

Wai'emur's office

ST. LAWRENCE UNIVERSITY

KENYA SEMESTER PROGRAM



FALL 2003
ORIENTATION HANDBOOK

SEMESTER OUTLINE

I. Arrival and Orientation

The first few days in Kenya will be spent at the St. Lawrence Study Center in Karen, located about 8 miles outside of Nairobi. There, students can recover from jet lag, meet the Kenya Staff, get to know the other students, practice Swahili, meet faculty, select courses, see Nairobi and be oriented to Kenya by the program coordinators and director.

The students will be able to use the Study Center (a dormitory-like facility) as a base where they live between homestays and can keep their things. They can return there during the semester to retrieve belongings or use the library facilities. The director and program coordinators live with their families at the Study Center compound. It is required that students reside at the Study Center throughout the semester, except when on homestays, the field trips or the Independent Field Study.

II. Culture, Ecology and Development in East Africa

The core course is a semester-long interdisciplinary seminar that helps students absorb, analyze and synthesize their diverse field studies experiences (in a rural homestay, Tanzania, and Samburu) through common readings, seminar discussion, journal writing and individual projects.

A. Rural Homestay

(Emphasis on agricultural land use, socio-cultural aspects of a farming community)

This homestay is located in an agricultural area of rural Kenya. After orientation the group travels to their rural homestay where they will meet their homestay parents. They spend their first full week in Kenya with their rural hosts, including school days, workdays, and a church day. Some of the most interesting and challenging experiences occur during this week. Students should not worry about being fluent in Swahili at this point as there will be someone in their family who speaks English.

Students will probably want to bring a gift to their host family. See the list of gift suggestions on page 12, or use your own judgment. Moderate gifts are best--the intention is not to demonstrate wealth, but to offer thanks. Take advantage of doing things with family members and getting familiar with their daily lives. Work in the fields, help with the cooking, go to school (possibly teach), etc. Be sensitive to customs regarding guests in the household. For example, accept food when it is offered, but learn how to say, "I'm full!" The families will receive stipends for taking care of each student.

B. Field-Based Study in Northern Tanzania

(Emphasis on Rangeland Ecology and Wildlife Conservation)

This two-week field-based study will explore wildlife behavior and conservation issues in the Maasai Steppe of northern Tanzania. It will be hosted by Dorobo Tours and Safaris, an organization which has been conducting educational field trips since 1984. The itinerary will include travel by truck and walks throughout the region to Tarangire National Park or Serengeti

Conservation Area, Ngorongoro Conservation Area, Olduvai Gorge Archaeological site, Lake Natron and the active volcano, Oldoinyo Lengai.

Topics of discussion and lectures will include pastoral ecology and history of the area, conservation and its role in developing countries, resource utilization strategies and conflicts, plant ecology, human evolution and archaeology, the influence of the Rift Valley system on human settlement and activity, and a comparison between the development strategies of Kenya and Tanzania.

C. Field-Based Study in Samburu

(Emphasis on land use and socio-cultural systems of pastoral nomads)

The trip to Samburu Region, about 200 miles north of Nairobi, is led by elders of the Samburu people, together with their extended families. In addition, Michael and Judy Rainy--long-term American residents of Kenya who have become a part of the Samburu community--will guide students' entry into Samburu life. This program introduces students to the values, norms and ways of life of a semi-nomadic pastoral people. The Rainys and the Samburu guides teach students how the Samburu survive in the various environments of their traditional lands. Much of the learning comes from sharing the living conditions of the Samburu through a three-day homestay at a Samburu homestead.

The Samburu people do not expect gifts, but they do expect students to become active members of the household, perhaps herding cows or gathering water.

D. Urban Homestay

(Emphasis on urban life, the environmental, social and cultural challenges facing Kenya's rapidly-growing cities)

During the time that students are taking classes in Nairobi, they will spend 3 weeks in an urban homestay in or around Nairobi. Students will commute to classes in town via bus, matatu (small public buses), foot, or homestay parents' car. The families tend to be professional, middle-class people, but they all belong to a different "home" or ethnic community. The homestay families may take students to visit their rural homes on a weekend. This homestay also allows students to see the transition of Kenyan families from an agriculture-based life to the urban culture of Nairobi. Students' experience of Nairobi is further enriched by a visit to an income-generating project in a high density area in eastern Nairobi. Readings on a range of urban issues will be assigned during this period.

E. Independent Field Study

The final project consists of a month-long **independent field study** (minimum 160 hours) culminating in a paper that should include a critical analysis of the student's experiences. Students should formulate and focus their interests as much as possible the first few weeks in Kenya in order to help both the student and the director to narrow down the choices and possibilities for the four weeks. There are a number and variety of independent field projects available; **however**, they do vary from semester to semester and certain ones will not always be available -- **SO BE FLEXIBLE**. The director and staff work hard to secure the independent field

projects that are students' first choices, but occasionally they are unable due to circumstances beyond their control.

