

# ST. LAWRENCE UNIVERSITY

## KENYA SEMESTER PROGRAM



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SPRING 2007  
ORIENTATION HANDBOOK

**St. Lawrence University Kenya Semester Program  
Preparation for Orientation Week, Spring Semester 2007**

- During our **first week** in Kenya we will discuss the readings in the first readings packet, beginning with the two readings dealing with adjustment to new cultures (Bowen and Pawlick) and then moving on to look at the Kipsigis, the people with whom we **shall spend our first homestay**. Please read all of these before you get to Nairobi, as the **first week is a busy one** and you will feel less stressed if you have already looked at the readings.
- The **first week** we will also discuss the book 'Kenya: promised land?' (KSP lends a copy to **each student**; **be sure to bring the book with you to Kenya!**). Questions to guide you in reading this book:
  - Why does the author describe Kenya as 'a land of contrasts'? Find examples of different contrasts that he mentions in the book.
  - What **agents and forces from outside Africa** have had a major impact on Kenya? (Note: these go back more than 1000 years, right up to the present day)
  - What does the author **have** to say about the role of ethnicity in Kenyan life?
  - What does the author have to say about the position of (i) women and (ii) young people, in Kenyan life?
  - Why do you think the title of the book ends with a question mark?
- Over the **next** several weeks, please read as many short news article about Kenya. Possible sources are major North American or European media outlets (New York Times, Washington Post, Christian Science Monitor, The Economist, Time, Newsweek, etc.) or a **Kenyan newspaper**. The Daily Nation website is [www.nationaudio.com](http://www.nationaudio.com) and the East African Standard website is [www.eastandard.net](http://www.eastandard.net), and both of these are updated daily and also have some archives. Bring with you copies of articles on topics of interest to you and likely to be relevant to our experiences in Kenya.
- If you have **any** questions, feel free to contact me at [sinnary@wananchi.com](mailto:sinnary@wananchi.com). I will do my **best** to reply in a timely fashion.
- Looking **forward** to seeing you in January!

Abdelwahab Sinnary  
30<sup>th</sup> November 2006

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## SEMESTER OUTLINE

### I. Arrival and Orientation

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

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 14, 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 favourite cuisine (auntie jemima’s pancake mix?), go to school (possibly teach), etc. Be sensitive to customs regarding guests in the household. For example,

accept food when it is offered, but learn how to say, "I'm full!" The families will receive stipends for taking care of each student.

### **B. Two mid-program extended field components**

The first of these (Tanzania) is 1-week and the second (Amboseli) is 10 days long. The Tanzania component will emphasize issues of environment and development affecting the livelihood of the Hadza, one of the few people still practicing hunter-gathering. The second component will be dedicated to the socio-economic, environmental and development factors affecting the daily livelihood of the agro-pastoral Maasai.

#### **Tanzania**

The focus of this component is on the causes and consequences of the changes to the culture and livelihood of Hadza. The Hadza, numbering less than 1500, live on the Yaeda Valley and is one of a few tribes that still practice hunter-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 spend 3 nights with the Hadza to learn how they live as hunter-gatherers. They will train on various skills associated with their hunter-gathering lifestyle. Using our newly acquired skills and knowledge we join the Hadza women in a foraging trip and the men in a game hunting trip. This component is hosted by Dorobo Tours and Safaris, an organization which has been conducting educational field trips since 1984.

#### **Amboseli**

The first part of this component focuses on the socio-economic and environmental factors responsible for changing the Maasai culture and their pastoral lifestyle from pure nomadic pastoralism 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 also live for two nights in a traditional Maasai home.

### **C. Urban Homestay**

While students are taking classes in Nairobi, they spend 3 weeks in an urban homestay in Nairobi. Students commute to classes in town via bus, matatu (small public buses), foot, or homestay parents' car. The families tend to be professional, middle-class people. The homestay families may take students to visit their rural homes on a weekend. This homestay allows students to see the transition of Kenyan families from an agriculture or pastoral-based life to the urban culture of Nairobi. Readings on a range of urban issues will be assigned during this period. Additional field trips in the city and environs encourage students to consider the environmental, social and cultural challenges facing Kenya's rapidly-growing cities. Guest lectures organized during these three weeks allow the students to appreciate the diversity of issues that permeate the 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. 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, Coastal Marine Fisheries Research, 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 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, 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 one and a half hours.

