



Convention on Biological Diversity

Distr.
GENERAL

14 September 2008

ORIGINAL: ENGLISH

REGIONAL CAPACITY-BUILDING WORKSHOP FOR CENTRAL AFRICA ON NATIONAL BIODIVERSITY STRATEGIES AND ACTION PLANS AND MAINSTREAMING OF BIODIVERSITY

Limbé, Cameroon

22 to 25 September 2008

INFORMATION NOTE FOR PARTICIPANTS

1. VENUE

The regional workshop for countries of Central Africa on “Capacity-building for National Biodiversity Strategies and Action Plans and Mainstreaming of Biodiversity” will be held in Limbé, Cameroon, from 22 to 25 September 2008. Information on the city of Limbé is available at: <http://www.Limbécity.org/index.htm>

The workshop will take place in the conference rooms of the Seme Beach Hotel located at the following address:

SEME BEACH HOTEL

Mile 11, Route d'Idenau

Limbé

Tel.: 237 77.93.45.46 / 77.93.45.50

Fax : 237 77.99.12.30

Internet and fax facilities are available at the hotel. Further details are available at:

<http://www.semebeach.com/>

2. HOTEL BOOKING AND AIRPORT TRANSFERS

A block booking has been made on behalf of all **sponsored** participants at the Seme Beach Hotel. Participants are not required to confirm their reservation with the hotel (reservations will be confirmed with the hotel by the Secretariat's contact persons in Cameroon upon finalization of the participant's flight itinerary).

Transportation to Limbé from the airport will also be provided.

Non-sponsored participants may request that a hotel booking be made for them or may make their own hotel bookings. In the case of non-sponsored participants, payment of hotel accommodation is the responsibility of the participant.

3. CONTACT PERSONS

The contact persons in Cameroon are:

Flights:

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4. OPENING AND REGISTRATION

The opening of the workshop will be at 9h00 on Monday, 22 September 2008. Registration will begin at 08h30 on the same day.

5. WORKING LANGUAGE OF THE WORKSHOP

This workshop will be conducted in French.

6. DOCUMENTS

Documents for the workshop are available on the Secretariat's web site at:
<http://www.cbd.int/nbsap/workshops/central-africa.shtml>

7. VISAS

Persons entering Cameroon will need to have a valid passport and required visas. Participants who are not able to obtain visas beforehand should ensure that they have their letter of invitation to the workshop on hand and cash to pay for the visa (50 000 Francs CFA will be sufficient however the amount varies according to the country of origin). Participants are also advised that they will need to pay an airport tax of 10 000 Francs when leaving Cameroon.

Further information on visa requirements is available at:

http://www.spm.gov.cm/showdoc.php?id_doc=64&rubr=6000&srubr=6111&lang=en&tpl=2

8. HEALTH REQUIREMENTS

An international certificate of vaccination for yellow fever is required upon arrival from all countries. Recommended vaccinations include Hepatitis A and B, typhoid, polio, meningococcal diseases and rabies. Participants are also advised to take antimalarial drugs (Chemoprophylaxis) and to use insect repellent sprays and creams.

Further information is available on the World Health Organization website at:

<http://www.who.int/ith/countries/cmr/en/>

<http://www.who.int/ith/countries/vaccination/en/index.html>

9. PAYMENT OF DAILY SUBSISTENCE ALLOWANCE (DSA)

A relevant portion of the DSA will be paid to sponsored participants by the Secretariat on the first day of the workshop.

10. CURRENCY AND RATE OF EXCHANGE

The Central Africa CFA Franc (XAF) is the official currency of Cameroon.

A currency converter is available at: <http://www.mataf.net/en/currency-converter-222-2.htm>

Foreign currencies and traveller's cheques can be exchanged at banks, bureaux de change and airports, railway stations, ports and major hotels in Cameroon at the official exchange rates.

The city of Limbé has numerous banks such as BICEC BANK, SCG-Credit Lyonnais, Amity Bank, SGBC, Union Bank, Afriland Bank and many smaller financial institutions. Credit and debit card facilities and ATM machines are also located in Limbé for cash withdrawal at any time.

11. CREDIT CARDS

American Express, Diners Club, MasterCard and Visa are widely accepted in Cameroon, as are international traveller's cheques in Stirling Pounds, Euro, US Dollars.

12. OFFICIAL LANGUAGE

French and English are the official languages, although French is more commonly spoken and is the language of business.

13. TIME ZONE

GMT +1 hour (see <http://www.worldtimezone.com/>)

14. WEATHER CONDITIONS

Limbe is a coastal city located in Cameroon's Southwest Province that experiences heavy rains between August and September. Daily temperatures towards the end of September range between 23° – 28 ° Celsius.

A current report on the weather in Limbé is available at:
<http://weather.weatherbug.com/Cameroon/Limbe-weather.html>

15. CLOTHING FOR FIELD VISIT

As a field visit is planned, participants are strongly advised to bring appropriate clothing. Participants may also wish to include some long-sleeved shirts or blouses that provide greater protection against possible insect bites. Participants are recommended to use insect repellent sprays and creams.

16. VOLTAGE

The electrical current is 220 volts, 50Hz. Round two-pin attachment plugs are in use (view images at <http://www.kropla.com/!c.htm> and <http://www.kropla.com/!e.htm>).

17. DISCLAIMER

The CBD Secretariat disclaims all responsibility for medical, accident and travel insurance, for compensation for death or disability, for loss of or damage to personal property and for any other loss that may be incurred during travel time or the period of participation. In this context, it is strongly recommended that participants secure, prior to departure, international travel and medical insurance for the period of travel and participation.