III. Elective Courses taken in Nairobi

Classes will take place for six and one-half weeks in classrooms at the YMCA in Nairobi. Each student will take three courses, one of which will be Swahili. The course electives include Wildlife Conservation and Ecology in East Africa, History of Kenya, Critical Issues in Socio-Economic Development in Kenya, and Health, Sickness and Healing in Kenya. Classes meet every day (Monday through Friday) for approximately two hours.

IV. Travel

During the semester, students may not travel outside of East Africa (Uganda, Kenya, Tanzania) except in the case of a serious personal or family emergency. In such a situation, a written request must be made to the Program Director, with adequate supporting evidence.

Pupils' Passes expire 10 days after the conclusion of the program, regardless of the expiration date given on the pass. This means that students who wish to stay after the program is over will have to apply for and pay for a tourist visa for the period of time they wish to stay. During the 10 days between the end of the program and the expiration of the Pupil's Pass, those students who wish to stay longer will be given a cover letter from the Kenya Program staff that the **student** can present to the Kenyan Immigration Office in Nairobi along with an application for a tourist visa. (Tourist visas are valid for 3 months.)

No formal research can be undertaken after the conclusion of the program. Should a student choose to stay on, she or he does so as a tourist and **under the conditions of the tourist visa.**

Students who elect to stay in Kenya **MAY NOT** use the Center as a base of operations once the semester is completed because the compound must be prepared for incoming students. Students may leave extra luggage in the storage room--with prior arrangement with the program staff--and pick it up on their way out of the country. The center, however, will remain closed to students. Students should leave their travel plans with the program staff prior to leaving the Center. Although the University is no longer responsible for the students, it is necessary to have that information in case of an emergency (family, personal, political).

DRUG USE

Given the legal system of Kenya, and given our strong desire to maintain the integrity and viability of the St. Lawrence Kenya Semester Program, we are adamant that all students adhere to our drug policy, which states: **DRUG USE WILL NOT BE TOLERATED IN KENYA.** Kenya maintains strict laws against the possession and use of many drugs, including marijuana. Drug use by students jeopardizes the future of the Kenya Semester Program, which employs and supports many Kenyans. It can also lead to serious legal consequences for the individual. The current minimum sentence for drug possession in Kenya is a mandatory ten (10) year sentence. Any student found possessing drugs will automatically be sent home. The American Embassy will not be able to help you.

SAFETY AND INTEGRATION

In Kenya, forms of dress and behavior are different from what the students in the United States are used to. For instance, many families practice polygyny. Another example is that people, women in particular, dress more modestly than here. For the most part, older and rural Kenyan women do not wear pants or shorts. In fact, in the rural and Samburu homestays, they are usually unacceptable, even for young women. So female program participants should plan to wear skirts and dresses in the homes during those field components. Shorts and pants are fine for most other activities in the field and in the city. A wrap-around kanga or kikoi, which you can buy at markets throughout Kenya, becomes a popular piece of clothing for both men and women.

You are in a foreign country. Remember that you will stick out as a foreigner no matter what you do. **DO NOT TRAVEL ALONE!** Group travel at all times is recommended.

You may find yourself in an uncomfortable position when approached (or propositioned) by a member of the opposite sex. **DO NOT** be afraid to voice a clear, but polite, refusal. If polite words do not remedy the situation, do not be afraid to be more firm or share your situation with a host parent or the program director. You should not feel that you have to remain in a compromising or uncomfortable position for any reason.

By respecting the customs of Kenyan people in general, and the host families in particular, students will become better acculturated and, therefore, will probably have a more enjoyable experience. A good example of cultural differences is the use of cameras. Many Kenyans believe that a camera is an invasion of their person. Remember that these are people, not objects. Always ask a person before taking his/her photograph. A sensitive attitude will open opportunities that would not otherwise be available.

EQUIPMENT AND CLOTHING

Travel light! We recommend no more baggage than you can carry at once. Traveling is more enjoyable, easier and faster with less stuff. Note that you will need appropriate gear and dress for several different situations (e.g. camping, independent field study, rural homestays, urban homestays) and many times clothes can serve many purposes, so don't bring something for every occasion.

Pack light! In general, you will need light, durable, summer clothing. It can be chilly in the evenings and during the rainy season, so a couple of heavy sweaters or sweatshirts are advisable. Also, dressing in layers is better than taking heavy clothes. Clothes and equipment will depend on the individual, and many students feel it's better to leave something behind than bring something and never use it.

KENYANS EXPECT A VERY NEAT APPEARANCE in most situations, so when you are staying in Nairobi and at homestays, you will want some relatively nice, but durable, clothes.

