

# ST. LAWRENCE UNIVERSITY

## KENYA SEMESTER PROGRAM



FALL 2009  
ORIENTATION HANDBOOK

## Fall 2009 Calendar - KENYA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					August 15 Arrival	16 Orientation
17 Orientation Swahili starts	18 Orientation	19 Orientation	20 Orientation Swahili ends	21 Rural homestay	22	23
24	25	26	27	28	29 Rtn Nairobi	30
31 Class Wk 1	September 1 Classes in	2 Nairobi	3 Stay at	4 compound 13:30 RHS Seminar	5 Trip to Longonot (Optional)	6
7 Class Wk 2	8 Stay at	9 compound	10	11 11:00 Intro to Tz trip	12 Tanzania	13 Field
14 Component	15	16	17	18 Rtn Nairobi	19 Prepare for Urban h/stay	20 Depart for Urban h/stay
21 Class Wk 3	22	23	24	25 11:00 Urban activity	26	27
28 Class Wk 4	29	30	October 1	2 11:00 Urban activity	3	4
5 Class Wk 5	6	7	8	9 End of homestay 11:00 Intro to Amboseli trip	10	11 Rural/Urban Paper Due
12 Amboseli Field	13 Component	14	15	16	17	18
19	20 Rtn Nairobi	21 Amboseli Presentations	22 MID	23 SEMESTER	24	25 BREAK
26 Class Wk 6	27 Stay at	28 Compound	29	30	31	November 1
2 Class Wk 7	3 Stay at	4 Compound	5 Tanzania/Past oral Paper due	6 Prepare for IDS	7	8
9 Independent	10 Field	11 Study	12 Projects	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	December 1	2	3	4	5 Return to Nairobi	6
7	8	9	10 Last Dinner	11 IDS papers due	12 group flight /center closes	

**Please Note: Calendar may change during the course of the semester and classes may take place during public holidays.**

Students will be given information regarding the group flight. If students are not able to take the group flight, they are expected to arrive at the Nairobi airport before noon on the date the group flight arrives. Students traveling independently will not be picked up by the program staff and must arrange their own taxi transportation. (Details are in the Kenya orientation booklet.)

001 002 003 004 005 006 007 008 009 010 011 012 013 014 015 016 017 018 019 020 021 022 023 024 025 026 027 028 029 030 031 032 033 034 035 036 037 038 039 040 041 042 043 044 045 046 047 048 049 050 051 052 053 054 055 056 057 058 059 060 061 062 063 064 065 066 067 068 069 070 071 072 073 074 075 076 077 078 079 080 081 082 083 084 085 086 087 088 089 090 091 092 093 094 095 096 097 098 099 100

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## 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 staff (Dr. Abdelwahab Sinnary is the academic director; Dr. Wairimu Ndirangu is the administrative director; Lina Muturi-Karingi is the associate director for finance and administration and; Christine Kamau is the program assistant).

The students use the Study Center (which comprises dorms, living rooms, dining room, and kitchen and study space) as a base where they live between field components and homestays and where they can keep their things. They can return there during the semester to retrieve belongings or use the library and computer facilities. The directors and other program staff 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, Environment and Development in East Africa – Required Core Course

The core course is a semester-long interdisciplinary seminar that helps students absorb, analyze and synthesize the diverse perspectives on Kenyan peoples and issues to which they are exposed on this program. Several field components are described below; in each, we emphasize the opportunity to learn directly from local communities. During the course, students have required readings for each field component, group presentations, projects, essays, analytical field journals, and seminar discussions. The work of the last month culminates in an integrative essay. This course is 1 ½ units (5.4 credits).

#### A. Rural agricultural component

The academic focus of this field component is on family relationships; socio-cultural and development aspects of a farming community including the impact of modern education and belief systems; natural resources, land use and subsistence strategies; handicrafts and local markets.

