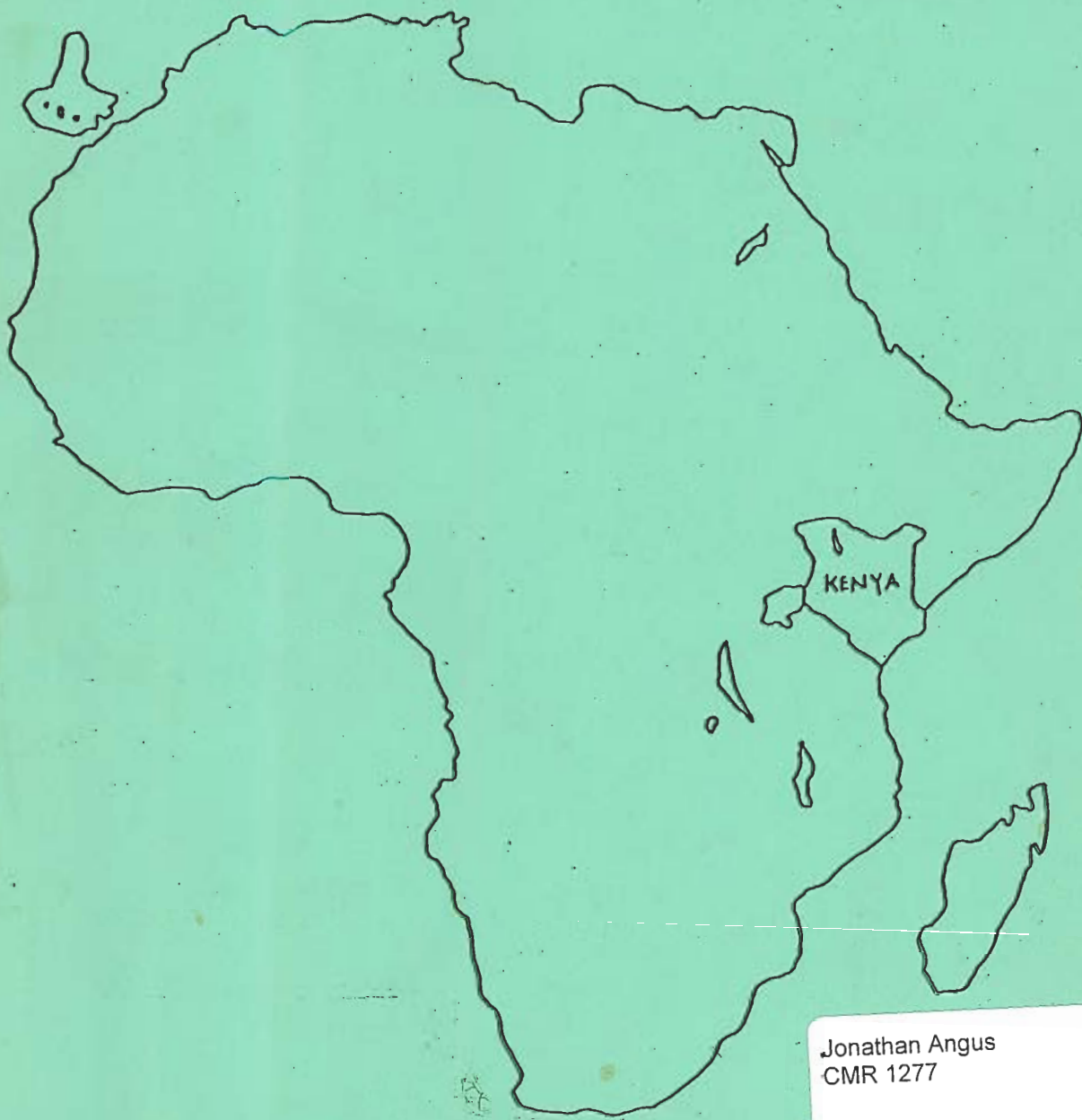


ST. LAWRENCE UNIVERSITY

KENYA SEMESTER PROGRAM



Jonathan Angus
CMR 1277

SPRING 2006
ORIENTATION HANDBOOK

SEMESTER OUTLINE

I. Arrival and Orientation

The first few days in Kenya will be spent at the St. Lawrence Study Center in Karen, located about 8 miles outside of Nairobi. There, students can recover from jet lag, meet the Kenya Staff, get to know the other students, practice Swahili, meet faculty, select courses, see Nairobi and be oriented to Kenya by the program staff (Dr. Abdelwahab Sinnary is the academic director; Dr. Wairimu Ndirangu is the administrative director; Lina Muturi-Karingi is the assistant director for finance and; Rose Wafula 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

1st part of core course → Kabondo

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, 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 10 days long. In any given semester, one of the two components will emphasize issues of culture and development, the other issues of environment, rangeland ecology and wildlife conservation, although all of these are interconnected.

