



PAHO



THE WORLD BANK



JOHNS HOPKINS
SCHOOL of NURSING



Logistics Note

Contacts in Jamaica

The Pan American Health Organization/World Health Organization

JAMAICA COUNTRY OFFICE

8 Gibraltar Hall Road

University of the West Indies

Mona Campus, Kingston 7

Tel [876] 970-0016

Fax [876] 977-1393

Email: e-mail@jam.paho.org

PAHO/WHO Representative for Jamaica, Cayman, and Bermuda

Dr. Bernadette Theodore-Gandi

Tel: [876] 505-3217

Email: gandiber@paho.org

Mr. Howard Clemetson.

Administrator

Tel: [876] 407-3020

Email: clemetsh@paho.org

Dr. Michelle Harris
Advisor, Mental Health and
Non-Communicable Diseases
Tel: [876] 878-4242
Email: harrismic@paho.org

TRANSFERS/TRANSPORTATION FROM/
TO AIRPORT/HOTEL EMERGENCIES:
Driver - Mr. Ewan Ward
876 995 3449 or 876 354 2944

Mr. Gonzalo Ramos
Security Adviser
Jamaica, Bahamas, Bermuda, Turk & Caicos,
Cayman Islands
UNDSS | Kingston | Jamaica
Tel: [876]579-4542
Email: gonzalo.ramos@undss.org

For questions regarding **travel, hotel accommodations, and other logistical arrangements**, please contact:
Mrs. Donna Gordon-Wittaker
Senior Secretary
Tel: [876] 277-7634
Email: wittaked@paho.org

Contacts in Washington DC

The Pan American Health Organization/World Health Organization
WASHINGTON D.C.
5252 23rd St, NW Washington DC, 20037
Tel [1] 202 9743000

Mrs. Alessandra Guedes
Regional Advisor on Family Violence
Tel office: [1] 202 9743079
Email: guedesal@paho.org

Ms. Britta Baer
Regional Advisor on Community Violence
Tel. office: [1] 202 974 3589.
Email: baerbri@paho.org

Dr. Constanza Hege
Specialist Family Violence Program
Tel office: [1] 202 9743079 Email:
hegecon@paho.org

Mrs. Sonia Ortiz
Administrative Assistant NMH/NV
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Venue



Jamaica, “**Island in the Sun**”, is in the Greater Antilles and is known to be the third largest island in the Caribbean with an approximated size of 10,991 square km or 4,240 square miles. Jamaica is about 90 miles (145 km) south of Cuba and 119 miles (191 km) west of Hispaniola.

Conveniently located within Ocho Rios to the east and Montego Bay to the west, Runaway Bay is one of the most scenic and quiet coastal towns in all of Jamaica. Its enchanting natural wonders, such as the Green Grotto Caves—the largest of the island, mesmerize visitors with stalagmites, stalactites, and a captivating underground lake. Protected by a large tropical coral reef, Runaway Bay flaunts some of the most beautiful beaches in the Caribbean and is often considered one of the best diving and snorkeling spots, thanks to crystal clear waters and thriving coral reef wildlife. Far from the cruise ship crowds and busy city centers, this resort town on the island’s north coast is the ideal destination for travelers seeking a peaceful and relaxing vacation.

People

The people of Jamaica are naturally warm and friendly welcoming visitors with huge smiles and open arms. As a culture, they prefer to laugh than cry, dance than stand still, and express themselves rather than hold back. The country’s complex past, marked by slavery and the struggle for independence, has made the Jamaicans proud, resilient and strong. Now Jamaica is celebrated for its music, sports, and art.

Language

The official language is English, which is spoken in a unique Jamaican accent. But the street language is patois, which suits the Jamaican personality and sense of fun perfectly. A sing-song dialect, influenced by English and African languages, patois is easy to pick up and enjoyable to learn.

Taste of Jamaica

With influences from all over the world, and our own natural products and spices, Jamaica is a treat for any foodie, and you’ll taste different flavors; Cassava from the native Arawaks, pickled meat and fish from the Europeans, yams and bananas from Africa and curry from the East Indians. Put it all together, with Jamaica’s own tasty produce and local flavors, and what do you get? The delicious Jamaican cuisine. You may find our famous jerk sauce or tasty Blue Mountain Coffee around the world, but we’re sure that it tastes better here.

The hotel

[Jewel Runaway Bay Beach & Golf Resort](#) in Runaway Bay, Jamaica.

Website: <https://www.jewelresorts.com/runawaybay>

Address: North Coast Highway, Runaway Bay, Jamaica

Tel: [800] 758 2255

Contact person for bookings:

Ms. Taniesha Francis

Email: Taniesha.francis@jewelresorts.com

Contact person at the hotel:

Ms. Die-E-Mia Rhoden

Tel: [876] 385 7696

Email: Die-E-Mia.Rhoden@jewelresorts.com

If you are making your own reservation, you can ask to speak to **Ms.** Tanisha Francis at (see her email above) and let the hotel know that you are part of the PAHO group. **The hotel is all-inclusive.**

Check-in time: 3 P.M. **Check-out time:** noon.