This homestay is located in an agricultural area of rural Kenya. The program is required by the Kenyan government to shift to a new community every three years (in part to avoid “burn-out” felt by our hosts). After the few days of orientation, the group travels to their rural homestay where they 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 15, 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 and come prepared to introduce your favorite cuisine (auntie jemima’s pancake mix?), 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. Two mid-program extended field components**

The first of these (Tanzania) is 1-week and the second (Amboseli) is 9 days long. The Tanzania component will emphasize issues of environment and development affecting the livelihood of the Hadza, one of the few people still practicing hunting and gathering. The second component will be dedicated to the socio-economic, environmental and development factors affecting the daily livelihood of the agro-pastoral Maasai.

**Tanzania**

The focus of this component is on the causes and consequences of the changes to the culture and livelihood of Hadza. The Hadza, numbering less than 1200, live on the Yaeda Valley and is one of a few tribes that still practice hunting-gathering. Marginalization by the Tanzanian government, globalization, development, competition over land and natural resources by other tribes are all factors contributing to the rapid change in the Hadza's lifestyle and culture. To understand the socio-economic, political and development factors affecting the Hadza's livelihood we will begin by understanding the governance structure of the Vijiji (the villages set up under the Ujamaa policy) and other legislations and policies that directly impact the Hadza and their livelihood. We will spend 3 nights with the Hadza to learn how they live as hunter-gatherers. They will train us to acquire various skills associated with their hunter-gathering lifestyle. Using our newly acquired skills and knowledge, we will join the Hadza women in a foraging trip and the men in a game hunting trip. This component is hosted by Dorobo Tours and Safaris, an organization which has been conducting educational field trips since 1984.

**Amboseli**

This component focuses on the socio-economic and environmental factors responsible for changing the Maasai culture and their pastoral lifestyle from pure nomadic pastoralist to semi-sedentary mixed agro-pastoralism in the region. We will examine the competition and conflicts between the local Maasai, non-Maasai farmers, livestock and wildlife over land, water, pasture, land and, natural resources. We will explore how the local Maasai cope with problems and issues affecting their day-to-day life. We will engage our hosts in lengthy discussions on a diversity of issues, ranging from gender roles to development and social change and will spend two days in a traditional Maasai home.

**C. Urban Homestay**

While students are taking classes in Nairobi, they spend 3 weeks in an urban homestay in Nairobi. Students 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. The homestay families may take students to visit their rural homes on a weekend. This homestay allows students to see the transition of Kenyan families from an agriculture or pastoral-based life to the urban culture of Nairobi. Readings on a range of urban issues will be assigned during this period. Additional field trips in the city and environs encourage students to consider the environmental, social and cultural challenges facing Kenya's rapidly growing cities. Guest lectures organized during these three weeks allow the students to appreciate the diversity of issues that permeate the development of the City.

**D. Independent Field Study**

During the last 4 weeks of the semester students complete a final essay for the core course, integrating what they have learned and extending the application into a specific study. The commitment is to a minimum of 160 hours of work/study. Students engage in making a choice of securing an individual placement in one of a number of Kenyan or international

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organizations under the guidance of the Administrative Director. Students should formulate and focus their interests as much as possible during the first few weeks in Kenya in order to help both the student and the directors to narrow down the choices and possibilities for the four-week placement. 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. The directors assist the students to identify field projects that are well suited to the students' interests, but placement depends upon many factors beyond everyone's control. Some recent placements have been - Heifer Project, Green Belt Movement, Cheetah Conservation, Women's Rights Organizations, Local Orphanages, Moi University Referral Hospital (IU PROGRAM), Nile River Explorers, Coastal Marine Fisheries Research, African Medical and Research Foundation (AMREF) and Organic Farming Programs.

### **III. Elective Courses taken in Nairobi**

Classes will take place for seven weeks in classrooms at the United Kenya Club (UKC) in Nairobi. Each student will take three courses, one of which will be Swahili. The course electives include Biodiversity Conservation and Management in East Africa, The Making of Modern Kenya, Critical Issues in Socio-Economic Development in Kenya, and Health, Sickness and Healing in Kenya. Classes meet thrice weekly for one and a half hours.