#### IV. Travel

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

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

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

Students traveling independently will not be picked up by the KSP's staff and must arrange their own transport (we highly recommend taxi use) to our compound. Students traveling independently are required to supply the SLU international studies office with complete flight details 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 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 73 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: 822348, 822625, 0722 823455) 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:

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), 0722-201975; 0734-333038 (office cell phones) during working hours. You can also call any of the program administrators at their cell phones (try cell phone first) or homes, as follows:

Lina: Cell phone 0722-770046, home 882752;

Wairimu: Cell phone 0722-518351, home 882707;

Sinnary: Cell phone 0722-310966, home 884510.

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

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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).

#### **Mid-semester break**

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

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## 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.



## Spring 2007 Calendar

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

Please Note: Calendar may change during the course of the semester.

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.

Fishman, Erin R.  
Kenya (SLU)

## HEALTH ISSUES & STUDY ABROAD

### Travel Clinic

**Student Health Services**  
Washington University  
Phone: (314) 935-6666  
<http://shs.wustl.edu/medicalServices/travelMed.htm>

### CDC Web Address:

<http://www.cdc.gov/travel/index.htm>  
<http://www.travelhealth.com>

### Prior to traveling

Check the CDC website to get information on the country you are visiting. Read about any epidemics or outbreak in progress. Read about water and food precautions. **The CDC site will also give you information on the general immunizations you need and any additional vaccinations needed for that specific country.** Some vaccinations need to be given weeks before departure, so don't wait. Make an appointment as soon as you know where you will be going, so any needed vaccines may be given in the appropriate time frame.

### Immunization

All the following shots should be up to date:

- Measles, Mumps, and Rubella (MMR) (Series of 2 shots)
- Tetanus and Diphtheria (Td) – within the past 10 years or 5 years if you will be doing work outside around soil or rusted material
- Hepatitis B (series of three shots)
- Polio

An additional dose of vaccine is required in Africa, Asia (East and Southeast), the Middle East, the Indian subcontinent, and the majority of the New Independent States of the former Soviet Union.

### Malaria

Some medication for Malaria must be taken before, during, and after your trip to be effective. In addition, use of mosquito repellent decreases your chances of contracting malaria.

### Medications

If you are taking prescription medication you should keep the medication in its original container from the pharmacy which will have your name, the medication name, dose, and the practitioner's name who prescribed the medication. Do not transfer any medication into any unmarked container. You may also ask to have a written letter or prescription from your physician verifying this medication was prescribed by a licensed practitioner and is necessary for medical reasons. You should calculate the amount of medication you will need while you are away, and bring enough so you do not run out.



## Food and Water

The number one cause of illness in travelers is from food and waterborne diseases. Diseases from food and water can cause diarrhea, vomiting, fever, and liver disease (hepatitis). Tips on how to stay healthy abroad can be found on the CDC site.

Some suggestions include:

- Drink only bottled water, boiled water or carbonated drinks in cans or bottles
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself
- Don't eat food purchased from street vendors
- Don't drink beverages with ice
- Don't eat dairy products unless you know they have been pasteurized
- Don't handle animals - especially monkeys, dogs, and cats
- Don't brush your teeth with tap water

## Items to take on your trip

- Over-the-counter cold remedies and anti-diarrheal medicines such as Pepto-Bismol and Kaopectate
- Iodine tablets and water filters to purify water (Certain filters can prevent Giardia)
- Sunblock, sunglasses, hat, lipbalm
- A small first aid kit including common over-the-counter medicines

## Common Sense

- Automobile accidents account for 50% of fatalities and medical evacuations in travelers
- Wear seat belts
- Don't drive or swim when drunk
- Do not walk on dark roadways at night

## Other Points

- Persons with diabetes need to know each country's regulations on needles and should have a note from their provider stating they have diabetes and should be able to carry needed supplies (including syringes) with them.
- Tuberculosis (Tb) screening after returning is a good idea if you are visiting an area where TB is known to occur.
- Individual countries may have HIV testing or vaccination requirements to get a visa or enter the country.
- Emergency contraception and birth control pills may be illegal to purchase or carry in some Islamic countries.
- Don't walk around barefoot.
- If you are visiting a mosquito prone area, spray yourself and clothes with 40% DEET, and cover skin completely with clothes.
- Wear hats to protect from the sun and apply sunscreen of at least SPF 15 liberally and often.