Women: Take 2 longer (slightly below the knee) skirts (1 casual, 1 dressier) as well as shorts and pants. It is still very much the norm for women to wear skirts in Kenya. In the rural homestay, a skirt or dress is essential. For independent field study in Nairobi, women may be expected to wear a dress or skirt. Durable cotton skirts with a blouse or T-shirt and T-shirt dresses are great. They are comfortable and look nice. Tank tops are acceptable on the compound or in situations where you are wearing shorts. However, they are not acceptable in the rural homestays or in more formal situations. Slip-on shoes or practical sandals are also a good idea.

Men: A nice Oxford shirt and khaki pants are your best bets for church or going out to dinner with your host family. Also, if you plan on working in Nairobi (or in an office) for your independent field/library project, you may want to take a tie and a pair of reasonably dressy shoes (e.g. loafers).

In General:

- Take clothes that you like and in which you feel comfortable. You will be wearing them a lot.
- Avoid expensive, hard-to-care-for clothes since you will be washing clothes by hand much of the time and Kenyan detergents are harsh. Easy-care and fast-dry items are best: cotton, permanent press, and wool.
- Whites are difficult to keep clean. Earth tones are less conspicuous and are best for field conditions.
- Take all the clothes you need. Although you can get clothes--made and/or purchased--in Nairobi and Mombasa, it can be time-consuming and expensive.

Specific Clothing Checklist:

- Teva-style sandals. Inexpensive flip-flops are good for evening runs to the choo (outdoor bathroom) and are widely available in Kenya for very cheap prices. The elements will get the best of your leather Birkenstocks.
- Sneakers and shoes: Nice cross-trainers are best because you may not need to bring a pair of dress shoes. However, if you plan on interning in an office setting, bring a pair of dress shoes.
- Hiking boots or comfortable and supportive walking shoes. These are extremely important, as you will be doing a lot of walking and hiking. If you do not have a pair yet, buy them NOW so that they are broken in for your trip.
- At least one or two pairs of jeans or pants.
- 1 set of dress clothes for Nairobi, parties, clubs, etc. and appropriate shoes to accompany.
- 2 sets of clothes for work, church and dinners (more conservative than party clothes).
- Rugged, comfortable hiking shorts with pockets, 1 - 3 pair. Also, zip-off pants are a great idea and help reduce the number of clothes you bring.
- T-shirts – 3 - 5. Some that will look nice for “dressing up”; others, with a saying or logo, you may want to trade or give away. Plain, solid colors that can be worn with everything are the most useful. 50/50 Cotton/Poly shirts don’t shrink and dry quickly. Also, a nice short-sleeved shirt for men and 2 or 3 nice blouses for women.
- 1 - 2 long sleeved shirts. These are important both for warmth and for keeping mosquitos away.
- 1 - 2 versatile sweaters or sweatshirts. Again, wool, fleece and poly are warmer, lighter, and dry faster than cotton.
- Jacket -- windbreaker or anorak, preferably waterproof. Bring a warm jacket if you tend to feel cold.
- Socks – 3 - 7 pair: wool is excellent in hot weather and is best in the rain; bring cotton for everyday use (Most students wear sandals daily.)
- Underwear -- enough to last you 2 weeks. Keep in mind that it is considered rude to give your underwear to your homestay families to wash; therefore, you will be washing your own underwear for much of the semester. Select underwear that is durable and dries quickly.
- Bathing suits -- a two-piece bathing suit is not appropriate for women in Islamic areas.

Gear Essentials: (And we do mean ESSENTIAL. In other words, bring ALL of these things.)

- Pocket Swahili-English dictionary
- Swiss Army knife (not in carry-on luggage)
- Sleeping bag. Absolutely essential! Temperature ratings vary, but generally a 20-degree bag will do.
- Ensulite/RidgeRest/Z-Rest sleeping pad. If you bring a ThermoRest bring a patch kit too.
- Frame pack. Internal frames are best: this would be a bag over 4,000 – 7,000 cubic inches. Many frame packs have detachable fanny-packs that are handy for carrying water, a journal and a camera for day-trips.
- A smaller backpack of between 2,000 and 3,500 cubic inches. Duffle bags are good for cargo, but awkward in tight spaces and require more effort and trouble than backpacks. You will need this daypack for your homestays and for carrying books in Nairobi.
- Headlamp or Flashlight. Don’t forget extra batteries and bulbs; batteries are available in Kenya, but they may not be within convenient reach. The new LED headlamps (by Black

Diamond and Petzl) are amazingly light and run for over 60 hours on a few AAA batteries—they are definitely encouraged.