Tanzania

The focus of this component is on the causes and consequences of the changes to the culture and livelihood of Hadza. The Hadza 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. This field component begins in Arusha in Northern Tanzania, where the focus is on the political and economic realities of modern Tanzania and a comparison of the development strategies of Kenya and Tanzania. To understand the socio-economic, political and development factors affecting the Hadza's livelihood we learn about the governance structure of the Vijiji (the villages set up under the Ujamaa policy), the wildlife conservation and hunting policies and visit one of Tanzania's famous National Parks. We then spend 3 nights with the Hadza and learn how to live as hunter-gatherers. They train us in making hunting bows and arrows, starting a fire by rubbing two twigs, climbing Baobab trees and, on hunting and foraging skills. Using our skills and knowledge we join the 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

where Sinyu has worked for a number of years

This component focuses on the socio-economic and environmental factors responsible for changing the Maasai culture and pastoral lifestyle from pure nomadic pastoralism to semi-sedentary mixed agro-pastoralism in the Amboseli region. We will examine the competition and conflicts between the local Maasai, non-Maasai agriculturalists, livestock and wildlife over land, water, pasture and, natural resources. We will explore how the local Maasai manage their own wildlife sanctuaries, tourist lodges, camp sites and, cultural tourism ventures. We will examine the major conservation issues in the area, study animal behavior and, conduct game counts in Amboseli National park. Students will live for two nights in a traditional Maasai homestead and also engage their host community in many formal and informal discussions.

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 also 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 establishment of the City.

D. Independent Field Study or Topical 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. They may choose to be placed, individually, in one of a number of Kenyan or international organizations, or they may join the topical field course to work on biodiversity conservation issues under the direction of Dr. Sinnary. Doing the topical field course is a requirement for earning $\frac{1}{2}$ a unit of biology credit for the core course. 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 work hard to identify field projects that are well-suited to the students' interests, but placement depends upon many factors beyond their control. Some recent placements have been: Heifer Project, Green Belt Movement, Cheetah Conservation, Women's Rights Organizations, Local Orphanages, Moi University Referral Hospital, Nile River Explorers, Taita Discovery Center, African Medical and Research Foundation and Organic Farming Programmes.

III. Elective Courses taken in Nairobi

Classes will take place for seven weeks in classrooms at the YMCA 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, Introduction to History of Modern Kenya, Critical Issues in Socio-Economic Development in Kenya, and Health, Sickness and Healing in Kenya. Classes meet thrice weekly for approximately one and a half hours.

IV. Travel

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 a month before your departure (Please include airline, flight number, arrival time and date and, city your plane is departing from).

When leaving the airport please do not take any taxi 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 72 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 any of the following taxi companies: Expert Taxis and Travel (Phone: 827305, 827018) or Europcar (phone: 822348) and ask for a taxi to our compound at 91 Miotoni Road, Karen. The companies have fixed rates which vary between Ksh 2300 and 2600. 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:

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 Miotoni Road, 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 45-60 minutes depending on the traffic.

If you need help please call our office: 020-884509/11 (landline), 072-2201975 (cell phone), or 0734-333038 (cell phone) 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 882752;

Wairimu: Cell phone 0722-518351, home 882707;

Sinnary: Cell phone 0722-310966, 0733-712934, home 884510.

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

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

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

DRUG USE

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

SAFETY AND INTEGRATION

In Kenya, forms of dress and behavior are different from what the students in the United States are used to. For instance, many families practice polygyny. Another example is that people, women in particular, dress more modestly than here. For the most part, older and rural Kenyan women do not wear pants or shorts. In fact, in the rural and 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 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 don't bring something for every occasion.

