



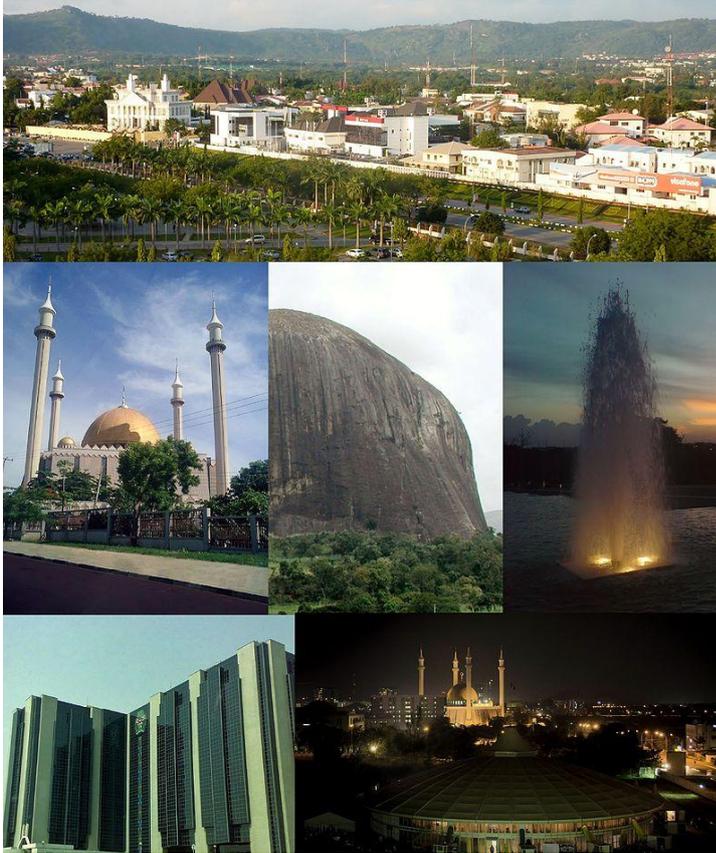
ABUJA TRAVEL ADVISORY

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1. A BRIEF HISTORY OF ABUJA



"Abuja" was in the earlier 20th century the name of the nearby town now called Suleja. The indigenous inhabitants of Abuja are the Gbagyi (Gwari) as the major language, Bassa, Gwandara, Gade, Ganagana, Koro etc. In light of the ethnic and religious divisions of Nigeria, plans had been devised since Nigeria's independence to have its capital in a place deemed neutral to all major ethnic parties, and also in close proximity to all the regions of Nigeria. The location was eventually designated in the centre of the country in the early 1970s as it signified neutrality and national unity. Another impetus for Abuja came because of Lagos' population boom that made that city overcrowded and conditions

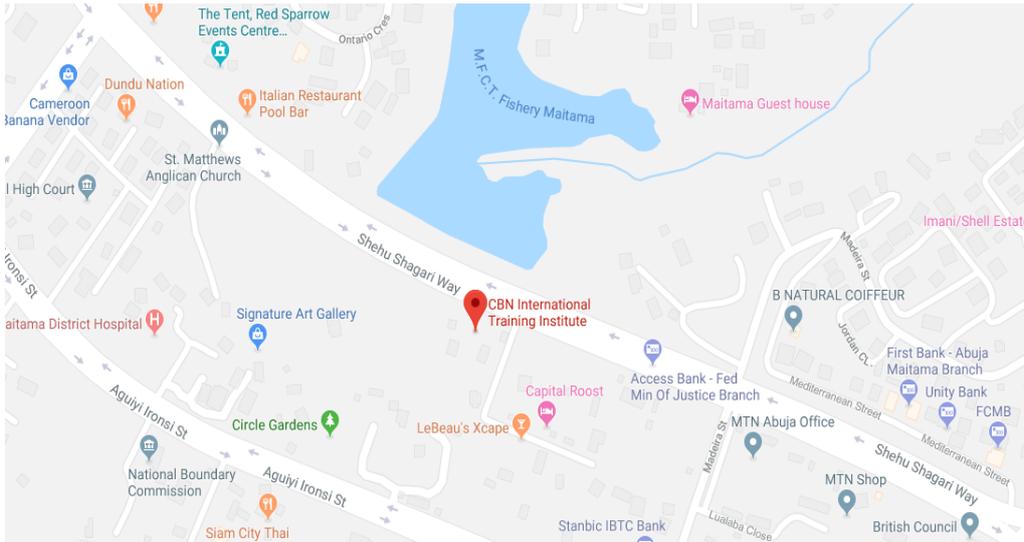
squalid. As Lagos was already undergoing rapid economic development, the Nigerian regime felt the need to expand the economy towards the inner part of the country, and hence decided to move its capital to Abuja. The logic used was similar to the way Brazil planned its capital, Brasília. The decision to move to Abuja was made by General Murtala Mohammed in 1976. Construction started in the late 1970s but, due to economic and political instability, the initial stages of the city were not complete until the late 1980s. The master plan for Abuja and the Federal Capital Territory (FCT) was developed by International Planning Associates (IPA), a consortium of three American firms: Planning Research Corporation; Wallace, McHarg, Roberts and Todd; and Archisystems, a division of the Hughes Organization. The master plan for Abuja defined the general structure and major design elements of the city that are visible in its current form. More detailed design of the central areas of the capital, particularly its monumental core, was accomplished by Japanese architect Kenzo Tange, with his team of city planners at Kenzo Tange and Urtec company. Most countries relocated their embassies to Abuja, and many maintain their former embassies as consulates in Lagos, the commercial capital of Nigeria. Abuja is the headquarters of the Economic Community of West African States (ECOWAS) and the regional headquarters of OPEC. Abuja became Nigeria's capital in 1991, replacing Lagos, which is regarded as the commercial capital of Nigeria.