#### IV. Travel

Students are strongly encouraged to take the group flight that will be offered. If this is not possible, students are expected to arrive at the Nairobi airport before noon on the date the group flight arrives. The reason we ask you to arrive before noon is that there are security issues regarding your transport between the airport and the compound.

#### Taking a taxi to KSP compound from the airport

**Important:** If you are traveling independently, please make a copy of the following instructions and take it to Kenya.

Students traveling independently **will not be picked up** by the KSP's staff and must arrange their own transport (we highly recommend taxi use) to our compound. Students traveling independently are required to supply the SLU international studies office with complete flight details at least two weeks prior to their departure (Please include airline, flight number, arrival time and date and, city your plane is departing from).

When leaving the Nairobi airport please do not take any taxi on offer because of the security risks involved. As you clear with customs and move out to the area where arriving passengers are received by waiting relatives and friends many taxi drivers will approach you to offer their services. Just ignore them and do the following:

1. Change about US\$ 50 to Kenyan shillings (Prevailing rate is about 75 Ksh to one US dollar) from any of the banks at the arrival hall.
2. Go to the office (in the same arrival hall) of Europcar (phone: (020) 822348, (020) 822625, 0722 823455), Jim Cabs (phone: 0720-275720) or any of the adjacent offices and ask for a taxi to our compound at 91 Miotoni Road, Karen. The companies have fixed rates, which vary between Kshs. 2,400 and 2,600. Make sure that they register your name, the taxi driver's name and taxi's number plate.
3. Give them the description of the location of our compound and make sure that the taxi driver knows our compound's location BEFORE you leave the airport:

The campus of the St. Lawrence University Kenya Semester Program (SLU - KSP) is located at 91 Miotoni Rd, off Ngong Road, Karen. Turn right at the Ngong/Miotoni Road junction, drive for about a kilometer, and turn left at a small sign, located on the ground with the writing "91 SLU (KSP)". It is the second gate after the Nairobi Waldorf School. The drive from the airport should take about 40-60 minutes depending on the traffic.

If you need help please call our office: (020) 884509 or (020) 884511 (landline), 0722-201975, 0734-333038 (office cell phones) during working hours. You can also call any of the program administrators at their cell phones (try cell phone first) or homes, as follows:

Lina: Cell phone 0722-770046, home (020) 882752;

Wairimu: Cell phone 0722-518351, home (020) 882707;

Sinnary: Cell phone 0722-310966, home (020) 884510.

Ask the airport reception or any of the taxi companies about telephone services available at the airport.

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 Administrative Director, with adequate supporting evidence.

**Pupils' Passes expire 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. 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 their luggage on the compound, and **MUST** make their own arrangements to transport it home in case they are not in a position to travel with it **BEFORE** they leave the compound. The administrative staff will **NOT** assist with arrangements to transport any left luggage. The center remains 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).

### **Mid-semester break**

A four-day mid-semester break will take place between **Thursday October 22<sup>nd</sup> and Sunday October 25<sup>th</sup>** during which you may choose to stay at the compound or arrange your own independent travel. **Your travel during this break is independent travel and is outside the scope of the semester's activities. You would also need to reserve extra money for this purpose.** The program's Administrative Director must approve all travel plans in advance, with full details of destinations, dates and modes of travel provided. **No travel to the Kenya coast or to countries where a travel warning by the USA government is in place is allowed unless it has also been approved in writing by your parents, in advance. No travel outside East Africa is sanctioned unless you purchase a travel insurance (this can be purchased in Kenya at \$9 per person for up to five days and includes accidental death or total disablement, medical expenses, transport and repatriation).** All students are expected to report at the compound **before 20:00 hrs on Sunday 25<sup>th</sup>**. You should organize your own transport to and from the compound. We require that you travel in groups of three or more if possible. The program's Administrative Director will guide you regarding safe practices in and outside Kenya, and you should accept the program's authority to curtail your travel if so required.