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

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

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

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

In General:

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

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 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:

- keen sandals*
- Teva-style sandals – Leather sandals like Birkenstocks will get ruined.
- Buy there*
- 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.
- socks or
moccasins
- and -
casuals*
- 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 *think Hilt rain pants and/or MEC fleece pants*
 - 1-2 pairs of jeans *Guille series* } *another pair too*
 - 1 pair of khakis *Dickies*
 - ~~1 pair of capris~~
 - 1 pair of zip off pants *North Face zip*
 - 2-4 athletic shorts *Columbia, Garmen, Carhart*
 - 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~~
- ms safari
in face*
- 2 long sleeved shirts (if you are sensitive to the sun then you might want light colors but these may get ruined)
- North Face or
Fris 222*
- 1 thicker fleece or hooded sweatshirt
- EC Gore Tex*
- Jacket – one that is versatile like a windbreaker that is waterproof so it can be used as a raincoat and
- 22222*
- Rain pants – some 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 is recommended. One pair of wool socks is recommended for times of rain.
 - Underwear – Two weeks of underwear is a must. Some wished they had a couple of pairs of poly underwear for field components.
 - Bras – ~~both sports bras (3) and regular bras (2)~~
 - Bathing suit – ~~a 1 piece and a 2 piece (in some areas it is not appropriate for women to wear 2 pieces)~~
- works...*

Gear Essentials:

- Awde* • Pocket Kiswahili dictionary
- Swiss army knife* • Swiss army knife
- ✓ • Sleeping bag – 20 degree
- ✓ • Sleeping pad – Z-rest/ RidgeRest (not the inflatable kind)
- Dana Design* • 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.
- Are Terry?* • Daypack – A traditional backpack which you use in Nairobi for classes and for home stays.
- ✓ • Headlamp – Most of us had Petzels.
- ✓ • 2 one liter nalgens or water bottles either wide or small mouth
- ✓ • 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
- still sacks for* • plastic bags – various sizes
- pack towels* • 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. Most of us wore baseball caps.
- ✓ • Insect repellent – 30% deet
- ✓ • Camera – 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.
- ✓ • FLASH DISK – You will be writing papers and there are 11 computers here (but they are not all working). 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.
- ✓ *AA* • Batteries – Rechargeable batteries are cost efficient but on field components there is not 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
- ✓ • Binoculars (7X35 or higher magnification is useful for game viewing)
- ✓ • Playing cards
- ✓ • Gatorade or Emer'gen C (found at the GNC)
- ✓ • Crazy creek chair. Some used this as a sleeping pad as well.
- get this* ✓ • 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 are ruined.
- ✓ • Diskman and music (There are a lot of long car rides and music is nice!)
- ✓ • A lighter
- OK* ✓ • 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.
- OK* ✓ • Duct Tape → *add to under 5.4 lbs*
- ✓ • a travel coffee mug for coffee-lovers
- ✓ • Sewing Repair Kit

- ✓ 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.

Toiletries:

- ✓ soap
- ✓ 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!
- ✓ Chapstick with SPF
- ✓ SUNSCREEN – Bring lots 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.

- more scenic route - Sirimon, Ngongu
- quicker/steeper route Nara Maru

- Nara Maru River Lodge
- buy food before here in Nairobi

Mountain Climbing:

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

- Rugged hiking boots
- Multi-fuel stove
- 2-man tent
- Long underwear (thin calpiline/polypro or silk is your best bet to reduce bulk)
- A warm, waterproof winter jacket/shell for high altitude cold
- Hats and mittens
- GOOD rain gear that keeps you dry: it can rain almost everyday on the mountains.
- Complete FIRST AID KIT
- Good sunglasses (i.e. glacier glasses) with strap to keep from losing them
- Headlamp and batteries
- Water bottles
- Small food containers

all filters
- Nara Maru
- Jamba House Hostile

Avg. 700 walking/day

white gear @ Adidas
Biashara St,
Nairobi

bring Rain pants
+ gaiters

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

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

→ Possible to climb Mt. Kenya during mid semester break ???
March 23 - March 26
Mt. Kilimanjaro last week May 7-13
Mombasa/Zanzibar extra week May 13 →
* Get parental consent...