2. CONFERENCE LOCATION

The Power Africa 2019 will be held in Abuja the Federal capital city of Nigeria which is located in the centre of the country. IEEE PES-IAS Power Africa conference will be held from 20th to 23rd of August, 2019 with the theme: “Power Economics and Energy Innovations in Africa”. IEEE Power Africa 2019 is a premier conference providing a forum for research scientists, engineers, and practitioners to present and discuss latest research findings, ideas, and emerging technologies and applications in the area of power systems integrations, business models, technological advances, policies and regulatory frameworks for the African continent. This is a golden opportunity to connect with experts in various fields that include but are not limited to Energy, Petrochemical, Standards, Safety, Rural Electrification, Renewable Energy, Humanitarian Activities, Policies, Regulatory and Sustainable development. The conference will be held at the **International Training Institute**.



International Training Institute (ITI). No.2, Lasale Street, Maitama, Off Shehu Shagari Way, Abuja, Nigeria.



Geographical Location of the International Training Institute.

Hotels, Apartments & Suites

Abuja has a lot of affordable hotels, apartments & suites with state-of-the-art amenities. From swimming pools and casinos to gyms and beautiful restaurants, you will definitely find a place to stay that delivers maximum comfort and entertainment. A few of the numerous hotels close to the conference location are listed.

Transcorp Hilton Abuja

Located in the heart of Nigeria's Federal Capital, the Transcorp Hilton Abuja is a 5-star hotel that offers easy access to the commercial district and Abuja's tourist attractions. Set on beautifully landscaped gardens, the hotel also offers a wide range of business and leisure facilities. Explore the spacious rooms and elegant suites at Transcorp Hilton Abuja. All hotel rooms feature large windows with city views, comfortable beds, work desks, WiFi access, marble bathrooms and more. It is only six minutes away from the conference location.



Summerset Continental Hotel

The Summerset Continental Hotel in Maitama is a 4-Star hotel located at No. 73 Usuma Street, Maitama, Abuja. It is in proximity to several landmarks including the popular IBB Golf Course and Nigeria's seat of Government, Aso Rock. Besides its mind-blowing beauty and serenity, the Summerset Continental Hotel offers a range of flawless hospitality services and amenities which include: Bar/lounge stocked with the finest wines and spirits; restaurant with an array of exotic cuisines in stock for guests plus free breakfast; outdoor pool with sit-out; fitness centre with well-equipped gym and a 24-hour room service. Summerset Continental Hotel goes further to provide guests with extra services such as: Car hire services, daily newspaper delivery, Airport shuttle, Dry cleaning services, Business Centre, safety deposit boxes, storage room and 24-hour dining. It is within five minutes of the conference location.



Please refer to the table on the next page for a complete list of hotels/apartments/suites which are all within a 10 minutes' drive of the conference location. Check them out on TripAdvisor and Google. Visit their websites for booking information as rates may change prior to the conference date.