## Going Abroad???

### Consider bringing these items to your trip:

- Prescribed medications
- First aid kit
- Antibiotic ointment
- Vitamins
- Aspirin/Ibuprofen
- Over-the-counter cold remedies
- Anti-diarrhea medicine
- Rehydration packets (ORS)
- Stool softener
- Allergy medicine (e.g. Benadryl, Epipen, etc.)
- Motion sickness meds
- Thermometer
- Band-Aids
- Iodine tablets and water filters to purify water
- Contact lens supplies
- Nail clipper
- Tweezers
- Scissors
- Insect repellent
- 40% DEET to spray clothing
- Sun block
- Lip balm
- Sunglasses
- Hat
- Condoms
- Dental dams
- Water/Silicone based lubricant
- Birth control supply
- Female hygiene products
- Yeast infection medicine



## FOR STUDENTS STUDYING ABROAD:

### *Sexual and Reproductive Health Websites*

<http://www.plannedparenthood.org/about-us/international-work/print/Local-Affiliates-Connect-Globally.htm> The international division of PPFA works in the following countries:

Albania, Barbados, Belize, Benin, Bolivia, Botswana, Cameroon, Costa Rica, Dominican Republic, Ecuador, El Salvador, Ethiopia, Guatemala, Guyana, India, Ireland, Jamaica, Kenya, Latvia, Malawi, Mexico, Myanmar, Namibia, Nepal, Nicaragua, Nigeria, Peru, Philippines, Puerto Rico, Russia, Senegal, Somalia, Sudan, Thailand, Trinidad & Tobago, Turkey, Uganda, Vietnam, and Zambia.

<http://www.ippf.org/regions/index.htm>

The International Planned Parenthood Federation (IPPF) links national autonomous Family Planning Associations (FPAs) in over 180 countries worldwide.

<http://www.ippf.org/imspubliC/IPPF%5FCountryProfile/>

This link from IPPF has country profiles that detail the sexual and reproductive health resources and give a better idea of the range of services and achievements of national family planning associations.

<http://contraceptive.ippf.org/>

This is an online directory of hormonal contraceptives available by country.

<http://ec.princeton.edu/worldwide/default.asp>

Emergency Contraception in other countries

[www.ashastd.org](http://www.ashastd.org)

General information about STDs

<http://www.indiana.edu/%7Eoverseas/lesbigay/student.htm>

Web based information, links, and resources for the gay, lesbian, bisexual, and transgendered study abroad students.

[http://www.ilga.info/Information/Legal\\_survey/ilga\\_world\\_legal\\_survey%20introduction.htm](http://www.ilga.info/Information/Legal_survey/ilga_world_legal_survey%20introduction.htm)

This website provides information about legal rights and laws pertaining to the LGBT community abroad.

[http://www.ciee.org/health\\_safety/health/AIDS\\_intl\\_travel.aspx](http://www.ciee.org/health_safety/health/AIDS_intl_travel.aspx)

AIDS and International Travel

[http://www.voyage.gc.ca/main/pubs/her\\_own\\_way-en.asp](http://www.voyage.gc.ca/main/pubs/her_own_way-en.asp)

This publication is filled with practical tips specifically of interest to the female traveler.

<http://www.journeywoman.com/>

Travel tips geared toward women, including everything from personal travel stories to what to wear.





## In case you “hook up” abroad

Exploring sexuality is a natural part of adult human behavior. “Hooking up” or having sex with a partner is a big decision. It involves many feelings, responsibilities and choices.

### I think I am ready...

Things to consider before engaging in sexual activity with a partner:

- What are your personal values and goals?
- What feelings do you have about the emotional and physical risks you are willing to take?
- Are you feeling pressured?
- How clear can you be with your partner about what you want and don't want to happen?
- Are you willing to take responsibility for your actions?