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 \$2,700. 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 and are not covered by our local insurance as is the case in the US. 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, 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.
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- 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's 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:

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

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

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

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

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

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

PHONES

Each student will have use of a mobile phone for the semester. (Please see MONEY section above.) Students then buy "call units" that range from KES 100 – 10,000 (\$1.33 - \$130). Please keep in mind that phone calls from Kenya to the U.S. are approximately \$1 to \$1.5/minute. It is 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. But 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 no longer able to charge telephone calls with credit cards from Kenya, nor are they able to call collect from the Program phone or the homestay family's phone. 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 bring ones own laptop is very helpful especially during the urban homestay. There is a security risk. 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 a MUST. Expensive cameras should be insured before you leave the U.S. SLR's with large lenses give you great shots, but they are not always the most practical. We suggest point-and-shoots (automatics or digital with lots of batteries) for most occasions. However, bigger cameras take better photos and large lenses are available for rent in Nairobi so you can bring smaller lenses but take bigger ones on field components. Polaroid instamatics have also proven to be a lot of fun during the homestays.

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

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

HOMESTAY GIFTS

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

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

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

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

URBAN:

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

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

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

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

SUGGESTED READING/RESOURCES LIST FOR KENYA PARTICIPANTS**General Introduction to Africa**

Paul Bohannon and Philip Curtin, *Africa and Africans*
Basil Davidson, *The Search for Africa: History, Culture, Politics and The Black Man's Burden*
April and Donald Gordon (Eds.), *Understanding Contemporary Africa*, 2nd Ed.
B.A. Ogot, *Zamani: A Survey of East African History*

Literature

Eddy Harris, *Native Stranger*
Okot p'Bitek, *Song of Lawino and Song of Ocol*
Mugo Gatheru, *Child of Two Worlds*
J. Kariara and Ellen Kitonga, *Introduction to East African Poetry*
Leonard Kibera, *A Voice in the Dark*
Leonard Kibera and S. Kahiga, *Potent Ash*
Wanjuki Mukabi Kibera, *The Oral Artist*
Meja Mwangi, *Going Down River Road, Kill Me Quick, Carcase for Hounds*
Grace Ogot, *The Promised Land, The Other Woman*
Ngugi wa Thiong'o, *Weep Not Child, The River Between, A Grain of Wheat, Matigari*
Miriam Were, *The Co-Wives*

Conservation and Field Guides

Richard D. Estes, *The Behavior Guide to African Mammals, The Safari Companion: A Guide to Watching African Mammals*
Raymond Bonner, *At The Hand Of Man*
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 Samburu in Kenya*

Films/Videos

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

Basil Davidson, *Africa* (8 pts.)

Maasai Women (60 min.)

SWAHILI

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

Pronunciation of the vowels is as follows:

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

These vowel sounds never change.

Nominal Prefixes:

Singular:

I --- ni

You --- u

he/she --- a

Plural:

We --- tu

you --- m

they --- wa

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

Useful phrases:

HUJAMBO

HABARI YAKO?

NZURI/SALAMA

TAFADHALI

ASANTE SANA

KWAHERI

NDIO

HAPANA

SAMAHANI

POLE

NIMESHIBA

HELLO

HOW ARE YOU? ("How is your news")

GOOD/PEACEFUL

PLEASE

THANK YOU VERY MUCH

GOODBYE

YES

NO

EXCUSE ME

I AM SORRY

I AM SATISFIED/FULL

BAHATI NZURI (GOOD LUCK)!

Sentence Construction

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

Examples:

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

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

Tenses

Present tense: -na-

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

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

Past tense: -li-

eg. Sisi 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:

<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
			these	those
Singular	a-	m-	huyu	yule
Plural	wa-	wa-	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:

<u>Kiswahili</u> <u>Singular</u>	<u>Plural</u>	<u>English</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
mto	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 mchafu.

These hands are dirty.

Nouns: JI/MA Class

Characteristics of this noun class:

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

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

Examples:

<u>Kiswahili</u>		<u>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	hoe
jino	meno	tooth
jiwe	mawe	stone/rock
jiko	majiko	stove
jicho	macho	eye
kabati	makabati	cupboard
gari	magari	vehicle
bonde	mabonde	valley
tumbo	matumbo	stomach
basi	mabasi	bus
maji	maji	water
maziwa	maziwa	milk
mafuta	mafuta	cooking oil
sikio	masikio	ear
chungwa	machungwa	orange

AGREEMENT MARKERS:

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

Bei nzuri

Nyasi kavu

Nyumba hii ni safi.

Sukari imemwagika.

Nyama hii imeza.

The cloth is torn.

Good price(s)

Dry grass(es)

This house is clean.

The sugar has spilled.

This meat is rotten.

Nguo zimepasuka. (pl.)

Nyumba hizi ni safi. (pl.)