Full List of Hotels, Apartments and Suites

S/N	Hotel/Apartment /Suites	Star	Distance to Venue (km)	Drive Time to Venue	Free Wi-Fi	Swimming Pool	Gym	Breakfast	Rate from (N)	Rate from (\$)
1	International Training Institute		0	0						
2	Villa Picasso	3	2.7	5mins	Y	Y	Y	Y	30,000.00	83.00
3	Vanern Residence	3	2.5	7mins	Y			Y	45,000.00	125.00
5	Summerset Continental Hotel	4	2	5mins	Y	Y	Y	Y	55,000.00	153.00
6	Transcorp Hilton Abuja	5	2.6	6mins	Y	Y	Y	Y	115,000.00	319.00
7	Barcelona Hotel	4	3.8	9mins	Y	Y	Y	Y	28,000.00	78.00
8	Fraiser Suites	5	6	8mins	Y	Y		Y	85,000.00	236.00
9	Sheraton	4	4.5	7mins	Y	Y	Y	Y	72,000.00	200.00
10	Sinclair Guest House	3	1.6	3mins	Y				26,000.00	72.00
11	Belanova Apartments & Suites	3	0.65	2mins	Y	Y	Y	Y	80,000.00	222.00
12	Tenache Hotels	3	3.9	5Mins	Y	Y	Y	Y	32,000.00	89.00
13	Nisa Wellness Retreat	3	2.4	5mins	Y	Y	Y	Y	46,000.00	128.00
14	BON Hotel Elvis	3	3.5	5mins	Y	Y	Y	Y	35,000.00	97.00
15	BON Hotel Abuja	4	2.4	5mins	Y	Y	Y	Y	86,000.00	239.00
17	Caledonian Suites	4	2.3	5mins	Y	Y	Y	Y	35,000.00	97.00
18	RockView Hotel Classic Abuja	3	1.9	3mins	Y	Y	Y	Y	26,000.00	72.00
19	RockView Royale	4	2.2	4mins	Y	Y	Y	Y	36,000.00	100.00
20	Immaculate Platinum Luxury Resort	3	2.6	5mins	Y	Y	Y		30,000.00	83.00
21	Casalinda Hotel & Gallery Resort	3	2	4mins	Y	Y	Y	Y	18,000.00	50.00
23	Valencia Hotel	3	3.2	6mins	Y	Y	Y	Y	35,000.00	97.00

3. GETTING A VISA

Visa into Nigeria is issued by the Nigeria Immigration services and guidelines on process to obtain the visa are provided at <https://portal.immigration.gov.ng/pages/visaguidelines> .

All registered participant will be provided with an invitation letter that will aid their visa application.

Visa application to Nigeria can be done directly from Nigeria Embassies in your Country or Online with the Visa on Arrival (VOA) program. Visa Guidelines and fees are provided here:

<https://portal.immigration.gov.ng/pages/visaguidelines>

Please note that the Visa fees differ depending on your country of Origin.

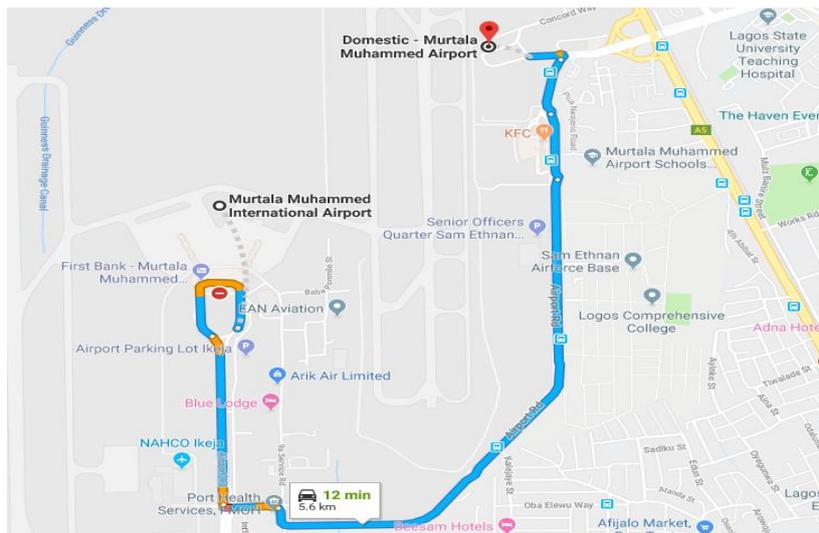
If you need any support with your Visa to attend the Power Africa conference 2019, please do email visa@ieeepowerafrica.org.

4. HOW TO GET TO ABUJA



Arriving at Nnamdi Azikiwe International Airport is the most comfortable and reliable way to reach the Federal Capital Territory. It is the main airport serving the Nigerian capital city Abuja and was named after Nigeria's first President, Nnamdi Azikiwe. The airport is approximately 20 kilometres (12 mi) west of Abuja, and has an international and a domestic terminal that share its single runway. The major airlines that fly to Nnamdi Azikiwe International Airport are: British Airways, Emirates, EgyptAir, Ethiopian Airlines, Lufthansa, RwandAir, Turkish Airlines, Air Cote d'Ivoire, Air France, Air Peace, Arik Air, Dana Air and many more domestic flights.

However, **if your point of arrival in Nigeria is the Murtala Mohammed International Airport in Lagos**, you will need to catch a connecting flight from Lagos to Abuja. Now, because the connecting flight is a domestic one, there is a bit of an inconvenience. The International and Domestic terminal are not in the same place. You will have to claim your baggage and go to Domestic - Murtala Mohammed Airport (MMA2). Luckily, many cabs are available and charge nothing more than N1500.00. Please endeavour to use the ATMs or Bureau de Change in the international terminal.



