Food Courts:** CJ's, Artcaffé, Java House, Galitos
- » **For online meal orders;** Uber Eats, Glovo
- » **Malls:** TRM, Garden City, Two Rivers, Village Market
- » **Money & Payments:** Cash & M-Pesa widely used; cards accepted in malls and pharmacies.

Delegate Registration

- » **To Register use the link below or Scan the QR code:**

<https://ahconvening2026.amref.ac.ke/t2/register/1862527711847409>

- » **Amref International University, Northlands Nairobi Location on Google maps:**

<https://share.google/PTlrOSUVyla7XsZRZ>



Places to Visit

1. Nairobi National Park- <https://www.kws.go.ke/>

[nairobi-national-park](#) (along Langata road)

Unique opportunity to see wildlife with the city skyline in the background.

2. David Sheldrick Wildlife Trust- <https://www.sheldrickwildlifetrust.org/>

(inside Nairobi National Park)

Elephant orphanage with visiting hours in the morning.

3. Giraffe Centre- <https://www.giraffecentretickets.co.ke/terms>

(located in Karen)

Up-close interaction with Rothschild giraffes.



Culture & Heritage

1. Karen Blixen Museum- <https://museums.or.ke/karen-blixen/> (Karen)

Former home of the author of Out of Africa.

2. Nairobi National Museum- <https://museums.or.ke/nairobi-national-museum/>

A good overview of Kenya's history, culture, and art.

3. Museum of Illusions Nairobi- <https://museumofillusionsnairobi.co.ke/>

A fun, interactive experience ideal for groups and photos.

4. Maasai Market (for traditional regalia)

Maasai Market Days in Nairobi: The famous Maasai Market rotates across different locations in Nairobi throughout the week, offering delegates an opportunity to shop for authentic Kenyan crafts, beadwork, textiles, jewelry, artwork and souvenirs. Bargaining is common and encouraged. **Typical operating hours are between 8:00 AM and 6:00 PM**

Tuesday: Kijabe Street / Westlands area | Wednesday: Capital Centre, Mombasa Road

Thursday: Junction Mall, Ngong Road | Friday: Village Market, Gigiri | Saturday: High Court Parking, Nairobi CBD



Language

English and Swahili are predominantly spoken in Kenya, and delegates should have no difficulty communicating in English with professional workers and service providers in Nairobi. The city is also widely known for “Sheng” — a dynamic urban slang that blends Swahili, English and local Kenyan languages, commonly used among young people and in everyday informal interactions. Learning a few common Swahili or Sheng phrases can help delegates connect more easily with locals and enjoy a more immersive cultural experience during activities such as shopping, commuting and dining.

English - Swahili

- Good afternoon / Good day: Habari za mchana
- Good morning: Habari ya Asubuhi
- Goodbye: Kwaheri
- My name is...: Jina langu ni...
- How are you?: Habari yako?
- I want...: Nataka
- I'm fine: Mzuri Sana
- How much: Ni Pesa Ngapi
- Thank you: Asante
- Welcome: Karibu
- Welcome: Karibu

Cultural Etiquette

- » **Greetings matter:** A polite greeting is considered important in Kenyan culture. A simple “Hello,” “Habari” or “How are you?” before starting a conversation is appreciated.
- » **Time & traffic awareness:** While professional meetings generally run on schedule, Nairobi traffic can be unpredictable. Delegates are encouraged to allow extra travel time between locations.
- » **Photography etiquette:** Always ask for permission before taking photographs or video of people, security installations or government buildings.
- » **Respectful dressing:** Nairobi is cosmopolitan and diverse, but smart, modest and professional attire is generally appropriate for meetings and public spaces.
- » **Tipping culture:** Tipping is appreciated in restaurants, hotels and for transport or delivery services, though it is not always mandatory or based on any percentage.
- » **Stay aware in busy areas:** As with any major city, delegates are encouraged to remain mindful of personal belongings in crowded public spaces and markets.
- » **Ask for direction:** In case you find yourself in an unfamiliar environment or need to ask direction, kindly look for the nearest uniformed security guard or call the official convening number.

Key Contacts

Maryanne Mugi

✉ Email: maryanne.mugi@amref.ac.ke

☎ Phone Contact: +254 716 332 821



Collins Nalo, AMIU Security Officer
0720 871 455

Abdul Agukoh

✉ Email: abdul.agukoh@amref.org

☎ Phone Contact: +254 721 760 575



Dr Brenda, AMIU Medical Doctor
0711 642 432



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Theme

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