- Water bottles. Two lightweight, Nalgene-style, (1-quart size or 1-liter); one large-mouth bottle and one small-mouth for drinking convenience.
- Personal Journal. Bring one if you want to keep a private journal. However, keeping a journal is a required part of the core course and for this you will be given a journal and formatting instructions in Kenya.
- Sunglasses (green or brown lenses are best) AND sunblock. Strong sunlight can damage unprotected eyes and skin.
- Plastic bags of assorted sizes. Include a few garbage bags and zip-locks to line your pack and to store clothing when it rains. Keeping things dry while in the field is essential for a successful and comfortable experience.
- Rain gear -- a rain jacket and rain pants. Bring some big plastic bags to cover your pack. Umbrellas are available in Nairobi, but a light one is easy to take with you. Be prepared for the rain and you will be much happier!
- Towel and washcloth. Maybe a beach towel and a smaller pack-towel.
- Hat with a protective brim to cover face and neck. This will help fend off dehydration and protect you from sunburn. Scarves, bandanas, and handkerchiefs are good too, but are not a replacement for a hat. Baseball caps are fine for most cases.
- Insect repellent. Nothing with more than 30% DEET because it's not worth the irritation and cancer risk.
- Camera (see page 11).

Additional Good Ideas:

- Take an easily concealed purse, pouch or moneybelt to carry both your money and passport while traveling. Make sure you know where your belongings are at all times (especially in Nairobi), as students have been relieved of their unconcealed possessions in the past.
- Binoculars
- Take a musical instrument -- a guitar, a penny whistle, a harmonica, etc. -- if you play AT ALL.
- Crazy Creek chair
- Bring photographs of your family, friends and school or anything else you would like to share with your hosts about your life and country; they are as anxious to learn about you as you are to learn about them.
- Walkmans are popular, but we discourage their overuse, for they may be anti-social to others.
- A lighter
- Iodine tablets for water purification in emergencies. At some point you may have to drink water not supplied by the program, and iodine tablets are good to have. You won't need these for the entire semester, only for certain occasions that may arise.
- School supplies. You will be attending classes and writing papers! Bring some notebooks and folders to organize your things. Also, bring several pens and pencils; they make good gifts for children. Many students find index cards useful for studying Swahili vocabulary.
- Duct tape/Super Glue/Epoxy and other supplies for quick repairs are very useful.
- Sewing repair kit
- Laptop with a converter, which you can buy at Radio Shack. Don't buy one especially for the semester, but bring it if you have it.

Toiletries:

Toiletries are available in Nairobi, but your familiar US brands may not be available. It is also easier to have the supplies on hand rather than making trips into town. The following things are useful to consider when packing for your trip.

- Smaller bottles of shampoo and other toiletries can help save space during field components;
- Face wipes, astringent pads or hand sanitizers for field components.
- Cotton swabs
- Biodegradable "mountain soap" or camp soap (still, even this soap should not be used in lakes or streams)
- Lotion is good for general dry skin, soothing sunburns and extracting nettles from one's legs.
- Women: you can buy tampons and pads at supermarkets in Nairobi; bring enough to see you through the first couple of weeks.
- Contact wearers, take extra bottles of contact solution

Medical Items:

The Program carries First Aid supplies on all field trips. You may, however, want to bring the following items for your personal use and travels:

All malarial prophylaxes can be purchased in Kenya at a significant savings. You may want to purchase just enough to get you started in the US and get the rest in Kenya.

- Rehydration salts
- Maalox, Tums or Pepto Bismol (the only one that kills e-choli)
- Aspirin or ibuprofen
- Anti-diarrhea pills (Immodium-over the counter)
- Dramamine or Sea Bands (for drug-free relief), if you suffer from motion sickness
- Antibiotic cream or powder (Gold Bond)
- Chapstick with SPF
- Band-Aids, moleskin/blister pads (and scissors)

NOTE: If you have any allergy at all, bring your (prescription or over the counter) medication with you. If you use an inhaler, please be sure to bring that.

Mountain Climbing:

Some students will climb Mt. Kenya (17,300 ft.). If you begin planning immediately upon arrival in Kenya, there is also a chance that you will be able to climb Mt. Kilimanjaro in Tanzania, the highest peak on the African continent at 19,300 ft. Unfortunately, park fees are very high. It currently costs US \$500 - \$1,000 to climb Kili and US \$200 - \$300 to climb Mt. Kenya. These trips require you to bring certain additional items not included in the above packing list. A suggested list for climbing follows.

- Rugged hiking boots
- Multi-fuel stove
- 2-man tent
- Long underwear (thin calpiline/polypro or silk is your best bet to reduce bulk)
- A warm, waterproof winter jacket/shell for high altitude cold
- Hats and mittens

- GOOD rain gear that keeps you dry: it can rain almost everyday on the mountains.
- Complete FIRST AID KIT
- Good sunglasses (i.e. glacier glasses) with strap to keep from losing them
- Headlamp and batteries
- Water bottles
- Small food containers

NOTE: technical climbers must bring all pro—cams, nuts, draws, ropes

Keep in mind that Kili requires more time and money for planning and transportation than Mt. Kenya. Climbing parts of Mt. Kenya is possible for most people who are in good shape and don't want the logistics of climbing Kili. Conditions above 14,000 ft. can be extremely harsh. Tropical Alpine zones experience moderate to warm daytime temperatures (40°F - 60°F) while nighttime temperatures may vary between 15°F and 32°F. These regions may also be exposed to high winds. If you plan to spend time above 14,000 ft., be prepared for at least mild winter conditions. Climbing in East Africa is most often done with the support of porters and guides, making for a safer and possibly more comfortable alpine experience. If you have further questions about high altitude conditions of climbing, contact St. Lawrence's Outdoor Programs Office in Newell Augsbury Field House: 315-229-5016.