The drive from the international terminal to the domestic terminal in Lagos is a whopping 5 kilometres! Putting all of this into consideration, it will be much more convenient for you if you can book a flight direct to Nnamdi Azikiwe International Airport in Abuja to avoid the stress of the Murtala Mohammed Airport in Lagos.

How to get from the Nnamdi Azikiwe Airport to the Venue/Hotel/Suite/Apartment

Green Taxis

Taxis are generally not expensive in Abuja. The standard colour is green but sometimes you may find blue and yellow taxis or even grey. It is easy to find a taxi in Nnamdi Azikiwe International Airport. The Nigerian currency is the called “Naira” (₦). At the moment, €1 = ₦400 (so don’t get scared to see lots of numbers!). A taxi ride from the Airport to the city may take around 40 minutes, depending always on the exact destination, and costs around ₦3000 to ₦4000. You are advised to negotiate with the driver before starting the trip. You will find some green-coloured rank of taxis next to the transportation access outside of the Airport’s terminal. It is not unusual that the moment you step out of the airport’s terminal, there will be many taxi drivers waiting to assist you with your luggage and take you to your location. Ignore them if you do not wish to use them. Please stop at one of the information desks in the airport to make enquiries.

Ride sharing Apps

You can use ride sharing apps such as Uber and Taxify to get from the airport to your final destination. The airport parking lot is filled with Uber and Taxify drivers waiting to give you a ride. The cars used are generally better looking and more comfortable than the local taxis. They also have climate control. The drivers are usually more friendly and reliable than the green taxi drivers. Payment is easy as you have the option to pay using cash or your credit card. Finally, because the price is determined by the company and not the driver, the ride cannot be overcharged.

Note: Ride sharing apps and Green Taxis are the only convenient ways to get around the city. There are some buses but they are generally slow and don’t go to all areas of the city.

Train



Abuja’s metro line was launched on the 12th of June, 2018. It is possible to catch a train from the airport train station to the metro station which is in the city centre. A train from the airport to the city centre costs only ₦1000. After which you can take a taxi from the metro station to your final destination which costs around ₦500 depending on the final destination.

Unfortunately, the train does not operate on weekends and it only leaves the airport for the city twice a day. The train departure and arrival times are shown in the table below:

From Abuja Metro Station to Airport Station	
Departure Time	Arrival Time
13:30	14:10
16:20	17:00
From Airport Station to Abuja Metro Station	
10:00	10:40
14:30	15:10

Abuja Metro station to Airport station schedule

The train is the cheaper option if your flight schedule lines up nicely with the train's departure times. You can also arrange a pick up with the hotel you have booked if you wish.

5. SOME USEFUL INFORMATION

The Capital City of Nigeria - Abuja

Abuja is the capital city of Nigeria located in the centre of the country within the Federal Capital Territory. It is a planned city and was built mainly in the 1980s, replacing the country's most populous city of Lagos as the capital on 12 December 1991 as already stated. The population of Abuja is around 770,000.

Languages

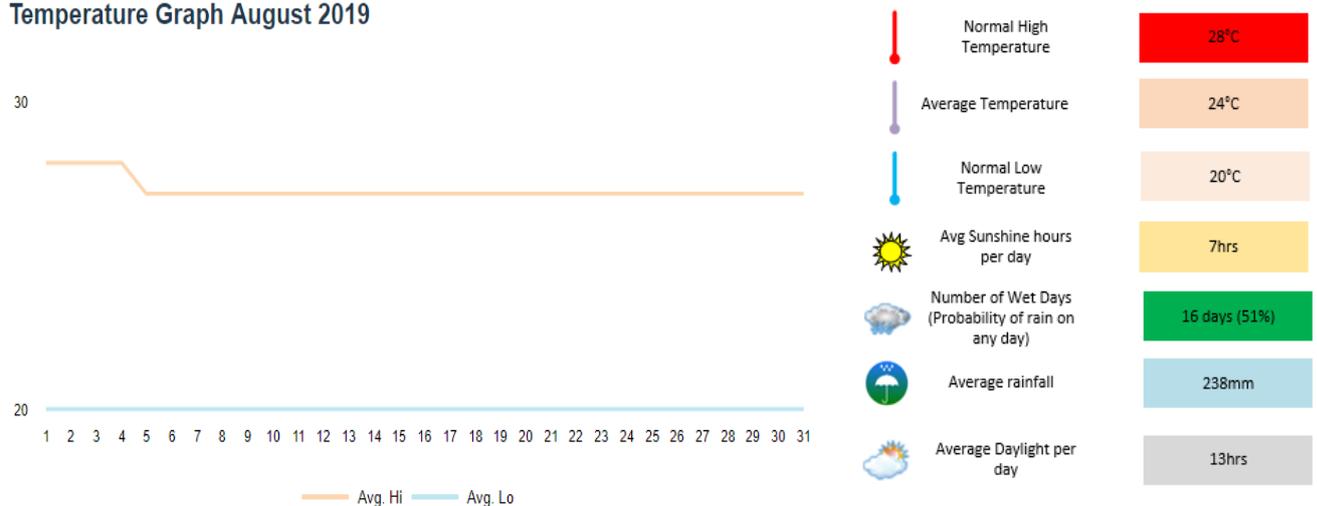
The official language of the city is English, although other languages are spoken, including Ibo, Hausa, Fulani and Yoruba. A special form of English you will hear anywhere in Nigeria is the Nigerian Pidgin English. Naijá or Nigerian Pidgin is an English-based pidgin and creole language spoken as a lingua franca across Nigeria. It can be very amusing and is fun to speak. During your stay, it would be fun if you try to learn a few sentences in pidgin English as it is a great way of making new friends. Nigerian Pidgin is so prevalent in Nigeria that Google offers it on <https://www.google.com> as one of the languages.

