



October 2012

28th Biennial Conference of the
CNO

Host: Suriname Nurses Association



President SNA

Angele Wallerlei – Kumbangsila

Dear Colleagues,

It is with great pleasure that I address you on behalf of all Nurses in Suriname. We are honored that the organization of the 28th Biennial conference has been entrusted to us.

With my team that consists of Nurses and non Nurses I'm preparing a splendid conference for you. The meetings will be filled with rich discussions about our profession, while a pleasant balance will be created by giving all Nurses the chance to enjoy beautiful Suriname with its rich culture, excellent food and happy people.

So don't miss out and come to the city of Smiles....Paramaribo!



Conference Hotel Torarica



Email: registration@cno2012.org

Website: cno2012.org



**Theme: *Nursing and midwifery in a Globalizing World;
Responding to a changing world***

General Information Republic of Suriname

Government

Suriname is Democratic Republic headed by his Excellency Desire Delano Bouterse

Geographic Location

Suriname is situated on the continent of South America just north of the Equator. The country is bordered in the South by Brazil, in the North by the Atlantic Ocean, in the East by the French overseas Department French Guyana and in the West by the former British colony, Guyana. Suriname has a surface area of approximately 164.000 km² (about four times the size of Holland)

Capital

The Capital City is Paramaribo. The name is probably derived from Parmurbo – an indigenous village. In 2002 UNESCO placed the inner city of Paramaribo on the world Heritage list.

Population

Suriname has approximately half a million inhabitants whose fore fathers came from allover the world. Due to the mix of population groups, Surinamese culture is very diverse, which make the Surinamese nationals extremely proud of their rich culture. You will find the indigenous Amerindian people, Afro-Surinamese or Creole people, the Maroons, Indian, Indonesian, Chinese, Jews, Lebanese, Europeans, Haitians', Brazilians, Guyanese an French-Guyanese.

Language

The official language is Dutch. The "Lingua Franca", is Sranang Tongo, but each ethnic group speaks its own language. Most people understand and speak English.

Visa

Countries that not need a visa to enter: Antigua Barmuda, Bahamas, Belize, Brazil, Chili, Costa Rica, Dominica, Ecuador, Philippines, Gambia, Guyana, Grenada, Hong Kong, Israel, Jamaica, Japan, Malaysia, Netherlands Antilles, St.Kitts & Nevis, St.Lucia, St.Vincent & the Grenadines, Singapore, Trinidad & Tobago, South Korea and Switzerland

Note: please check with the Surinamese embassy or consulate in your countries if you require visa to enter Suriname.

Getting to Suriname

Suriname Airways and other airlines provide connections from Amsterdam, and Miami, with several regional hubs also linked with Suriname. These include Trinidad and Tobago, Curacao, Aruba and Brazil (Belem). Other carriers as the Caribbean Airline provide connections from Trinidad and Guyana to Suriname. Our main airport is J.A. Pengel Airport at Zanderij. This is about 60 minutes from Paramaribo, and taxis and buses are readily available. By road, Suriname can only be reached from Guyana and La Guyane Française.

Transportation

The Suriname road network consist of asphalted as well as view sand roads with a total length of 9.000 kilometers. There is left hand traffic. The National Transportation Company as well as private bus operators provide public bus transportation. In addition, there are several taxi companies as well as street taxis. Several companies in Paramaribo also offer cars, scooters and bicycles for rent. From the local Zorg en Hoop Airport in Paramaribo small aircraft and helicopters depart regularly to interior airstrips. There are 47 airstrips in the interior of which 5 are equipped with paved runways.

Accommodation

Paramaribo has various large hotels with well-appointed comfortable air-conditioned rooms. Branch names like “Royal Torarica”, “Residence Inn”, “Marriot”, “Best Western” and “Krasnapolsky”, are just a view of the major players in the accommodation sector. The quality of smaller hotels, pensions, and guesthouses is also good. In addition there are an increasing number of vacation houses and apartments in and outside Paramaribo.

Cuisine

Suriname has become famous for its magnificent and distinct cuisine. There is a wide variety of restaurants and eating-houses. You can enjoy tasty Javanese, Chinese, Creoles, Hindi, Korean, Dutch and Lebanese food or choose from the international menu. International fast food giants such as Mac Donald’s, KFC/Pizza Hut and Popeye are also present in Paramaribo.

Clothing

In the humid climate, light clothing is highly recommended.

Drinking Water

Suriname is one of the few countries in the world with a vast amount of pure and fresh water. In Paramaribo, tap water is clean and safe. Excellent quality bottled Surinamese natural water is also available everywhere.

Shopping

Suriname, and Paramaribo in particular, is a great place to shop. Great value and plenty of interesting shopping opportunities, including gold and silver jewellery, electronics, clothing and gifts. Shopping in Paramaribo’s historic inner city will certainly enhance your experience of Suriname. Try your hand at some our traditional crafts in specialized