### **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 polygamy. Another example is that people, women in particular, dress more modestly than in the US. For the most part, older and rural Kenyan women do not wear pants or shorts. In fact, in the rural and Maasai homestays, they are usually unacceptable, even for young women. 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 highly 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 directors. 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 do not 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. In addition, dressing in layers is better than taking heavy clothes. Clothes and equipment will depend on the individual, and many students feel it is 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 Mombassa, it can be time-consuming and expensive.

Note: There are two separate parts of this program. There are the field components and the time in Nairobi. Normal clothes are worn in Nairobi except that Kenyans are a bit more conservative than Americans. Field components require more durable athletic clothing in addition to longer skirts (at least below the knee) when meeting with rural people or on a rural home stay.

### **Specific Clothing Checklist:**

- Teva-style sandals – Leather sandals like Birkenstocks will be ruined.
- Flip-flops are an alternative for nights out in Nairobi but inexpensive shower flops can be bought here. If you want to work in an office for IDS you may need dress shoes.
- Sneakers – Most students recommend only needing a good pair of cross trainers or shoes that can be worn for a day hike. Hiking boots were necessary especially if you have bad ankles.
- Pants (a total of 3 to 4 pairs...the following are just a suggestion!!)
  - 1 pair of sweatpants
  - 1-2 pairs of jeans
  - 1 pair of khakis
  - 1 pair of capris
  - 1 pair of zip off pants
- 2-4 athletic shorts
- 3 skirts (Khangas can be purchased here but versatile solid skirts are the best)
- t-shirts 7-10
  - some could be plain and solid colors which are versatile
  - some could have logos which could be traded or given as gifts
  - some recommend the 50/50 cotton/poly shirts for field components
  - 1-2 sleeveless shirts -- wider straps better; these are not always appropriate
- 2 long sleeved shirts (if you are sensitive to the sun then you might want light colors but these may get ruined)
- 1 thicker fleece or hooded sweatshirt

- Jacket – one that is versatile like a windbreaker that is waterproof so it can be used as a raincoat and
- Rain pants – some past students felt these were necessary others thought this should be optional
- Socks – Most students wear sandals the entire time but some prefer sneakers or like to work out. Approximately 5 to 7 pairs are recommended. One pair of wool socks is recommended for times of rain.
- Underwear – Two weeks of underwear is a must. Some students like to wear poly underwear for field components.
- Bras – both sports bras (2) and regular bras (3)
- Bathing suit – a 1 piece and a 2 piece (in some areas it is not appropriate for women to wear 2 pieces)

#### **Gear Essentials:**

- Pocket Kiswahili dictionary
- Swiss army knife
- Sleeping bag – 20 degree
- Sleeping pad – Z-rest/ RidgeRest (not the inflatable kind)
- Internal Frame Pack – 4,000 – 7,000 cu. in. Most of us had a pack about 5,000 cu. in. and this is plenty of room.
- Daypack – A traditional backpack which you use in Nairobi for classes and for home stays.
- Headlamp – Most had Petzels.
- 2 one liter nalgens or water bottles either wide or small mouth (small mouth better)
- Personal journal – if you want to keep one you will be keeping a journal for class
- Sunglasses – make sure they protect for UVA and UVB
- Plastic bags – various sizes
- Towel and wash cloth. Maybe a beach towel and pack towel
- Hat with a protective brim. Bandanas are good too and can be traded but they are not a replacement for a hat. Baseball caps are a good idea.
- Insect repellent – 30% deet
- Camera – A resolution of 5 mega pixels or higher and a minimum of 5X optical zoom give good results when taking shots in the field. For digital cameras bring cords and blank CDs to take your pictures off your camera even if you do not have a laptop otherwise bring lots of memory cards.
- **Binoculars (7X35 or higher magnification is essential for game viewing)**
- Laptop – Bring this with an adaptor to plug them into the Kenyan 3 wide prong plugs like in Britain and a surge protector if you have one. Do not worry about viruses because your computer will have no access to the internet.
- FLASH DISK – You will be writing papers and there are 8 computers here. You will want a convenient place to save. In addition if you have a laptop you will need a disk to print. If you want to do work in an internet café then you will need a disk to save your work there.
- Batteries – Rechargeable batteries are cost efficient but on field components there is no way to recharge them unless you have a solar re-charger. If you do not have a solar re-charger then try a combination of rechargeable and regular batteries.

