



FRAMEWORK CONVENTION ON CLIMATE CHANGE - Secretariat
CONVENTION - CADRE SUR LES CHANGEMENTS CLIMATIQUES -
Secrétariat

LEG Training Workshop on Implementation of National Adaptation
Programmes of Action (NAPAs) for Lusophone LDCs
São Tomé, São Tomé and Príncipe
4–8 September 2010

INFORMATION SHEET

1. DATE AND VENUE OF THE WORKSHOP

The meeting will take place from 4 to 8 September 2010 at the following address:

Hotel Praia
São Tomé
São Tomé and Príncipe
Tel: +239 2226235/99111231
Email: hotel.praia.hotel@gmail.com

The Hotel Hotel Praia is located 500 Meters from the Airport and 5 Km from the city centre.

2. NOTE FROM THE SECRETARIAT

The secretariat staff will stay at **hotel Praia** and will be available from **Friday, 3 September 2010, at 10:30.s**

All participants are requested to be at the venue on Friday, **03 September at 15:00** for registration. Information on a daily subsistence allowance (DSA) payment for eligible funded participants will be provided at the registration. DSA will be disbursed based on the prevailing UN rate to cover accommodation, meals, and airport transfer.

Please bring your Passport, plane ticket and boarding pass on Friday 3 September 2010 to facilitate arrangements for the DSA payment.

Participants are strongly advised to obtain international travel and medical insurance to cover the period of their departure for the workshop training until the time of their return to their home country.

The United Nations and the UNFCCC secretariat disclaim all responsibility for medical accident and travel insurance, for compensation, death or disability, loss or damage to personal property and for any other costs or losses that may be incurred during travel time or the period of participation at the training workshop. Travel for eligible funded participants to and from São Tomé, is the lowest cost and most direct economy fare. The UNFCCC secretariat will not be responsible for costs associated with any changes



3. LOCAL TRANSPORTATION

Free airport pick up will be offered by the host. Taxi fare from all the hotels proposed on this sheet to the city centre is approximately USD 4.

4. HOTELS

Our local host in São Tomé and Príncipe has identified the following hotels at the workshop venue and in close proximity.

1. Hotel Praia (workshop venue)

Contacts

Hotel Praia
São Tomé
Tel: +239 222 6235/+239 991 11231
Email: hotel.praia.hotel@gmail.com

Special offer for participants to the workshop:

The offer is valid for reservation which are made before the **20 August 2010** directly to the hotel.

Single room (Breakfast included): 70 US\$

Double room (Breakfast included): 96 US\$

Normal rate in US\$

	Single room	Double room
Lunch included	122.85	204.75
Half pension	135.50	218.40
Full board pension	162.50	273

Note: A 5% tax is included in all prices.

2. Hotel Residencial Avenida

Contacts

Hotel Residencial Avenida
Avenida da Independencia, São Tomé
CP 257
Phone: +239 241 700/+239 241 702/+239 222 368
Fax: +239 221 333
Email: ravenida@cstome.net

Hotel Rates

	Rooms		
	Single	Double	Triple US\$
With breakfast	78 US\$	97.5 US\$	117 US\$
Half board pension	97.5 US\$	136.5 US\$	175.5 US\$
Full board pension	110.5 US\$	162.5 US\$	214.5 US\$

*Note:*

- 18 air-conditioned rooms with TV satellite
- Mini Bar, Telephone, Fax and Internet access
- Bar service and restaurant with national specialties
- Airport transfer
- Tax not included in the prices

3. Hotel Acôsto Neto

Contacts:

Rua Amilcar Cabral
Casixa Postal 664
São Tomé
Tel: +239 226 728/+239 223 584
Fax: +239 226664
Email: netogosto@cstome.net

Hotel Rates

	Single room	Double room	Twin room
1 Person	84.5 US\$	84.5 US\$	97.5 US\$
2 Persons		130 US\$	130 US\$

Note:

- Free airport transfer
- 5% taxes to be added to the prices

4. Other alternatives: Hotels Pestana and Miramar

You can also visit www.pestana.com or contact directly hmiramar@pestana.com and pestana.vilamaria@pestana.com for information regarding hotels Miramar and Pestana

5. REQUIREMENTS FOR ENTRY INTO SÃO TOMÉ AND PRÍNCIPE

PASSPORT

A valid passport is required to enter in São Tomé and Príncipe. The passport must be valid for at least six months.

