Dear Participants,

Welcome to beautiful Barbados, the island just “Beyond your Imagination”, famed for its amazing beaches.

As you are aware, the SIDS Ministerial Meeting on NCDs and Mental Health will be held in Bridgetown, Barbados during the period 14 – 16 June 2023 at the Lloyd Erskine Sandiford Centre (LESC), Two Mile Hill, St. Michael, we are happy to have you participate in this activity.

The historic city of Bridgetown is the capital and commercial center of Barbados and has been recognized as a UNESCO World Heritage site. Steeped in rich history and culture, Bridgetown today reflects a mix of the old and the new, with historic sites and buildings sitting amongst modern structures like multi-story offices, financial institutions, and shopping malls.

For additional information on Barbados, see www.visitbarbados.org which is the official website of Destination Barbados and the Barbados Tourism Marketing Inc. (BTMI).
Essential Information

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Visa and Entry Requirements

All visitors to Barbados must have a valid passport and a valid return ticket. Visitors from most countries around the world do not need a visa to enter Barbados. However, participants are advised to contact the Barbados Consulate in your country or liaise with your local Ministry of Foreign Affairs to verify your visa requirement prior to travelling to the island. Additionally, participants can check the link below to determine visa and entry requirement for their respective country. [What Visa & Entry Requirements Do You Need to Visit Barbados?](https://www.visitbarbados.org/plan-your-trip/visa-and-entry-requirements)

For participants requiring a visa, the Ministry of Health and Wellness Barbados will facilitate a Visa Waiver. Kindly indicate this to the WHO Secretariat along with a copy of your passport bio page.

All visitors are also required to supply the Immigration Department of Barbados with the name and address of their hotel or place of residence in order to be allowed entry into the island ([Hilton Hotel, Needham's Point, St. Michael, Bridgetown, Barbados](#)).

**COVID-19 Requirements:** At present there are no COVID-19 Restrictions for air travel and proof of vaccination is not required for entry into Barbados. Participants transiting through other countries should check that country COVID-19 vaccination requirement. For easy transit through immigration upon arrival in Barbados, travellers can download the BIM Safe App to complete immigration and customs forms online. This is not mandatory and can be done using the kiosk in the arrival lounge. The site can be accessed [Barbados - Online Customs & Immigration Portal (travelform.gov.bb)](#)

Overnight Flights

PAHO/WHO is not responsible for securing hotel rooms outside of Barbados. Participants are required to secure their own hotel rooms at their overnight destinations.
Arrival at the Grantley Adams International Airport [GAIA]

**Immigration**

All travellers can complete the online Immigration and Customs forms found at https://travelform.gov.bb/ 72 hours prior to arrival. This can also be done on arrival using the kiosks.

**Customs**

After clearing Immigration, participants should then proceed to the Customs Hall to collect checked luggage. A list of dutiable items can be found on the back of the Barbados’ Customs Declaration Form.

Transportation to Hilton Hotel, Needham Point, St. Michael

The Ministry of Health & Wellness has organized shuttles for all delegates airport/hotel/airport transfers. After exiting the Arrivals Hall, ushers with SIDS NCD Ministerial Meeting banners will greet and escort delegates to the shuttles. **Travel itineraries should be shared with the secretariat to allow for the necessary arrangements** to be made in block time according to the arrival times of the delegates.

Departure transportation for participants will be available until the 18th of June, given the variety in travel arrangements. Any departures past this date will be the responsibility of the participant.
Venue of the Meeting

The meeting will be held at the Lloyd Erskine Sandiford Centre (LESC), Two Mile Hill, St. Michael during the period 14 - 16 June 2023. Transportation has been arranged from The Hilton to this conference centre and back, every day for the Meeting. Unfortunately, transportation cannot be provided from other hotels. Kindly refer to the meeting webpage and app for further details.

Visit the conference centre’s official website for further details: https://lescbarbados.com/.

Hotel Reservations – Hilton Hotel, Needham Point, St. Michael

PAHO-WHO has secured a block of hotel rooms with buffet breakfast for the participants attending the meeting. The hotel will provide you with a code, through which participants can confirm their booking. Each delegate will be responsible for their dinner and any other incidental expenses incurred during their stay at the hotel. Self-paying participants are included in the rooms blocked by PAHO/WHO and will be required to indicate this at check-in to receive the agreed hotel rate ($229 USD per night, exclusive of local additional taxes).

Hilton Barbados Resort
Needham’s Point
St. Michael,
Bridgetown,
Barbados
Tel: 1-246-426-0200

website: www.hiltonbarbadosresort.com
**Hilton Barbados Resort** is ideally located and offers direct access to two white-sand beaches just minutes away from the capital, Bridgetown, and 20 minutes from the airport. Feel free to peruse the website above to learn more about the hotel.

**NB:** There are limited walk-in showers available for those with disabilities. If you require one, please indicate to the WHO Secretariat.

Upon checking in at the **Hilton Barbados Resort**, all participants (self-paying and sponsored) are required to provide their credit card, which is required in the event of any incidentals. There is no immediate charge if using a credit card.

However, if using a debit card or cash, you will be charged $50 USD (or $100 BBD) per day. If no charges are incurred during your stay, the debit card will be refunded but will take some time. If you paid in cash, please note the refund will be given on departure in Barbadian dollars BBD.