**Additional Good Ideas:**

- A money belt
- Playing cards
- Gatorade or Emer'gen C (found at the GNC)
- Crazy creek chair. Some used this as a sleeping pad as well.
- A little photo album of family and friends to show home stay families. Make sure that these pictures are not favorites because they might be taken or ruined.
- Diskman and music (There are a lot of long car rides and music is nice!)
- A lighter
- Iodine tablets – These are not really necessary but in emergencies they could be helpful.
- School supplies – one small notebook that is easy to pack for the core course and then a three subject notebook for the other classes. Pens and pencils. Bring extras to trade and give for gifts.
- Duct Tape
- Sewing Repair Kit

**Toiletries:**

- Regular sized shampoo and condition and optional smaller leak proof bottles for field components
- soap
- deodorant and maybe an extra because they only sell the roll on kind here
- Face wipes or astringent pads (very nice for field components)
- Hand sanitizer and baby wipes (very nice for field components)
- Q-tips
- Mountain or camp soap for bathing and laundry in field components
- We do not recommend anti-diarrhea medicine although you might not agree with us until you get here! (Students say to bring it)
- Chapstick with SPF
- SUNSCREEN – Bring one bottle as it is expensive and only comes in low SPF's here
- Tampons – Bring enough for the beginning as you can buy them in Nairobi or bring enough for the entire semester.
- Contacts – We recommend short term ones like dailies or weeklies and extra solution. In addition you should bring your glasses. The air is very dusty and many times you will not want to wear your contacts.

**Medical Items:**

- Rehydration salts
- Tums or Pepto Bismol
- Aspirin or ibuprofen
- Dramamine or Sea Bands – if you suffer from motion sickness
- Antibiotic cream or baby powder
- Band-aids
- Moleskin/blister pads

**Final Note:** The clothes that you bring to Kenya are going to get dirty and or ruined. Some students choose to bring clothes that they did not care about. This way they could leave them here and have additional room to bring the things they bought home. Other students may want to

bring their favorite clothes. It is up to you but be warned. In addition, white clothes are not advisable. On field components they will turn a permanent shade of tan or brown.

**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 well over US \$1,000 to climb Kili and US \$200 - \$350 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 (can be rented)
- 2-man tent (can be rented)
- 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 do not 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 Augsburg Field House: 315-229-5016.

### MEDICAL PRECAUTIONS / INSURANCE

All students are required to have medical insurance while they are abroad. Students participating in the Kenya Semester Program must buy medical insurance when they arrive in Kenya at a cost of \$100 to have good local health care. It covers all routine medical needs and hospitalization costs up to \$3,000. Mental health, dental problems, optical problems and pre-existing conditions are NOT covered by the plan.

- Local medical insurance is arranged by the program and covers for both in-patient and out-patient hospitalization at the Nairobi Hospital. This insurance covers for an in-patient ward bed and students always opt to pay the difference in the costs for a private bed for in-patient hospitalization. While inpatient hospitalization is rare during the semester, most students end up at the out-patient Accident and Emergency unit for most of the common gastro-intestinal infections. There are certain conditions exempted by the insurance cover that requires students to have their own or family medical covers that shall cover these costs. Examples include Malarone drugs that are very expensive in Kenya (at 456/- Kenya Shillings equiv. to USD \$6 per pill at the exchange rate of USD 75) and are not covered by our local insurance, as is the case in the US. Lariam is the cheaper option sold under the generic name Mephaquin and sold at 650/- Kenya Shillings for four pills (equiv. USD \$8.70). ARV's are only given as an emergency measure and any follow-up prescription after an accidental exposure is not usually covered by the medical insurance, as is the case in the US.
- 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 and at that date's currency exchange.
- Take any current prescriptions and/or medications that you will need throughout the semester. Most common tropical infections that students are exposed to while in Kenya have effective treatment here in Kenya. It is unnecessary to carry extra medications that may not be applicable in the tropics. We encourage students to have their ailments taken care of here in Nairobi by professional tropical medical doctors who are keen to diagnose and treat this effectively.
- 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. Students can store their medication in the study centre where a refrigerator is available for their use.
- 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 is safe to swim.