MEDICAL PRECAUTIONS

- All students are required to have medical insurance while they are abroad.
- If you require medical care while in Kenya, expect to pay the bills while in Kenya. Once you are back in the States, you may present an itemized bill with details (in English) of the diagnosis, treatment, prescribed medicine and charges in the local currency to your insurance company. You will be reimbursed at a later date, at that date's currency exchange.
- Take any current prescriptions and/or medications that you will need throughout the semester.
- Take the pills or serum for any allergy injections you will need. You can ask the flight attendants on planes and hotels to refrigerate these items. In Nairobi, they can be stored in the director's house.
- Do not swim in fresh water areas. Do not even wade, since there is a widespread disease known as schistosomiasis (bilharzia). This is a liver fluke (a parasite) that lives in fresh water (Lake Victoria/Nyanza, for instance) in snails during part of its life cycle. When it matures, the parasite's preferred environment is in a human body, which causes severe illness in the individual. Occasionally there are a few places where it is safe to swim. The directors and tour guides will inform you when it's safe to swim.
- If you wear glasses and/or contact lenses, take along an extra set or copy of the prescription.

MONEY

EACH STUDENT WILL BE REQUIRED TO PAY US\$225.00 AT THE BEGINNING OF THE SEMESTER. This will be payment for:

- \$50.00 for core book rental fee, field component readings, journals
- \$75.00 damage deposit – to cover cell phone and other SLU property. To be returned at end of semester if there is no damage.
- \$100.00 for health insurance. All students must purchase this insurance, regardless of other medical coverage they may have.

This \$225.00 payment is not covered in your St. Lawrence comprehensive fee. Please be prepared to pay it upon your arrival in Kenya, during orientation, in U.S. cash.

We suggest each student take \$700-\$1,000 for travel, gifts, and other personal expenses. The amount of money needed depends on the individual. In the past, favorite gifts that students have purchased for themselves, friends and family have been kikois, other materials, and crafts -- all of which are relatively inexpensive. If you plan on visiting Europe before or after your semester in Kenya, you will obviously need more money.

The easiest way to get money in Nairobi is by using an ATM card. Before you leave for Kenya, ask your bank if the card will work outside the United States. Cirrus, Plus, and Visa ATM cards all work worldwide. Outside of Nairobi, you will need cash or Travelers' Checks to make purchases. Take traveler's checks in large denominations (\$50 - \$100) because you are charged for each traveler's check exchanged. Watch the exchange rate for optimal times to exchange the checks. Don't travel with a lot of loose cash. Credit cards are usable for some expenses in Nairobi. Visa and Mastercard are widely accepted. American Express is not as widely accepted.

Participants in the spring semester should make arrangements to file their income tax return in January, before they leave the US.

Record serial numbers of camera, lenses, tape deck, travelers' checks, credit cards etc. Likewise, make an inventory list of all valuables. Keep one copy with you and leave one copy at home. There is a safe at the Center where you can, and should, keep all credit cards, bankcards, valuables and extra money. Make sure that all your bags/suitcases/backpacks are properly tagged and secured. **In short, you are responsible for your money and your things.**

PHONES

Each student will have use of a mobile phone for the semester. (Please see MONEY

Students are no longer able to charge telephone calls with credit cards from Kenya, nor are they able to call collect from the Program phone or the homestay family's phone.

LAPTOPS

Students may find it convenient to bring their own laptops. There is a security risk. Modern laptops accommodate 120 to 240 volt AC power, so there should be no need for a transformer – but they should check on this for their own machines. They will need an adapter to allow them to plug in their machine to Kenya's 3-pin big power outlets, similar to those in Britain. They may wish to purchase a surge protector to guard against spikes in the main power. These can be purchased locally.

CAMERA AND FILM

Although it is unwise to experience Kenya solely through the lens of a camera, a camera is a **MUST**. Expensive cameras should be insured before you leave the U.S. SLR's with large lenses give you great shots, but they are not always the most practical. We suggest point-and-shoots (automatics or digital with lots of batteries) for most occasions. However, bigger cameras take better photos and large lenses are available for rent in Nairobi so you can bring smaller lenses but take bigger ones on field components. Polaroid instamatics have also proven to be a lot of fun during the homestays.

As mentioned earlier, you are encouraged to record some of your memories on film, but use your camera wisely. Do not forget to ask for a person's permission to take her/his photograph. **Also, note that taking photographs in, and of, government buildings and transportation depots (airports and train stations) is against the law in much of Africa.** This restriction also applies to the heads of government. Therefore, you cannot take photos of the President.

