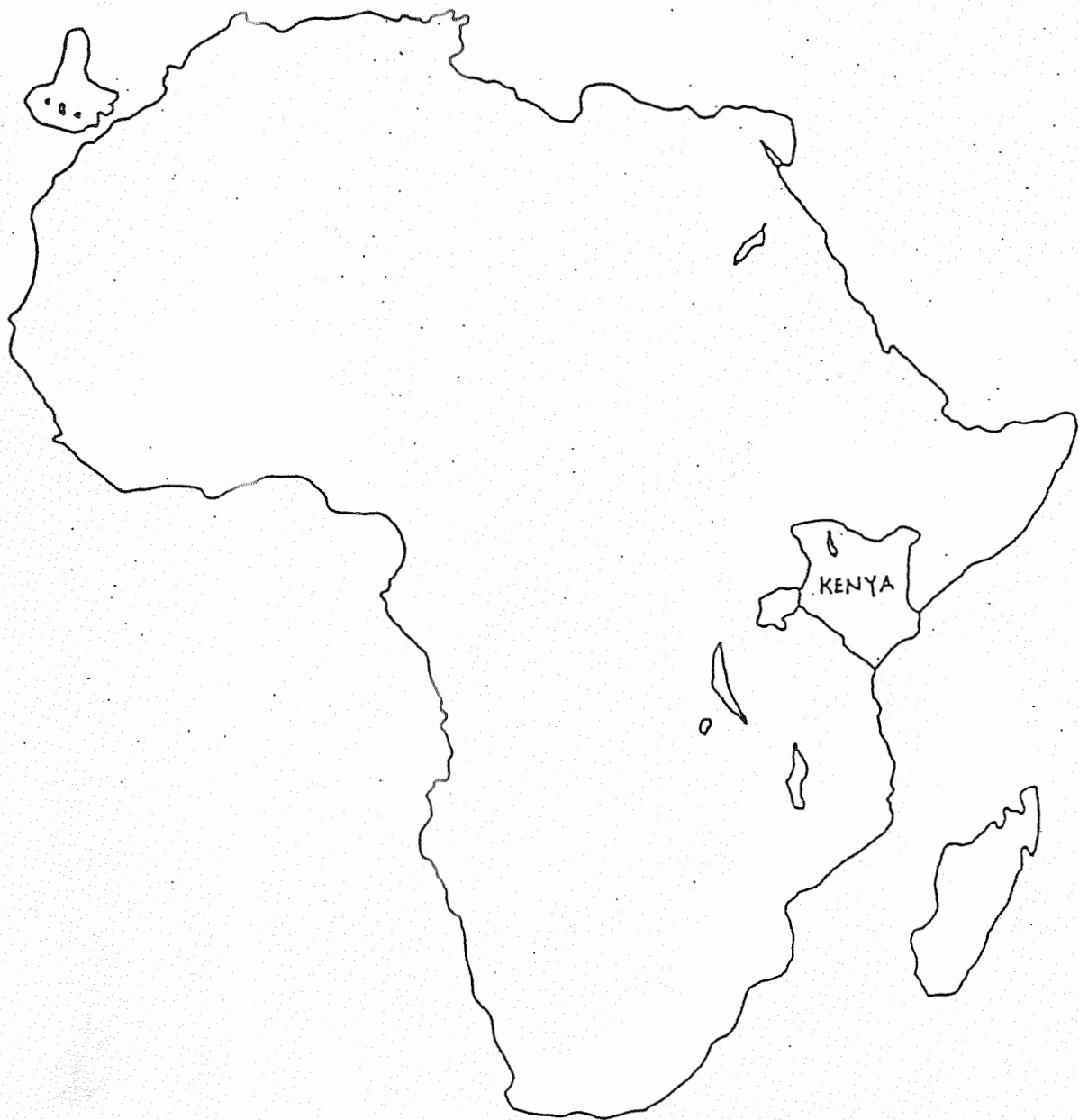


# ST. LAWRENCE UNIVERSITY

## KENYA SEMESTER PROGRAM



FALL 2011  
ORIENTATION HANDBOOK

## St Lawrence University KENYA Fall 2011 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>11 August</b> Group flight departs from the U.S.		<b>13 August</b> Arrival in Nairobi	14
15 Orientation Week	16	17	18 Begin RHS	19	20	21
22	23	24	25	26 End RHS	27 Return to Nairobi	28
29 Class Wk 1	30	31	<b>September 1</b>	2 11:00 RHS Presentations	3 Hike Longonot!	4
5 Class Wk 2 Rural Journal Due	6	7 Social Dinner with Admin	8	9 <b>11:00 Intro to Tanzania</b>	10 Depart Arusha	11
12	13	14	15	16 <b>Return to Nairobi</b>	17	18 Begin UHS
19 Class Wk 3	20	21	22	23  Urban Activity	24	25
26 Class Wk 4	27	28	29	30 Urban Activity	<b>October 1</b>	2
3 Class Wk 5	4	5	6	7 End UHS 12:30 Intro to Amboseli Social Dinner with Admin	8 10:00 Urban Presentations	9 Rural/Urban Paper Due
10 Depart for Amboseli	11	12	13	14	15	16
17 Travel to Mombasa	18	19	20	21	22 Leave for Karen	23
24 Week 6	25	26 Social Dinner with Admin	27	28	29	30
31 Week 7	<b>November 1</b>	2	3	4 11:00 IDS meeting Hadza/Pastoral paper due	5	6 Travels to IDS
7 IDS/WK1	8	9	10	11	12	13
14 IDS/WK2	15	16	17	18	19	20
21 IDS/WK3	22	23	24	25	26	27
28 IDS/WK4	29	30	<b>December 1</b>	2	3 <b>Return to Nairobi</b>	4
5 IDS presentations	6 IDS presentations	7 IDS assigns due / Meeting Dinner	8 <b>Group flight Center closes</b>			

**(Calendar may change with short notice and classes 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. (NOTE: for a Saturday morning early arrival, you MUST depart the U.S. on Thursday night). 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.)



## 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. **Rooms are assigned using a lottery system upon arrival!**

### 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 shifts to a new community every three years (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. THREE MID-PROGRAM FIELD COMPONENTS**

The first of these (Tanzania) is 1-week, the second (Amboseli) is 8 days long and the third (Mombasa) is 5 days. 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. The third coastal component takes place immediately after the pastoral field component. It aims at introducing you to the major factors that shaped today's coastal society and to how the coastal Swahili people view themselves.

**Tanzania**

This component focuses on the marginalization of the Hadza people as a result of the policies of Tanzanian government that pursue economic growth and development. The Hadza, numbering less than 1000, 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 experience their hunter-gatherer livelihood. They will train us to acquire various skills; 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 that 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.

**Mombasa**

The coastal component aims at introducing you to the major factors that shaped today's coastal society and to how the Swahili people view themselves today. We will learn about the influence of Islam and Christianity in the coast. Our visit to Fort Jesus highlights the battles fought to