**MONEY**

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

- \$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 \$1,000-\$1,500 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 to visit 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. Do not travel with a lot of loose cash. Credit cards are usable for some expenses in Nairobi. Visa is widely accepted. Master Card or American Express is not as widely accepted.

**WARNING:** Participants in the spring semester should arrange 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 section above.) Students then buy "call units" that range from Kshs 50 – 1,000 (\$0.70 - \$13.30). Please keep in mind that phone call from Kenya to the U.S. costs approximately \$0.40/ minute. It may be much cheaper to give your family your mobile telephone number, when you are issued your phone in Nairobi during orientation, and have them call you from the U.S. If you have no pre-paid units on your phone, then you do not call. However, even if you have no call units you can receive a phone call. The phones and the call units will be explained during Orientation. Students are not 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. Internet telephony is now widely available in many cyber cafes. It is very cheap but the sound quality is inferior compared to cell phones or landlines.

## LAPTOPS

Bring a laptop if you can. Past students found that bringing ones own laptop is very helpful especially during the urban homestay as it relieves a lot of stress due to workload and inaccessibility to computers. There is a security risk from theft, so please make sure that it is insured. Modern laptops accommodate 120 to 240 volt AC power, so there should be no need for a transformer – but you should check on this for your own machine. You will need an adapter to allow you to plug in your machine to Kenya's 3-pin big power outlets, similar to those in Britain. You 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 NECESSARY. 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. However, to get good animal photos, you would need a minimum 300mm lens or a 7X – 10X digital zoom.

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.



## 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. In addition, various members of the family can share many gifts. Most families will have small children.

RURAL:	Scarves	Bandanas
	Baseball caps	Calendars
	Swiss Army Knives	Can/bottle openers
	Picture frames	Inexpensive watches
	Balls (soccer ball)	T-shirts (these are always a favorite)
	1 - 2 yard pieces of brightly printed cotton fabric	
	Coffee mugs	Soccer balls and other play games and items (highly appreciated by most youth and children!)
	Recipe Books	

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, Aunt Jemimah's Pancake Mix, etc). For children, anything you would have enjoyed when you were younger, they will enjoy.

- Books on the USA,\* especially your home state/region
- Tablecloths, tablemats
- 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 PARTICIPANT****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*, 2<sup>nd</sup> 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*

Zimmerman, et. Al., *Birds of Kenya and Northern Tanzania*

**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*

Sobania, N. *Culture and Customs of Kenya*

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 Maasai in Kenya*

**Films/Videos**

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

Basil Davidson, *Africa* (8 pts.)

*Maasai Women* (60 min.)

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## DO NOT MAIL PARCELS TO KENYA!

Those of you who travel to Kenya might have several reasons for having a parcel mailed from the US to Kenya. You might leave something important behind, or your family and friends might want to send you a gift such as a birthday present or Halloween candy. Or when you return to the US, you are anxious to do something special for a Kenyan family or community, and send them a gift or supplies of some kind. Our advice to you in all of these situations can be summed up in one word: **DON'T!** Our reasons follow.