Film is readily available in larger towns and cities. Since film is subject to import duty if it is mailed to you, either bring all you need or buy it in Kenya. Most students use 8 – 15 rolls of film. Kodachrome cannot be processed locally, nor can the Advantix film be purchased in Kenya.

INSURANCE

All students participating in the Kenya Semester Program must buy medical insurance when they arrive in Kenya (\$100, see above) to have good local health care. It covers all routine medical needs and hospitalization costs up to \$3,500. Mental health, dental problems, and pre-existing conditions are not covered by the plan.

HOMESTAY GIFTS

The following are suggestions for gifts. Gifts are difficult for many people to give. Simply remember they are gestures of thanks and appreciation to the family rather than symbols of your wealth. Also, many gifts can be shared by various members of the family. Most families will have small children.

RURAL:	Flashlights/batteries	Scarves
	Lighters	Bandanas
	Baseball caps	Calendars
	Swiss Army Knives	Can/bottle openers
	Picture frames	Inexpensive watches
	Balls (soccer ball)	T-shirts (these are always a favorite)
	Towels	1 - 2 yard pieces of brightly printed cotton fabric
	Coffee mugs	

For children, many rural homestay parents want their children to learn English so books printed in English are very useful and sometimes expensive and difficult to find in Kenya. Other suggestions:

Crayons	Pens/pencils/paper
Markers	Paints
Coloring books	Match Box cars
Bubbles	Games

URBAN:

Your urban family will likely be very westernized and have a comfortable, well-equipped home. Plan your gifts accordingly. Gifts that come from your region of the USA are good (ex. Maple syrup). For children, anything you would have enjoyed when you were younger, they will enjoy.

- Books on the USA,* especially your home state/region
- Tablecloths, table mats
- Blanket, small rug, or chair covering
- An art or craft that you like to make (knitting, etc.)
- T-shirts -- from your town/region or your university
- Baseball hats
- Sweatshirts -- along with T-shirts, these can be of several different sizes
- Photo calendars -- from your home region/university

*We are finding that most families already have a copy of *A Day in the Life of America*, among others.

*****Bring photos of your family, friends, house, etc.** Many people like to see what your family is like! This is a good "ice breaker" as you become acquainted with your Kenyan family.***

SUGGESTED READING/RESOURCES LIST FOR KENYA PARTICIPANTS

General Introduction to Africa

Paul Bohannon and Philip Curtin, *Africa and Africans*

Basil Davidson, *The Search for Africa: History, Culture, Politics and The Black Man's Burden*

April and Donald Gordon (Eds.), *Understanding Contemporary Africa*, 2nd Ed.

B.A. Ogot, *Zamani: A Survey of East African History*

Literature

Eddy Harris, *Native Stranger*

Okot p'Bitek, *Song of Lawino and Song of Ocol*

Mugo Gatheru, *Child of Two Worlds*

J. Kariara and Ellen Kitonga, *Introduction to East African Poetry*

Leonard Kibera, *A Voice in the Dark*

Leonard Kibera and S. Kahiga, *Potent Ash*

Wanjuki Mukabi Kibera, *The Oral Artist*

Meja Mwangi, *Going Down River Road, Kill Me Quick, Carcase for Hounds*

Grace Ogot, *The Promised Land, The Other Woman*

Ngugi wa Thiong'o, *Weep Not Child, The River Between, A Grain of Wheat, Matigari*

Miriam Were, *The Co-Wives*

Conservation and Field Guides

Richard D. Estes, *The Behavior Guide to African Mammals, The Safari Companion: A Guide to Watching African Mammals*

Raymond Bonner, *At The Hand Of Man*

John Williams, *The Birds of East and Central Africa*

History, Government and Social Sciences

Alice Amsden, *International Firms and Labor in Kenya*

Joel Barkan, *Politics and Public Policy in Kenya and Tanzania*

E.A. Brett, *Colonialism and Underdevelopment in East Africa*

Desmond Clark, *The Pre-History of Africa*

Colin Fletcher, *Winds of Mara*

Goran Hyden, *Beyond Ujamaa in Tanzania*

Jomo Kenyatta, *Facing Mount Kenya*

Colin Leys, *Underdevelopment in Kenya*

James McCann, *Green Land, Brown Land, Black Land: An Environmental History of Africa, 1800 -1900*

John Middleton, *The World of the Swahili*

Julius Nyerere, *Freedom and Socialism*

David Parkin, *Town and Country in Central and Eastern Africa*

John Reader, *Missing Links*

Marc Howard Ross, *Grass Roots in an African City: Political Behavior in Nairobi*

Edward Soja, *The Geography of Modernization in Kenya*

Paul Spencer, *Nomads in Alliance: Symbiosis and Growth Among the Rendille and Samburu in Kenya*

Films/Videos

Ali Mazrui, *The Africans* (9 pts.)

Basil Davidson, *Africa* (8 pts.)

Maasai Women (60 min.)