Climate

Abuja has a tropical wet and dry climate. The Federal Capital Territory experiences three weather conditions annually. This includes a warm, humid rainy season and a blistering dry season. In between the two, there is a brief interlude of harmattan occasioned by the northeast trade wind, with the main feature of dust, haze and dryness.

The rainy season begins from April and ends in October, when daytime temperatures reach 28 °C to 30 °C and night-time lows hover around 22 °C to 23 °C - do not forget your umbrella! In the dry season, daytime temperatures can soar as high as 40 °C (104.0 °F) and night-time temperatures can dip to 12 °C (53.6 °F). Even the chilliest nights can be followed by daytime temperatures well above 30 °C. The city's inland location causes the diurnal temperature variation to be much larger than coastal cities with similar climates such as Lagos.

Temperature Graph August 2019



Purchase a SIM Card

One of the first things you should do if you are coming from another country is to buy a SIM card at the airport. By doing this, you will have access to mobile data at 4G LTE speeds. Buying a SIM card and registering it on the network only takes a few minutes. This simple act ensures you have internet access while on the go. Calls will also be cheaper since you are no longer relying on your roaming SIM card. There are four main carriers in Nigeria: MTN, Glo, Airtel and 9mobile. Make your choice and enjoy fast internet access. From the information desk of the airport, you can pinpoint the location of the stands of the various carriers.

Currency

This is perhaps one of the most important things to know. The currency in Nigeria is the Naira, abbreviated NGN (₦). In Nigeria, there are no pesky coins – only notes! The notes come in the following denominations:



Exchange can be done in all banks and authorised exchange offices. The exchange rate can be checked on the website of the Central Bank of Nigeria. As it stands, the current rates are:

Currency	Buying (NGN)	Central (NGN)	Selling (NGN)
US DOLLAR	305.9	306.4	306.9
POUNDS STERLING	399.6278	400.281	400.9342
EURO	343.0974	343.6582	344.219

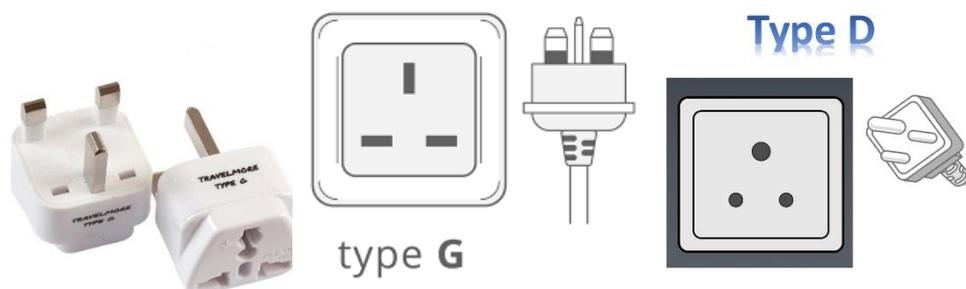
Visit www.abokifx.com for rate at the parallel market which is often used for exchange.

Banks, Cards and ATMs

If you have a credit card, the easiest way to get the local currency is by using one of the numerous ATMs in the city. At the airport, you have access to a few ATMs. Credit cards are generally accepted in shops and restaurants. However, it is recommended that you have cash at hand all the time!

Electrical Appliances and Outlets

Mains electricity is supplied at 220 V/ 50 Hz. Make sure any device you bring is designed to operate at the given rating. The standard power outlet in most buildings are of Type D and Type G. Whilst most hotels give adaptors and extensions, it is advised to come along with travel adaptors for these outlets just in case.