If you leave something important behind – maybe your camera or prescription medications – you run the risk of having it damaged or stolen in transit. And even if it reaches Kenya safely, the experience of clearing it through the Kenyan postal system can be costly, time-consuming and frustrating. Listen to the words of a student who was in Kenya for several months in summer 2007:

“It has been my experience that sending parcels to Kenya is a colossal waste of money. Shipping for a shoebox-sized package runs around \$30, and once it reaches the post office in a Kenyan town, the procedure to actually obtain it is timely and costly. Typically, the postal workers have the recipient open the box in front of them and go through the contents, making a list of what import duties apply to what items (highly variable and subjective). Then the recipient is given a ‘fine’ (representing import duty) to pay at a bank several blocks away, and is forced to leave their passport at the post office while getting a money order of sorts from the bank.

Unfortunately, the postal service is one of Kenya's more corrupt systems, and various small bribes must be paid to re-obtain one's passport and the full contents of the package. In my experience, the cost of picking up a package is often equal to or greater than the cost of shipping. I would advise friends and relatives to send letters and money to students in Kenya; any items you'd like to send via the postal system can be bought cheaply in-country by much less stressful means!”

You can buy all kinds of cameras and electronic equipment in Kenya; true, there may be less choice and it will probably be more expensive than it would be in the US, but this way you can be sure that you get it, it is in good condition, and you avoid the cost and complications of clearing it through the post office. And virtually all kinds of prescription medications are available in Kenya; our program administrators and the highly qualified program physician will be able to advise you if necessary. And it **DEFINITELY** is not worth going through the expense and hassle of clearing a parcel through the post office for some rather battered Halloween candy; there is plenty of candy in Kenyan supermarkets! If your family wants to send you a gift, let them put a deposit in your US bank account so that you can access the money in Nairobi using your ATM card and buy something for yourself.

If it is absolutely essential that you receive a parcel while in Kenya, there is a provision whereby **USED** items can be brought in duty free as long as the recipient has been in the country for a period of less than sixty days. You would need to release your passport to the courier company as proof of this. We highly recommend **Federal Express (FEDEX)** as the courier company to use. The sender should indicate that the item is used and customs duty should be waived. FEDEX has had a relationship with the Program for a long time and has cleared items for students duty free using this clause several times in the recent past. This should however be used cautiously and only when absolutely necessary as the concept of ‘used’ may vary from official to official. We

suggest that before you allow anyone to send you used items in this way, you check with the program administrators in Nairobi as to whether this seems a good idea.

As for sending gifts to Kenya once you are back in the US – we have to say again, we do **NOT** advise this, unless you can give them to a trusted friend to hand-carry to Kenya and ideally even deliver them directly to the intended recipient. We can understand that you might wish to recognize the hospitality you receive in Kenya through a gift of some kind, especially since some of your homestay, field trip and independent study experiences will have brought you in touch with the real poverty and acute need of many Kenyan individuals, families and communities. However the problems we've mentioned above will also apply to any Kenyans who receive international parcels through the post; the parcel (or some of its contents) might get stolen, it might get damaged, and **ABOVE ALL**, there will be customs/import duty and postal fees to be paid. And these duties and fees are not small amounts, especially in terms of the average incomes of most Kenyans. In the recent past, St. Lawrence University had to pay nearly \$900 (nine hundred US dollars!) in customs duty for 13 boxes of sports kit that had been donated to our rural homestay hosts. This is because there has recently been a change in the law, which in the past used to permit the importation of certain items to charitable organizations in Kenya. We quote from the letter that we received when our request for a waiver of customs duty was rejected "... the request has been declined as there is no provision to tax exemption in the East African Community Customs Management Act, 2004. Furthermore, Legal Notice No. 68/1999 which granted VAT exemption to charitable organizations was revoked by the Minister of Finance, the revocation came in effect on 14th June, 2007".

The Kenya Semester Program does not have a budget line to cover this kind of expense, and had to make a special appeal to senior administrators in Canton for funds to clear these boxes through customs. We did this because we did not want to see this charitable endeavor fail, and the rural community to be disappointed by not receiving what had been promised them. But we cannot – repeat, **CANNOT** – do this again! In future Kenya Semester Program personnel and funds will **NOT** be used to clear any donations through the Kenyan postal and customs system. **NOR** will they provide any assistance to Kenyan individuals, families or communities to clear parcels that you might decide to send direct to them.