dominate the coast since the laying of its foundation in 1593. The tour of the old city of Mombasa highlights the fusion of Arabic, Indian and Swahili architecture. The visit to the Rabi Kaya sacred forest site sheds light on the early history of the endogenous Mijikenda people. We also visit the Krapf's Memorial Museum, one of the early European missionary settlements introducing Christianity and formal education. The question of how the Swahili people view themselves will be addressed by engaging the people themselves in an open discussion.

### 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 homestay parents' car and if living close by they sometimes choose to walk. 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. 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 lecturers 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 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 - The Red Rose School in Kibera, Enoosaen Health Centre in Kilgoris, Cheetah Conservation, Women's Rights Organizations in Kisumu & Nairobi, Local Orphanages in Nairobi & Kisumu, The Sally Test Pediatric Centre in Eldoret, Nile River Explorers in Jinja, Kenya Marine Fisheries Research Institute in Mombasa, Family Health Options in Nakuru, and Organic Farming Programs in Ruiru.

### 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. (NOTE: for a Saturday morning early arrival, you MUST depart the U.S. on Thursday night). The reason we ask you to arrive before noon is that there are security issues regarding your transport between the airport and the compound. Students are not permitted to arrive a day early. The compound does not open until Saturday.

#### 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 80 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, 0732 823455), Jim Cabs (phone: 0720-275 720) 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 next 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) 265 1901; 388 4509; 388 4511 (landline) or 0722 201 975; 0734 333 038 (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: 0722 770 046 (Ph); (020) 388 2752 (Hse)  
Wairimu: 0722 518 351 (Ph), (020) 388 2707 (Hse)  
Sinnary: 0722 310 966 (Ph); (020) 388 4510 (Hse)

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).

#### **DRUG USE AND OTHER CRIMINAL ACTS**

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 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 same policy applies to students who engage in any criminal activity while in Kenya, no matter how small. Any students who engage in criminal activities of any nature will automatically be sent home.

#### **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. While laundry is done for all on the compound, we recommend that all students bring along a **laundry jãg bag** (*Laundry MESH bag*) for flimsies and underwear for use in the laundry machine. Failure to bring this along might require you to wash your intimate clothing by hand.

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 although jeans and casual pants are becoming more acceptable in most situations. 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).