Tipping

In restaurants, a 10% tip is adequate if a service charge hasn't already been added.

Bargaining

If you visit the open markets or take a local green taxi, there is possibility for bargaining. Nigerian markets are hot, busy, and tough for the novice – so here are some tips and tricks on how to bargain for the best price!



If you enter any open market or bazaar in Nigeria, you need to know how to get the best price for the goods you want to buy. Whether you call it bargaining, haggling, or pricing – you need to be savvy and smart to beat the marketer. Here's how you how to bargain:

Firstly, make sure you find the product you want in the market, and talk directly with the salesperson on sizes, colours, and quality of what you want to buy. If you don't want it, don't buy it!

Secondly, the first question you ask is – “How much are you pricing for this product?”

And the bargaining then begins! The marketer will make sure he/she tries to sell for the highest price possible so he/she can earn some money, and you want to bargain for the lowest price possible so you can save some money.

If you are not happy with the price, you have to be prepared to walk away – or at least, look like you are prepared to walk away. This will keep the market seller on their toes. But if they let you walk away and then you come back, the haggling gets harder!

6. SIGHTS AND SOUNDS

JABI LAKE



Jabi Lake is a sight to behold. The water level of the lake remains constant year-round. If you are lucky, you may spot a fresh water crocodile. Here you can go on a boat ride, a canoe ride or even a jet ski. On the banks of Jabi lake, you will find the Jabi lake park, the Jabi lake mall and the Jabi boat club. Dance competitions are a common occurrence at the Jabi lake. If you are not able to register and secure a chance at any of the dance competitions, kick up your adventure genes, crash one of the competitions and give yourself a chance to compete with skilled dancers, and for a prize too! You might end up discovering a talent you did not know you had within you while having fun all the way.

RIDE A JET SKI

Jabi Boat Club (JBC), is a family entertainment centre designed to offer water based recreational facilities for the people of Abuja and its environs as well as tourists, reaching out to all ages and inclinations. Here you can find state-of-the-art water-based sporting facilities such as jet skis and speed boats. This makes the Jabi Lake a compelling place to visit for both

families and individuals with the flair for water sports and recreation.



WATCH A MOVIE AT THE CINEMA

In Jabi Lake Mall, you can find Silverbird cinemas. You can also find Silverbird cinemas at 1161, Memorial drive, just by the Musa Yar’adua centre. You can catch the latest movies for as low as N2000 depending on the showtime. There is one more cinema in the central business district – Genesis deluxe cinemas. It is located in Ceddi plaza on 264 Tafawa Balewa Way, Abuja Nigeria. Genesis deluxe plaza is great place to watch a movie because after the movie, you can sit down for a nice meal at N’koyo restaurant still within the plaza.

PLAY GOLF AT IBB GOLF CLUB

This is an 18-hole green international standard golf course, attracting local and international tournaments in collaboration with major hotels in the city and various associations throughout the country. Named after former Nigeria president, Ibrahim Babangida, the park is located in the Maitama district of Abuja.



NATIONAL MOSQUE

Built in the 1980s, the National Mosque with its golden dome glistening in the sun, is one of the most impressive sights in Abuja. The mosque, huge and shiny, is a national monument belonging to all Nigerians and no one can miss the sight of this beautiful edifice.



The view at sunset is interminably impressive. We challenge you to take your best photo of the golden dome!

NATIONAL CHRISTIAN CENTRE

Also known as the National Ecumenical Centre, it is one of the largest Christian Centres in Abuja. The cathedral is a great architectural marvel both on the outside and inside. The altar of the church gives worshippers a 360-degree view of the preacher.



GO PAINTBALLING AT CENTRAL PARK

A fun and somewhat painful way to have fun in Abuja is to go paintballing in Abuja's central park. You could also have fun by go kart racing at central park. Fun, fun and more fun. There is a restaurant at the park that sells awesome food!



MILLENIUM PARK

Commissioned in 2004 by Her Royal Highness, Queen Elizabeth II of England, this park has nice walkways with lights, fountains and flowers. A good spot to take a walk and get some fresh air, or come for a picnic.



USUMA DAM

Hidden in Bwari, the dam offers a quiet and peaceful environment along with gorgeous scenery. It is easily one of the best places to escape the city and just breathe. Here, you can picnic, ride a canoe and take amazing pictures. It is recommended to take binoculars along because there are lots of birds and animals to watch.



TRY NIGERIAN CUISINE

It can be said, without being biased, that Nigeria has some of the best cuisines in the world. From street food, which can be found on almost every street in the city to traditional cuisine which can be found in many restaurants – you will find Nigerian food delicious! Whilst we recommend that you endeavour to discover restaurants, here are some of our picks for restaurants you should try:

BUKKA RESTAURANT

Located at Transcorp Hilton Hotel, it offers guests different mouth-watering Nigerian dishes like yam porridge, pounded yam, *Oha* soup, snail sauce, goat meat sauce etc. Bukka restaurant also offers buffets of local and continental cuisine.