**Hilton Barbados Resort has been notified of all early arrivals ahead of the workshop as per your e-ticket dates.**

**Meals During the Meeting Days**

- Buffet Breakfast is included in the nightly room rate at the hotel
- Lunch – Participants will be provided lunch at the meeting
- Dinner – Participants will be responsible for Dinner
- Coffee Breaks will be provided at the meeting
Dining Facilities at The Hilton Resort
The hotel offers the following restaurants and bars.

- **The Grille** – Indulge in gourmet delicacies in the ambiance of this fine-dining restaurant. Options include signature steaks, succulent seafood.

- **Water’s Edge Bar** – Relax at the pool-bar gazebo with a selection of cocktails, wines, beers and casual lunch from the grill menu.

- **Careenage Bar** – Socialize and soak up the Caribbean vibe with cocktails and evening bites.

- **Lighthouse Terrace Restaurant** – Enjoy fresh buffet or à la carte options on the terrace while overlooking the ocean.

Dining Facilities Outside of Hilton
Barbados, the dining capital of the Caribbean, offers a full range of options from sophisticated fine dining to the local rum shops and seaside fish fries. Below is a list of some dining facilities located on the south coast of the island and within close proximity of the hotel. Feel free to coordinate other options with the hotel front desk.

- Sizzle Steakhouse – Tel: +1 (246) 622-1101
- UMI Asian Fusion - Tel: +1 (246) 622-1101
- Mama Mia Italian Deli & Pizzeria – Tel: +1 (246) 434-3354
- Jake’s Barbados – Tel: +1 (246) 622-1726
The Weather

Barbados boasts bright sunshiny days for most of the year. With occasional showers, every now and then, expect mainly warm temperatures averaging around 28°C / 84°F. Light clothing is recommended when venturing outside.

The meeting at Hilton will be held in air-conditioned rooms. Feel free to wear a blazer/jacket to stay warm.

Currency

Barbados has its own currency, the Barbados Dollar (BBD). However, as a tourist-friendly destination, most places also accept the United States Dollar (USD). This is accepted at a flat rate of 1 USD = 2 BBD. Other currencies such as the Euro and Pound are not frequently accepted in most places.

If you seek to change currency through a bank or similar institution, the calculated rate will be slightly higher. This is usually at a rate of 1 USD = 2.02768.

Many stores and restaurants also facilitate purchases with VISA and MasterCard credit and debit cards, as an additional spending option.
Electricity Specifications

There are two types of plugs used in Barbados: type A and Type B. The country operates using a 115V supply voltage and 50Hz.

If your plug does not conform to these two options, you will definitely need a universal travel adaptor in order to charge your personal devices (*see left*).

Emergency Medical Services

The Ministry of Health and Wellness has provided a medical team to be on site throughout the conference. If you are feeling unwell at any time during the conference, please contact Dr. Walter Alleyne immediately at +1 (246) 836-3536. Calls can be made via the hotel or by WhatsApp.

Other nearby services

- Elcourt Clinic, Maxwell, Christ Church, Tel: +1 (246) 428-9452. Opening Hours 8:00 a.m. – 10:00 p.m.
- Sandy Crest Medical Centre, Sunset Crest, St. James, Tel: +1 (246) 419-4911 Open 24 hrs.
- FMH Emergency Medical Clinic, 3rd Avenue Belleville, St. Michael, Tel: +1 (246) 228-6120 or +1 (246) 228-6121. Opening Hours: 8:00 a.m. – 11:30 p.m.
Pharmacy

Major pharmacies on the island offer a wide variety of prescription products, toiletries, and over-the-counter products. Pharmacies within close proximity to the hotel include:

Lewis Drug Mart [www.lewisdrugmart.com](http://www.lewisdrugmart.com)  Tel: +1 (246) 435-8090  and
Massy Stores Pharmacy at Worthing at [www.massystores.com.bb](http://www.massystores.com.bb)  Tel: +1 (246) 435-9588

The Meeting Format

- This is a hybrid meeting with in-person and virtual participation.
- The meeting will facilitate high-level discourse through panel discussions, plenary sessions and interactive side events.
- The meeting will be in English with Spanish and French translation for all plenary sessions. Side events will be in English.
- Free wireless Internet access will be available throughout the meeting.
- While the meeting will be largely paperless, the facilities for printing and photocopying will be made available by the meeting Secretariat as necessary.
- For meeting updates, please check the following meeting link regularly:

  [https://www.who.int/news-room/events/detail/2023/06/14/default-calendar/sids-ministerial-conference-on-ncds-and-mental-health](https://www.who.int/news-room/events/detail/2023/06/14/default-calendar/sids-ministerial-conference-on-ncds-and-mental-health)

- A meeting app will be provided to allow access to updates and interactions during the meeting.
Registration

• Kindly be informed that participation in this meeting is by invitation only.

• All registrations for the Member State/Country nominees and PAHO/WHO staff should be made through WHO’s registration platform on the following link https://indico.un.org/event/1005191/ by Wednesday 31st May, 2023.

• Registrations MUST be completed, even if you are only attending virtually

• At the venue, a registration/information desk will be set up to provide logistical and administrative support to participants during the meeting.
Manager and Secretariat Contact in Barbados

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Social & Environmental Policy  
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Ministry of Health & Wellness  
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**Mailing Address:**  
The Pan American Health Organization and the World Health Organization  
Dayrell’s Road & Navy Gardens  
P.O. Box 508  
Bridgetown BB 11000  
Barbados  
Tel: +1 (246) 434-5200

Websites:  
www.paho.org/ecc or www.paho.org/cpc

You may also contact the SIDS Secretariat directly by email at:  
SIDSminconf2023@who.int

Wishing you a safe trip and a successful workshop!!