SWAHILI

We have included some rudimentary vocabulary and verb conjugations of the Swahili language. Practice as much as you can. It will make your first weeks in Kenya MUCH more enjoyable if you can memorize some key verbs and nouns.

Pronunciation of the vowels is as follows:

a—ah
e—eh, as in friend
i—ee
o—oh
u—as in you

These vowel sounds never change.

Nominal Prefixes:

Singular:

I --- ni
You --- u
he/she --- a

Plural:

We --- tu
you --- m
they --- wa

*** If you spend some time with our brief introduction, and work with it -- structure, etc. -- you are bound to make **some** sense out of it! Original awkwardness with the consonant sounds wears away -- and a smile is always useful!!

Useful phrases:

HUJAMBO
HABARI YAKO?
NZURI/SALAMA
TAFADHALI
ASANTE SANA
KWAHERI
NDIO
HAPANA
SAMAHANI
POLE
NIMESHIBA

HELLO
HOW ARE YOU? ("How is your news")
GOOD/PEACEFUL
PLEASE
THANK YOU VERY MUCH
GOODBYE
YES
NO
EXCUSE ME
I AM SORRY
I AM SATISFIED/FULL

BAHATI NZURI (GOOD LUCK)!

Sentence Construction

(Noun) + (Adjective) + (Verb) + (Adverb)
 [Verb = Nominal Prefix + Tense prefix + Verb]

Examples:

Eric alienda Kisumu.
 Mimi nitakula ugali na sukumawiki.
 Ninajifunza Kiswahili.
 Motokaa kubwa inaenda mbio.
 Yeye ni mwanafunzi.
 Huyu ni mwalimu wa Kiswahili.

Eric went to Kisumu.
 I will eat ugali and sukumawiki.
 I am studying Swahili.
 The big car is moving quickly.
 He/she is a student.
 This is the Kiswahili teacher.

Tenses

Present tense: -na-

eg. Amanda anatembea.
 Daudi anakula kuku.
 Wewe unafanya nini?

Amanda is walking.
 David is eating chicken.
 What are you doing?

Past tense: -li-

eg. Sisi tuliliogelea.
 Mimi nililitembea.
 Kristen na Liz walilioga.
 Wewe ulilikula lini?

We swam.
 I walked.
 Kristen and Liz bathed.
 When did you eat?

Future Tense: -ta-

eg. Sisi tutataenda Mombasa.
 Joyce attapika chapati.
 Mimi nittakula nyama.
 Wao watatakuja kesho.

We shall go to Mombasa.
 Joyce will cook chapati.
 I will eat meat.
 They will come tomorrow.

Habitual Tense: -hu-

eg. Stacey huhupenda mkate.
 Wao huhuenda shambani.
 Sisi huhucheza mpira.
 Yeye huhupenda kulala.

Stacey likes bread.
 They go to the fields.
 We play ball (soccer).
 He/She likes to sleep.

Common Verbs
(drop the -ku- prefix before conjugating)

<u>Swahili</u>	<u>English</u>	<u>Swahili</u>	<u>English</u>
kula	to eat	kulima	to dig
kunywa	to drink	kupa	to give
kulala	to sleep	kupeleka gari	to drive a car
kuoga	to bathe	kuona	to see
kupenda	to like/love	kusafiri	to travel
kutaka	to want	kukimbia	to run
kupika	to cook	kubeba	to carry
kucheza	to play/dance	kuagiza	to ask for
kuogelea	to swim	kusikia	to hear
kutembea	to walk	kufanya kazi	to work
kuenda	to go	kucheka	to laugh
kufanya	to do	kukaa	to stay
kuja	to come	kusimama	to stand up/stop
kuimba	to sing	kuketi	to sit
kufua nguo	to wash clothes	kupanda	to climb/plant
kupiga bei	to bargain	kuwa	to be
kupumzika	to rest	kukua	to grow
kutoka	to come from	kulipa	to pay
kupotea	to get lost	kuleta	to bring
kutafuta	to look for	kungojea	to wait for
kununua	to buy	kuvaa	to wear
kusoma	to read/study	kuandika	to write
kusema	to speak	kuzungumza	to converse
kuitwa	to be called	kufurahi	to be happy
kulia	to cry	kupiga kelele	to make noise/shout
kuuliza	to ask	kujua	to know

Nouns: M/WA Class

Characteristics of this noun class:

- animate nouns (except trees and plants)
- names of people
- names of animals and insects

Examples:

<u>Kiswahili</u> <u>Singular</u>	<u>Plural</u>	<u>English</u> <u>Singular</u>
mtu	watu	person
mtoto	watoto	child
mnyama	wanyama	animal
mchungaji	wachungaji	herdsman
mwalimu	walimu	teacher
mwanafunzi	wanafunzi	student
mbwa	mbwa	dog
kuku	kuku	chicken
paka	paka	cat
ng'ombe	ng'ombe	cow
mbuzi	mbuzi	goat
kondoo	kondoo	sheep
msichana	wasichana	girl
mvulana	wavulana	boy
mzee	wazee	elder/old man
mwanamke	wanawake	woman
mwanamume	wanaume	man
mpishi	wapishi	cook
mdudu	wadudu	insect
mbu	mbu	mosquito
mgeni	mgeni	guest/stranger

AGREEMENT MARKERS

	Nominative prefix for use with Verb	Adjective prefix	Demonstratives:	
			this	that
Singular	a-	m-	these	those
Plural	wa-	wa-	huyu	yule
			hawa	wale

Examples:

Wanyama wale ni wagonjwa.