Location: 1 Aguiyi Ironsi St. Transcorp Hilton, Maitama, Abuja/ Website: <https://bit.ly/2Y2QnDP>

WAKKIS

Wakkis brings the flavours of Indian cuisine blended with Nigerian cuisine in your plate. Watch the best chicken tandoori and murg malai being elaborately prepared in Wakkis open kitchen and develop an intimate relationship with the chefs. Authentic Indian food, friendly service, good value for money.



Location: 171 Aminu Kano Cres, Abuja/ Website: www.wakkis.com

THE CHARCOAL GRILL RESTAURANT & COFFEE LOUNGE

Are you a grilled meat aficionado? Located in the heart of the city, Charcoal Grill will definitely meet your culinary needs with freshly grilled chicken, lamb and steaks – the house’s stars. Delicious food, exceptional service and affordable.



Location: Penthouse (KFC Building), 112 Aminu Kano Cres, Abuja / Website: www.charcoalgrillabuja.com

BLUCABANA RESTAURANT & CAFÉ

Combining international cuisine with Lebanese flavours, BluCabana is a must in Abuja. Offering delicious pastas, innovative salads and a wide range of beef, chicken and fish suya, the authentic Nigerian dish, the menu is quite elaborate to satisfy any taste. Awesome setting, a laid-back atmosphere and a spacious venue to dine out. There is both indoor and outdoor seating, facing the edges of the swimming pool.



Location: Mabushi District, Abuja / Website: www.blucabana.com

7. MARKETS AND MALLS

There are numerous malls and markets in Abuja. From malls where you can relax and pass time to markets where you can buy souvenirs, this list gives you everything.

1. Jabi Lake Mall

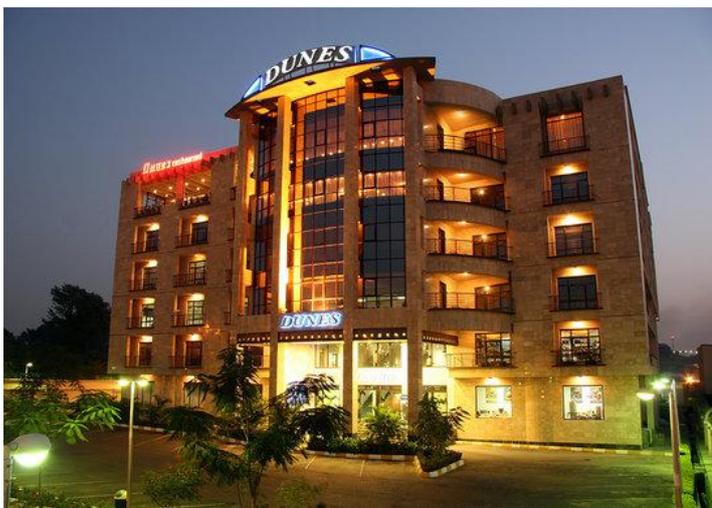
Jabi Lake Mall is an Abuja landmark on the Lake side of Jabi and renowned for its vast selection of over 120 stores. Beyond shopping, the elegant mall also houses a number of restaurants and entertainment options, including a Cinema.



Location: 1265A Bala Sokoto way, Jabi District, Cadastral Zone BO4, Abuja.

2. Dunes Centre

Easily the one of the best places to go for luxury shopping and fine dining in Abuja. However, it does come at a bit of a premium. Shopping and dining here certainly inflicts damage on your wallet.



Location: N44 Aguiyi Ironsi St, Maitama, Abuja

3. Ceddi Plaza

This plaza is a favourite. It is home to the fabulous N’koyo restaurant and the New Capitol Restaurant. Combine these with some excellent shops and this puts Ceddi Plaza near the top of this list.



Location: 264 Tafawa Balewa Way, Central Business District, Abuja

4. Wuse Market

The single largest bazaar in the city. This open market boasts a lot of goods and services for sale. Here, you can find the fresh and exotic fruits, some of which you may have never seen or heard of before in your life.



Location: 24 Wuse Market Rd, Wuse, Abuja

There are many more amazing places to go shopping in Abuja. Take it as a challenge to discover and explore these places with whatever time you have to spare.

8. SAFETY AND SECURITY

The safety and security of tourists in Nigeria is of the utmost importance. Be vigilant in public places and follow the advice of local Nigeria authorities. For assistance in any emergency situation within the FCT, dial **199**.

Security Information

What general measures have been put in place to ensure tourists' security?

The Federal Government of Nigeria, in order to help keep residents and visitors to Nigeria safe, have a measure that involves security checks and police presence. Police have been deployed throughout national territory. Furthermore, all tourism sector representatives have recruited additional security staff to ensure visitor safety.