*All should however bring along more warm clothes such as a hoodie and a pair of sweat pants. Nairobi and the rural home stay does get chilly at times!*

#### **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.

**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:**

**These are ONLY suggestions. You could get in touch with past KSP students for more ideas!**

- 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. A MESH LAUNDRY BAG for underwear is also a MUST!
- 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)
- A shoulder purse (especially for girls) for money and valuables that fits close to your side is advisable.

**NB: There is a second hand market where students are able to get cheap and presentable clothing as needed.**

#### **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 nalgenes 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. Power surges are common, a small investment in a 240 volt surge protector may save your computer from crashing (more information below).
- 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 some 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) are a MUST.
- 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 are necessary especially for those planning to climb Mt. Kenya
- 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 (Shampoos, Conditioners and Body Wash now available in stores in Nairobi)
- 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:**

- Take any current prescriptions and/or medications, pills or serum or any allergy injections that you will need during the semester.
- Rehydration salt: Past students did not appreciate the taste of locally available rehydration salts. We therefore encourage you to buy them from the USA. Gatorade had been recommended by past students.
- 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 every day 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
- IODINE Tablets a must

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 Augsbury 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. This consists of an inpatient cover with a limit of \$625, and an outpatient cover of \$2,500. 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 available in Kenya (at 180/- Kenya Shillings equiv. to USD \$2.40 per pill at the exchange rate of USD 80) and are not covered by our local insurance unless given as a prescription by the physician. Lariam is sold under the generic name Mephaquin and sold at 800/- Kenya Shillings for four pills which is equiv. USD \$10.00 or \$2.50 per pill. 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. Please consult with your care providers how best to handle this as the temperatures are not always regulated to suit the requirements on the serum and may thus interfere with the potency and overall treatment/prevention.
- 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 IN CASH UPON ARRIVAL IN KENYA. 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. You will need cash 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. Each student is provided with a lockable drawer 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 10 – 1,000 (\$0.125 - \$12.50). Please keep in mind that phone call from Kenya to the U.S. costs approximately \$0.04 per minute. 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. The program has access to wireless and Skype is available for your use in select areas while on the compound.

## LAPTOPS

Bring a laptop if you can. Past students found that bringing one's 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 an inverter – 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. We also recommend a 240 volt surge protector to guard against spikes in the main power.

## 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 7 – 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.



## 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)	Coffee mugs
Recipe books	
T-shirts (especially soccer T-shirts are always a hit with rural home stay families.)	
1 - 2 yard pieces of brightly printed cotton fabric	
Soccer balls and other play games and items (highly appreciated by most youth and children!)	

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	Educational 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
- Coffee table books are appreciated by most families

\*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**

Barack Obama, *Dreams from my father*

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*

*Rasnah Warah, Missionaries, Mercenaries and Misfits*

**Films/Videos**

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

Basil Davidson, *Africa* (8 pts.)

*Maasai Women* (60 min.)

**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. 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 fee (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 was 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 (<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 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 atatapika chapati.

Mimi nittakula nyama.

Wao watatakujua 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>English</u>
<u>Singular</u>	<u>Plural</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.

Mtoto huyu ni mzuri.

Mpishi yule hupika chakula kizuri sana.

Those animals are sick.

This child is good.

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:****Kiswahili****Singular**

mti  
mnanasi  
mwili  
mgongo  
mdomo  
mkono  
mguu  
mkeka  
mto  
mwiba  
mkate  
mwezi  
mwaka  
mlima

**Plural**

miti  
minanasi  
miili  
migongo  
midomo  
mikono  
miguu  
mikeka  
mito  
miiba  
mikate  
miezi  
miaka  
milima

**English****Singular**

tree  
pineapple tree  
body  
back  
mouth/lip  
hand/arm  
foot/leg  
mat  
river/pillow  
thorn  
bread  
moon/month  
year  
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:****Kiswahili****Singular**

embe  
nanasi  
tunda  
papai  
jani  
jina  
jembe  
jino  
jiwe  
jiko  
jicho  
kabati  
gari  
bonde  
tumbo  
basi  
maji  
maziwa  
mafuta  
sikio  
chungwa

**Plural**

maembe  
mananasi  
matunda  
mapapai  
majani  
majina  
majembe  
meno  
mawe  
majiko  
macho  
makabati  
magari  
mabonde  
matumbo  
mabasi  
maji  
maziwa  
mafuta  
masikio  
machungwa

**English****Singular**

mango  
pineapple  
fruit  
papaya  
leaf  
name  
hoe  
tooth  
stone/rock  
stove  
eye  
cupboard  
vehicle  
valley  
stomach  
bus  
water  
milk  
cooking oil  
ear  
orange

**AGREEMENT MARKERS:**

	Nominative prefix for use with Verb	Adjective prefix	Demonstratives:	
			this	that
			these	those
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.	