Requests for early check-in and/or late checkout should be addressed to the hotel and will be confirmed according to hotel room availability.

Amenities include gourmet dining, unlimited drinks 24/7, beaches, pools, golf field, tennis courts, fitness center, sauna, and massage rooms, free access to the Jewel Lagoon Water Park and land sports.

Points of entry Jamaica and Montego Bay:

Jamaica has two international Airports. The Norman Manley Airport in Kingston and the Sangster's International Airport in Montego Bay St James. **The recommended point of entry for this meeting is the Sangster's International Airport in Montego Bay St James** <http://www.mbjairport.com/>

Visa, Entry, and vaccination requirements

All visitors to Jamaica must possess a valid passport and a return ticket. Visitors from most countries around the world, including CARICOM Nationals, do not need a visa to enter Jamaica. However, you are advised to contact the Jamaican Embassy/Consulate in your country or liaise with your local Ministry of Foreign Affairs to verify this.

Yellow fever vaccine: There is no risk of yellow fever in Jamaica. Participants traveling from countries endemic for or with active transmission of **Yellow Fever** should ensure that they receive the yellow fever

vaccination at least ten days prior to arrival in Jamaica. You may be required to show your Yellow Fever vaccination certificate at the point of entry. Affected countries in the Americas include Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, **Guyana**, Panama, Paraguay, Peru, **Suriname**, **Trinidad and Tobago**, and Venezuela. This list may not be inclusive, and travelers are encouraged to verify with their nearest Jamaican consulate.

Transportation from the airport to the Jewel Runaway Bay hotel

Distance airport-hotel: 70 Km (17 miles). **Driving time:** around 1 hour.

PAHO Jamaica has kindly offered to arrange transportation from the airport to the hotel at no cost for participants. Transport will be arranged in small groups of 3-4 persons arriving around the same time. Should you wish to make use of this offer of transport, please send the final copy of your itinerary to Mrs. Donna Gordon Wittaker (wittaked@paho.org) and Mrs. Sonia Ortiz (ortizs@paho.org) **by COB Thursday, 23 May 2019**. Please note that after this date, arranging the transport could be very challenging.

If you prefer to arrange your own transportation, taxi service is easily available from the airport (after exiting the Arrivals Hall) and the recommended service provider is **JUTA Taxi/Tours**. Tel# (876) 952 0813 (Sangster International Airport). They usually use minibuses with easily recognizable signs printed on the sides. Please note that individual one-way rides from the airport to the hotel are around US\$ 100.

It is **not** advisable to travel by public bus. **Note:** Extra vigilance with valuables is therefore recommended at all moments at the airport.

Safety and security

All **visitors** are recommended to:

- Establish and maintain close liaison with their counterpart(s) in Jamaican relation to contact information, accommodation, mode of travel and movements.
- Carry a means of communication with them at all time with emergency contact information numbers.
- Avoid walking on your own in solitary or dark areas; as well as in areas surrounding hotels and casinos. Walking outside the hotel can be dangerous especially at night since most robberies occur at this time. Avoid traveling alone after business hours especially during night-time and restrict your travel to the main parts of the area.
- Avoid the use of ATM machines in poorly lit and solitary areas.
- Avoid the use of jewelry or valuables when leaving the hotel facilities on your own
- Stay alert in crowded places for pickpockets. Do not leave your belongings unattended – ensure that you keep briefcase, handbags, small luggage and electronics with you as these items are extremely attractive to thieves. Mind your laptops, mobile phones or other similar equipment always.
- Carry with you only the cash you will need. Do not display large sums of cash.
- Participants are strongly discouraged to hail cabs on the street; instead, they should use radio taxi services or request the hotel for assistance.

- Always keep for yourself a copy of the ID page and the Immigrations entry visa page of your passport. Leave the original in the safe box of your hotel room or in a secure place.
- When paying by card, keep it at sight, keep the receipts and check your credit card account regularly, at least every week. Report to your bank unauthorized charges immediately.
- Secure your hotel room windows and door/doors before retiring at night.

Emergency phone number and ambulance service

Police emergency number: 119

Ambu Care Ambulance Services

204 Mountain View Avenue
Kingston 6
Tel: [876] 978-2327 or [876] 978-6021

St. Johns Ambulance

2E Camp Road
Kingston 5
Tel: [876] 926-7656 or [876] 754-9599

Hospitals & emergency medical services

Tony Thwaites Wing Ltd.

University Hospital of the West Indies
Mona. Kingston 7
Tel: [876] 977-0309 or [876] 977-2607

UN physicians

Dr. Grace Ann Cooper

Winchester Surgical and Medical Institute
3a Winchester Road
Kingston 10
Tel: [876] 754-9260 or [876] 906-4546
Cell: [876] 816-8434

Dr. Margaret Green

Suite # 22, Winchester Business Centre
15 Hope Road
Kingston 10
Tel: [876] 906-1931
Cell: [876] 995-6865

Dr. Suzanne Minott-Arscott

Unit 1, Seymour Park
2 Seymour Avenue,
Kingston 6
Tel: [876] -946-3895