What identification is needed to enter and travel within Nigerian territory?

All foreign visitors must carry identification in the form of a **passport** or **national identity card**. Nigerian police may require visitors to show identification at any time, including when entering or leaving the country. The security checks have little effect on waiting times at airports, or at train stations. Security can carry out checks on passengers and baggage, and reserve the right (as an exceptional measure) to prohibit passengers from carrying certain personal belongings that are considered dangerous.

What about security measures in hotels, restaurants, bars and clubs?

Under Nigerian law, hotels are required to ask all foreign customers to complete an individual police form. Moreover, each establishment has the right to carry out security checks. Restaurants, bars and clubs are open and operating normally. However, to guarantee the security of their customers, each establishment has the right to carry out security checks (bag inspections, frisking, etc.).

What security systems are in place at shopping centres and other tourist attractions?

Public institutions in Nigeria have stepped up their security measures in recent years (bag inspections, frisking, refusing entry to people with large suitcases, etc.). If they feel it is necessary, the authorities may take exceptional measures regarding the conditions of access to certain institutions to ensure public security.

What security systems are in place in shops and shopping centres?

At public institutions in Abuja and the rest of Nigeria, it is not uncommon to be subject to security measures such as bag inspections, frisking and refusal of entry to visitors with large suitcases. Nigerian authorities may take exceptional measures regarding the conditions of access to certain institutions, if they deem it necessary to ensure public security.

Safety Advice

Few things are more exciting than traveling internationally. When going abroad, you get to experience all the beautiful cultures that make up our world. Many people are wary of international travel, however, fearing that it is dangerous. For the most part, traveling throughout the world is very safe. This being said, there are safety precautions that every traveller should employ to ensure that their trip remains a joyous one. Here are 5 top safety tips for you international travellers.

Get a Check-up and the Appropriate Vaccines: Always have a physical before your trip to ensure that you are healthy enough to travel abroad, and make sure that you understand the health concerns of the country you are planning to visit. Numerous worldwide travel destinations require vaccinations before your arrival, so make sure that you know the immunizations you need and that you are immunized before your trip.

Make Electronic Copies of Your Documents: You'll be carrying necessary documentation with you when traveling abroad. Create an electronic backup of your immunization record, itinerary, medical insurance card, passport, plane tickets, travel insurance, and visas before you leave. Email the file to yourself and keep it in your inbox so you can access the information from your smartphone should the paperwork be lost or damaged.

Don't Carry Everything Together: It might be tempting to keep your cash, credit cards, identification, and traveller's checks in your wallet, but don't do it. Keep any money, credit cards, IDs, and checks you won't be using locked in your hotel room safe. Separate the monetary and identifying items you must carry on you and carry them in different spots on your person. This safety tip prevents you from losing everything should somebody steal your wallet.

Don't Carry Things in Your Back Pocket: Speaking of theft, pickpocketing is common in specific areas around the world, and yes, pickpockets have been known to target tourists. Do not keep anything in your back pocket, including your wallet, a small purse, your hotel room keys, anything! Doing so opens you up to becoming an easy target for the swift hand of a pickpocket.

Be Properly Insured: Many people are of the opinion that they do not need travel insurance, and nothing could be further from the truth. Your health insurance might offer you some international coverage, but the chances are good that it doesn't cover potential illness, injury, or even death entirely when you are on foreign soil. Your belongings need to be insured, too,

for the simple reason that anything might happen to them. Make sure that you, your fellow travellers, and everything you are taking on the trip is properly insured before leaving.

Some Emergency Numbers are given below:

1 Abuja Emergency Phone Lines

 Abuja, FCT, Nigeria

 199

Emergency Police Phone number Abuja.

2 FCT Police Command Control Room

 Federal Capital Territory Police Command, Abuja, FCT, Nigeria

 09-8702367, 09-8702368, 08032003913

FCT Police Command Control Room emergency line in Abuja.

3 Federal Road Safety Corporation (FRSC)

 Abuja, Abuja, FCT, Nigeria

 122

Federal Road Safety Corporation emergency line in Nigeria.

4 Nigeria Security and Civil Defence (NSCDC)

 Abuja, Abuja, FCT, Nigeria

 122

Nigeria Security and Civil Defence emergency line Abuja.

5 SMS Inspector General Of Police

 Abuja, FCT, Nigeria

 0805966666

SMS Inspector General of Police emergency line in Abuja.

6 State Security Service (SSS)

 Abuja, FCT, Nigeria

 08132222105

State Security Service emergency line in Nigeria.

We hope you will have the most beautiful time in Abuja. We can't wait to hear your stories and exchange ideas. Enjoy your time to the fullest and come back to visit!



Zuma Rock, along Kaduna-Abuja road