

Intermediate Unit 3

Nannette Jackowski / Ricardo de Ostos

CAIRO Unit Trip

3rd – 9th November 2008

1 – Flights

total cost per person: 410 GBP

Departure (KLM)

From	London (Heathrow Airport)	to	Amsterdam (Schiphol)
Flight number	KL1000		
Departure/Arrival	06:30 Mon 3 Nov 2008		
Arrival time	09:05 Mon 3 Nov 2008		

From	Amsterdam (Schiphol)	to	Cairo
Flight number	KL0553		
Departure/Arrival	21:00 Mon 3 Nov 2008		
Arrival time	02:15 Tue 4 Nov 2008		

Return (Air France)

From	Cairo	to	Paris (Charles De Gaulle Airport)
Flight number	AF0503		
Departure/Arrival	07:30 Sun 9 Nov 2008		
Arrival time	11:25 Sun 9 Nov 2008		

From	Paris (Charles De Gaulle Airport)	to	London (Heathrow Airport)
Flight number	AF1480		
Departure/Arrival	13:25 Sun 9 Nov 2008		
Arrival time	13:45 Sun 9 Nov 2008		

2 – Accommodation

total cost per person (6 nights): approx 58.50 GBP (EGP 521)

Mayfair Hotel Cairo

Address: 9 Aziz osman st. Zamalek ,Cairo

Telephone: +20 2 7357315

Email: mayfaircairo@yahoo.com

Website: <http://www.mayfaircairo.com/>

- one 4-bed and one triple room for the boys and
- one triple and one twin room for the girls.

3 – Passports and Visas

Please double check your passport expiring dates (min of 6 months validity is needed) and Visa needs for your country. We have already spoken lengthly about it, so please make sure everything is ready for you to enter Egypt. We all will need an Entry Visa which we will get upon arrival at Cairo airport. It should cost about £10-15, hopefully not more than that.

4-Sketch Passport

The Secretary's Office can provide you with 'Sketch Passports'. These signed and authorised documents ask for permission to study, measure and otherwise explore monuments and buildings abroad. It is written in English, French, Chinese, Spanish and Arabic. The Secretary's Office strongly advises units travelling to sensitive countries and/or conducting research on government buildings, airports, or other secure buildings to obtain these passes for each individual in the group. Note that a passport photo will be required for processing.

5 – Health Insurance

We are all travel as well as medical insured by the AA for the whole trip from the 03rd to the 09th of November. Both of us will carry an insurance card, please report to one of us immediately in case of any emergencies or lost things during the trip. Please think carefully about the items you want to take, more valuable items such as laptops are often quite difficult to claim back when stolen or damaged.

6- Vaccines and Health and Safety Issues

We checked with the NHS and as far as we know there are no compulsory vaccines needed for our Cairo trip. However you should check if your immunisation protection is up-to-date as recommended for life in Britain (or in any other country) by NHS which also covers some recommendations (<http://www.fitfortravel.nhs.uk/advice/travellers/britishnationalvaccinationschedule.htm>) for Cairo. For more information please visit: <http://www.fitfortravel.nhs.uk/destinations/egypt.htm> or <http://www.fco.gov.uk/en/travelling-and-living-overseas/staying-safe/health/> For your information: We will not travel in Malaria zones.

Many of the disease cases are related to food and water. So during the trip: "be moderately careful about food and carry a small bottle of water everywhere. Also, try to eat where food handlers are more likely to wash their hands. Lastly, and discreetly or not, immediately spit out anything that tastes funny, especially seafood or alcoholic beverages."

"Diarrhea or "pharaoh's revenge" and dehydration are big issues in Cairo. Please dose yourself with Kapect or similar (please check with your GP first) available in pharmacies. Take also along a packet of Re-hydrant that mixes with water."

Mosquitoes – Egyptian mosquitoes can produce pyramid-size welts on the tender flesh of the susceptible. You can avoid them by using insect repellent in the bedroom or/and a mosquito net.

Coughing or cold caused by low humidity and pollution is common. People susceptible to allergies will notice them flaring up more here – those with dry skin and those who wear contact lenses will have to make the appropriate moisturizing adjustments.

Avoid contact with animals as rabies is common among stray animals in and out of Cairo, caution is warranted.

7- Climate and DRESS code

November is hot but there is also the beginning of the winter (sort of), so bring a sweater in case of cold strikes. Bring comfortable shoes to walk and to survive on the incredibly dusty at best and filth-strewn at worst environment.

The dress code on the streets of Cairo is largely conservative. Women should leave tight mini shorts and tank tops (no sleeveless!) at home, unless you want to be hassled endlessly. Settle instead for loose, comfortable cotton clothing with highish necklines and hems below the knee. Men can don light-weight sport shirts or t-shirts. As for women also for man shorts are taboo.