Those animals are sick.

Mtoto huyu ni mzuri.

This child is good.

Mpishi yule hupika chakula kizuri sana.

That cook cooks very good food.

Nouns: M/MI Class

Characteristics of this noun class:

- names of trees and plants
- a few other nouns

Most of the nouns take the prefix m- (singular) and mi- (plural).

Examples:

<u>Kiswahili</u>		<u>English</u>
<u>Singular</u>	<u>Plural</u>	<u>Singular</u>
mti	miti	tree
mnanasi	minanasi	pineapple tree
mwili	miili	body
mgongo	migongo	back
mdomo	midomo	mouth/lip
mkono	mikono	hand/arm
mguu	miguu	foot/leg
mkeka	mikeka	mat
mtu	mitu	river/pillow
mwiba	miiba	thorn
mkate	mikate	bread
mwezi	miezi	moon/month
mwaka	miaka	year
mlima	milima	hill/mountain

AGREEMENT MARKERS:

	Nominative prefix for use with Verb	Adjective prefix	Demonstratives:	
			this	that
Singular	u-	m-	these	those
Plural	i-	mi-	hii	ile

Examples:

(Singular)

Mti ule mkubwa umeanguka.

That big tree has fallen down.

Mkate huu mdogo ni mtamu.

This small loaf of bread is sweet/good.

Mkono huu ni mchafu.

This hand is dirty.

(Plural)

Miti ile mikubwa imeanguka.

Those big trees have fallen down.

Mikate hii midogo ni mitamu.

These small loaves of bread are good.

Mikono hii ni mchafu.

These hands are dirty.

Nouns: JI/MA Class

Characteristics of this noun class:

- most of the fruits
- nouns which start with ma- in the plural

Some of the nouns in this class start with ji- in the singular and with ma- in the plural.

Examples:

<u>Kiswahili</u> <u>Singular</u>	<u>Plural</u>	<u>English</u> <u>Singular</u>
embe	maembe	mango
nanasi	mananasi	pineapple
tunda	matunda	fruit
papai	mapapai	papaya
jani	majani	leaf
jina	majina	name
jembe	majembe	hoe
jino	meno	tooth
jiwe	mawe	stone/rock
jiko	majiko	stove
jicho	macho	eye
kabati	makabati	cupboard
gari	magari	vehicle
bonde	mabonde	valley
tumbo	matumbo	stomach
basi	mabasi	bus
maji	maji	water
maziwa	maziwa	milk
mafuta	mafuta	cooking oil
sikio	masikio	ear
chungwa	machungwa	orange

AGREEMENT MARKERS:

	Nominative prefix for use with Verb	Adjective prefix	Demonstratives:	
			this	that
Singular	li-	-	these	those
Plural	ya-	ma-	hili	lile
			haya	yale

Examples:

embe tamu	a sweet mango	maembe matamu (pl.)
kabati kubwa	a big cupboard	makabati makubwa (pl.)
Gari lile limeondoka.	That vehicle has left.	Magari yale yameondoka.

Nouns: N/N Class

Characteristics of this noun class:

- no particular category of nouns
- plural form is the same as the singular form
- many words that are borrowed from other languages

<u>Kiswahili</u>	<u>English</u>	<u>Kiswahili</u>	<u>English</u>
choo	bathroom(s)	chai	tea
sukari	sugar	chumvi	salt
taa	lamp(s)	pilipili	pepper
nyumba	house(s)	nyasi	grass(es)
motokaa	car(s)	sufuria	pan(s)
bei	price(s)	nyama	meat(s)
kalamu	pen(s)	saa	watch(es)
baisikeli	bicycle(s)	nguo	cloth(es)
bia	beer	pombe	beer

AGREEMENT MARKERS:

	Nominative prefix for use with Verb	Adjective prefix	Demonstratives:	
			this	that
			these	those
Singular	i-	n-	hii	ile
Plural	zi-	n-	hizi	zile

Examples:

Nguo imepasuka.	The cloth is torn.	Nguo zimepasuka. (pl.)
Bei nzuri	Good price(s)	
Nyasi kavu	Dry grass(es)	
Nyumba hii ni safi.	This house is clean.	Nyumba hizi ni safi. (pl.)
Sukari imemwagika.	The sugar has spilled.	
Nyama hii imeoza.	This meat is rotten.	