St. Lawrence University provides assistance to Kenyan communities in several ways. One is through the two full scholarships that we offer each year to Kenyan high school graduates to complete Bachelor's degrees on our campus in Canton. We also offer a two year Teaching Fellowship for a Kenyan MA scholar to teach Swahili in Canton and either earn the M.Ed degree from SLU or work on their own Ph.D studies. And we do have a budget line to support our rural host communities in various ways, including donating text books and laboratory equipment to local schools. But we do **NOT** have the money to meet the expenses of importing gifts from overseas, and we reserve the right to make our own decisions about how to help our rural host communities.

If you are still interested in helping Kenya, we suggest you donate **MONEY** to appropriate institutions. We can recommend a couple of these, both of which have US-based fundraising partners, so that the donations are easy to make. One is the Northern Kenya Fund, co-founded by Chris Bunting (SLU class of '93) and Chachu Ganya (class of '96) whose objective is to provide the financial support for bright kids from northern Kenya to attend secondary school ([www.northernkenyafund.org](http://www.northernkenyafund.org)). Another is the Red Rose Nursery and Children's Centre, Kibera

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(<http://redrosechildren.blogspot.com/>). Fund raising for this project, located in Nairobi's largest shanty town, is coordinated in the US by Ken Okoth (SLU class of '01). The Northern Kenya fund is a charity registered in the US with 501 (c) (3) status for taxation purposes. Red Rose is currently a registered non-profit corporation in Washington DC; its 501 (c) (3) status is pending. If you are interested in donating to other causes, there are very many other responsible charities and non-government organizations active in Kenya and other African countries. A lot of them have easily accessible web sites, but if you are interested in checking out the work that any of them actually do in Kenya, our program administrators in Nairobi would be happy to help.

**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 tuliogelea.Mimi nilitembea.Kristen na Liz walioga.Wewe ulikula lini?

We swam.

I walked.

Kristen and Liz bathed.

When did you eat?

Future Tense: -ta-

eg. Sisi tutaenda Mombasa.Joyce atapika chapati.Mimi nitakula nyama.Wao watakuja kesho.

We shall go to Mombasa.

Joyce will cook chapati.

I will eat meat.

They will come tomorrow.

Habitual Tense: -hu-

eg. Stacey hupenda mkate.Wao huenda shambani.Sisi hucheza mpira.Yeye hupenda 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:****Kiswahili****Singular**

mtu  
mtoto  
mnyama  
mchungaji  
mwalimu  
mwanafunzi  
mbwa  
kuku  
paka  
ng'ombe  
mbuzi  
kondoo  
msichana  
mvulana  
mzee  
mwanamke  
mwanamume  
mpishi  
mdudu  
mbu  
mgeni

**Plural**

watu  
watoto  
wanyama  
wachungaji  
walimu  
wanafunzi  
mbwa  
kuku  
paka  
ng'ombe  
mbuzi  
kondoo  
wasichana  
wavulana  
wazee  
wanawake  
wanaume  
wapishi  
wadudu  
mbu  
mgeni

**English****Singular**

person  
child  
animal  
herdsman  
teacher  
student  
dog  
chicken  
cat  
cow  
goat  
sheep  
girl  
boy  
elder/old man  
woman  
man  
cook  
insect  
mosquito  
guest/stranger

**AGREEMENT MARKERS**

	Nominative prefix for use with Verb	Adjective prefix	Demonstratives:	
			this	that
			these	those
Singular	a-	m-	huyu	yule
Plural	wa-	wa-	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
mtoto	mito	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
			these	those
Singular	u-	m-	huu	ule
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 michafu.  
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>English</u>
<u>Singular</u>	<u>Plural</u>	<u>Singular</u>
embe	maembe	mango
nanasi	mananasi	pineapple
tunda	matunda	fruit
papai	mapapai	papaya
jani	majani	leaf
jina	majina	name
jembe	majembe	hoc
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-	-	hili	lile
Plural	ya-	ma-	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.	