

Travel to Jamaica: Participants should fly into and out of Norman Manley International Airport in Kingston. From the airport, you can take a JUTA taxi once you leave customs. Taxis into town cost about US \$35. Alternatively, participants can fly into Montego Bay Airport, but it's a 2.5-hour drive to Kingston and about \$200 USD. You can book a ride into Kingston on Knutsford Express but you'll have to take a taxi from the drop-off point to your accommodation:

<https://www.knutsfordexpress.com/>.

Getting Around: The Uber app works in Kingston. You can also use a local taxi company, which costs about the same if you add a tip on Uber. A safe and reliable local company is City Guide: 876-388-8762 (you can call them using WhatsApp).

Cash Machines in Kingston: ATM machines are a good place to get cash. You can find three cash machines on UWI's campus. In addition, you can find a Scotiabank with several machines in Liguanea on Old Hope Road as well as both Scotia and NCB bank machines on Knutsford Blvd in New Kingston, near the Pegasus, Spanish Court, and Liguanea Club hotels. You can also get cash at the airport, once you are outside the arrivals lounge. Jamaican dollars are the most useful; you can use US dollars, but you will get change in Jamaican dollars at an unfavourable rate.

Restaurants in Kingston: There is a plethora of good restaurants in Kingston around the Liguanea and New Kingston area. From upscale dining to informal cafes, there are Jamaican, Asian, Lebanese and well-known American franchises, all available at a variety of prices. These are some of our favourites, all uptown and 10-15 minutes from UWI by taxi.

Check out the food court at Sovereign Centre in Liguanea for food in a hurry. There's a supermarket and bank in the complex as well as a bank and two ABM machines: <https://sovereignjamaica.com/>. Café Blue (<https://cafeblue.com/>) serves breakfast and Deli Works serves up takeaway or dine-in. Sovereign North is a short walk away with slightly more upscale dining.

Haven on Hillcrest: Outdoor oasis with a great vibe and affordable Jamaican food:

<https://www.thehavenja.com>

New Leaf Vegetarian at Liguanea Lane Plaza: Delicious and fresh vegan and vegetarian fare:

<https://www.facebook.com/newleafvegetarian/>

Broken Plate at Liguanea Progressive Plaza: upscale dining in a lovely setting:

<https://brokenplatejamaica.com>

Chez Maria at Liguanea Progressive Plaza: Lebanese food with a view: <https://chezmaria.webs.com>

The Wine Shop: a wonderful mezze bistro off the beaten track:

<https://thewineshopmezebistro.shopsettings.com>

Sweet Wood Jerk Center: Jerk centre in New Kingston (you can simultaneously check out Emancipation Park): <https://www.facebook.com/sweetwoodjerkjoint/>

22 Jerk on Barbican Road: Live music on Thursday and various events on other nights:

https://www.tripadvisor.com/Restaurant_Review-g147310-d13427021-Reviews-22_Jerk_Plus-Kingston_Kingston_Parish_Jamaica.html

Tuesday Night Market at 8 Hillcrest: only on Tuesdays. *Great* street food, crafts, and music at 8 Hillcrest: https://www.tripadvisor.com/Attraction_Review-g147310-d16719191-Reviews-Kingston_Night_Market-Kingston_Kingston_Parish_Jamaica.html