VISA

Visa free of charge will be provided on arrival. Participants who require a visa to enter São Tomé and Príncipe should send copies of their passport, not later than 20 August 2010, to the secretariat which will coordinate with the host country, including for issuance of a letter of support.

6. FURTHER RELEVANT INFORMATION

- ***Health requirements***

Yellow fever : International Certificate of Vaccination for Yellow Fever is required upon arrival from all countries if the traveller is more than 1 year of age.

Malaria: Malaria is not predominant in São Tomé and Príncipe but cases are still reported. Therefore precautionary measures should be adopted.



- ***Language***

São Tomé and Príncipe has one official language: Portuguese. Some of the regional languages are: Forro, Angolar and Principense.

- ***Travel Insurance***

Securing a travel insurance or short term medical insurance is essential before travelling to São Tomé and Príncipe.

- ***Geography***

São Tomé and Príncipe is a Portuguese-speaking island nation in the Gulf of Guinea, off the western equatorial coast of Africa. It consists of two islands: São Tomé one hand and Príncipe on the other. They are located about 140 kilometres apart and about 250 and 225 kilometres respectively, off the northwestern coast of Gabon. São Tomé, the sizable southern island, is situated just north of the equator. The island of São Tomé is 48 kilometres long and 32 kilometres wide and is the more mountainous of the two islands.

- ***Climate***

At sea level, the climate is tropical, hot and humid with average yearly temperatures of about 27° C and little daily variation. At the interior's higher altitudes, the average yearly temperature is 20° C, and nights are generally cool. Annual rainfall varies from 5000 mm on the southwestern slopes to 1000 mm in the northern lowlands. The rainy season runs from September to May.

- ***Time zone***

São Tomé and Príncipe is at GMT time.

- ***Electricity voltage***

The supply voltage is generally 220-240 Volts. For the most part of the country, electrical sockets (outlets) are the "Type L" Italian CEI 23-16/VII. Sometimes, Europlug (European CEE 7/16 type C) are reported to be in use. For Multi-voltage appliances (laptops, etc.) which do not match the shape of the sockets, a travel plug adapter is needed.

- ***Currency and banking***

The dobra (STD) is the local currency.

The current exchange rate: 1US\$ = 19,295.0 STD, 1 Euro = 24,500.00 STD.

Please note that there are no ATM machines in Sao Tome.

- ***Credit Cards***

Credit cards use is very limited. They can be used only at BISTP (Banco Internacional de Sao Tome e Principe) and some few Hotels.

- ***International country code:*** +239



7. *WORKSHOP CONTACTS IN SÃO TOMÉ AND PRÍNCIPE*

While in São Tomé you may call the following person in case you need assistance:

Mr. Adérito Manuel Santana
Meteorologist, National Meteorological Institute
Aeroporto São Tomé
São Tomé and Príncipe
P.O. Box 670
Tel.: +239 9906323
Fax: +239 2221975
Email: aderitosantana@hotmail.com

8. *FURTHER INFORMATION*

For further information on the workshop, please contact:

Mr. Paul Desanker
E-mail: pdesanker@unfccc.int

Ms. Séraphine Muragijemariya
E-mail: smuragijemariya@unfccc.int

Ms. Sadya Ndoko
Email: sndoko@unfccc.int

From 3–9 September 2010, Mr. Paul Desanker and Ms. Sadya Ndoko can be reached respectively at the following local numbers: **+239 9944520 and +239 9947159.**

We wish you a successful training and pleasant stay in São Tomé and Príncipe.

Boa viagem e bem-vindo a São Tomé e Príncipe !,
