

Kenya Research & Training Center (KRTC)/ International AIDS Research & Training Program (IARTP)

SAFETY BRIEFING SHEET FOR KENYA

Local UW safety contact number: *UW Mentor Designee:* _____
Number: _____

Telephone Instructions

Kenya Country Code: +254

Dialing Instructions:

To US from Kenya: From a cell phone: +1, area code, number

Within Kenya: area code, number. Can also include +254, but remove '0'

Example: 0729 048 847 is the same as +254 729 048 847

Time Zone: UTC+3 – East Africa Time (EAT)

Time Difference to Seattle: 10 or 11 hours (depending on Daylight Savings Time)

March-November 10 hour difference (12:00 noon in Seattle = 10:00pm in Nairobi)

November-March 11 hour difference (12:00 noon in Seattle = 11:00pm in Nairobi)

In case of an emergency

Minor emergency (e.g., petty theft, minor accident):

Call Local UW Safety Contact (listed above) who will refer you to local resources.

Do not call the national emergency, contact Michael Chung for minor emergencies.

Major medical or national emergency:

If a medical emergency, go to Nairobi Hospital or Aga Khan immediately.

1. Notify local contact(s). Number: _____
2. Call CISI: +1 855-327-1419 (Toll Free) or +1 630-694-9794 (Collect)
3. Notify UW Emergency: +001 206-632-0153

Optional:

4. Notify UW Security Officer Daniel Brencic to help coordinate: +1 206-616-7927
5. Notify UW Mentor(s), program staff and faculty
6. Notify domestic insurance for medical emergencies
7. Call Friends and family

Other resources:

UW International Emergency Phone Line: +1-206-632-0153

Michael Chung, Local National Emergency Contact

US: +1 206-543-4278

Kenya: +254-722-579-963

Email: mhchung@uw.edu

#5 Marble Valley, Shanzu Road, Spring Valley,
Nairobi

US Embassy in Nairobi

Emergency: +254 (0) 20-363-6451

After-hours emergency: +254 (0) 20-363-6170

Non-emergency: + 254 (0) 20-363-6000

Email: kenya_acs@state.gov

Website: <https://ke.usembassy.gov/>

Insurance provider for travel or evacuation assistance *see next page*

Insurance

Make sure to verify insurance coverage during personal travel/vacation time while abroad.

Faculty and Students:

Cultural Insurance Services International (CISI) (appointed on UW payroll, automatically enrolled)

+1 855-327-1419 (Toll Free)

+1 630-694-9794 (Collect)

Students:

Cultural Insurance Services International (CISI) (available for students, must pre-enroll)

+1 855-327-1419 (Toll Free)

+1 630-694-9794 (Collect)

When calling in an emergency situation, be prepared to provide the following:

- Your name
- Number you are calling from
- Current location
- Name(s) of persons involved
- Description of emergency
- Actions taken
- Assistance needed

Sign up for the UW Travel Registry: <https://www.washington.edu/globalaffairs/global-travelers/travelregistry/>. Log your trips by forwarding any itinerary, booking confirmation or reservation via email to travelregistry@uw.edu and it will be logged for you within 24 - 72 hours and you will receive a link via email to review your trip once it is complete. Be sure to include any local contact information you will be using while in your destination.

Register with U.S. Department of State prior to departure from U.S. through the **Smart Traveler Enrollment Program (STEP):** <https://step.state.gov/step/>

Upon arrival in Kenya purchase cell phone and provide phone number to UW mentor, Seattle based UW staff, and local UW contact in Kenya.

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U.S. Embassy/Consulate Services

When you are in a foreign country, you are subject to its laws. If you are arrested, immediately ask to speak to a consular officer at the nearest U.S. Embassy or Consulate. Under international agreements, the U.S. government has a right to provide consular assistance to you upon your request.

The U.S. Embassy/Consulate **can**:

- Provide a list of attorneys who speak English if you require legal assistance
- Assist in contacting your family in the U.S. if you wish it
- Help you obtain money from your family in the U.S.
- Monitor your health and welfare if you're in a hospital or in jail
- If you are a victim of a crime, the embassy/consulate can:
 - replace a stolen passport
 - contact family, friends, or employers
 - help you obtain appropriate medical care
 - provide information about the local criminal justice process and the case itself

The U.S. Embassy/Consulate **cannot**:

- Demand the immediate release of a U.S. citizen arrested abroad or cause the citizen to be released
- Represent a U.S. citizen at trial or give legal advice
- Pay legal fees and/or fines

Best Practices for Global Travel

- Provide detailed travel itinerary & contact information to family & sponsoring program
- Make 2 photocopies of passport, visa, driver's license & credit cards
 - Leave 1 copy with family at home
 - Pack 1 copy separate from original document

Other Helpful Websites to Monitor:

OSAC website: <https://www.osac.gov/pages/home.aspx>

Department of State: <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Kenya.html>