### How to eliminate risk and keep yourself safe

To eliminate risk, abstain from sex or avoid sexual intimacy beyond fantasy, massage and mutual masturbation (provided partners do not have open sores). All other forms of sexual activity carry risk.

### Contraception and STD Prevention

Use contraception to avoid unintended pregnancy. A number of safe and reliable contraception choices are available. One of the most popular contraceptive options is the latex condom. Condoms are readily accessible, relatively inexpensive, and can reduce your risk of contracting sexually transmitted diseases when used properly.

**\* Consider taking some male and/or female condoms with you on your trip.**

Emergency Contraception is available at WU. Plan B is a safe and effective form of emergency contraception (EC). EC can prevent pregnancy within 120 hours after unprotected sex or when a contraceptive measure fails, but it is best to take EC sooner rather than later. **Because emergency contraception prevents pregnancy before it begins, it is not the same as an abortion.** EC should not be used for routine contraception.

### Sexually Transmitted Diseases

Practicing safer sex includes protecting yourself from sexually transmitted diseases (STDs). Follow the safer sex tips on this sheet to increase your chances of staying safe.

### Safer sex tips

- Form a monogamous relationship and make an agreement to be faithful
- Avoid sexual intimacy until you and your partner have been tested for STDs
- Use a latex or polyurethane condom (both male and female are available) or dental dam with water- or silicone-based lubricant every time
- Check expiration dates
- Learn symptoms of STDs
- Include STD testing in your physical exam prior to your overseas trip, whether or not you are experiencing the symptoms
- Avoid alcohol and other drugs because they can impair judgment



## **Where can you go for help prior to your trip?**

### **Campus Experts**

#### **Student Health Services (SHS)**

- SHS offers gynecological appointments with a women's nurse practitioner or gynecologist. To make an appointment for an annual exam or to discuss your contraception options, call 314.935.6666.
- SHS offers HIV and STD testing and counseling. To find out about your options for STD and HIV testing on campus, call 314.935.6666. For options off campus, call 935-7139 or visit [shs.wustl.edu](http://shs.wustl.edu).
- Travel Medicine Services are offered to students who are traveling abroad. This service offers physical exams, advice, and immunizations as needed. Schedule an appointment by calling 935-6666, option #3. You will be scheduled with a Registered Nurse on a Monday. Bring all required forms to be completed for your travel. The nurse will review and complete all required testing and immunizations. A follow-up appointment will be scheduled for Thursday of the same week with a provider at SHS. The provider will complete the physical examination. All required paperwork will be completed at this time.

### **On-Line Resources**

For general health information, visit [shs.wustl.edu](http://shs.wustl.edu)

For information about your contraception options, visit <http://www.smartersex.org/contraception/>

To learn about the transmission and symptoms of STDs, visit [http://www.ashastd.org/learn/learn\\_overview.cfm](http://www.ashastd.org/learn/learn_overview.cfm)

For general sexual health information and facts, visit <http://www.goaskalice.columbia.edu/Cat7.html>

### **Professional**

For brochures and other resources visit Health Promotion Services or contact Melissa Ruwitch by calling 314.935.7139

For more information, see the handout on "Sexual and Reproductive Health Websites"



## WU RESOURCES WHILE YOU'RE ABROAD

<http://artsci.wustl.edu/~overseas/students/whileabroad.html>

While you are abroad it may not be easy to pick up the telephone or stop by an office to get answers. Below you will find contacts that might help you get the information you need.

<b>ACADEMIC RESOURCES</b>	
College of Arts and Sciences	<a href="http://artsci.wustl.edu/~college">http://artsci.wustl.edu/~college</a>
Academic Departments	<a href="http://www.wustl.edu/acaddepts.html">http://www.wustl.edu/acaddepts.html</a>
Study Abroad Advisors	<a href="http://artsci.wustl.edu/~overseas/advisors/saadirectory.html">http://artsci.wustl.edu/~overseas/advisors/saadirectory.html</a>
<b>PRE-PROFESSIONAL PROGRAMS</b>	
Law	<a href="http://artsci.wustl.edu/~college/Preprofessional_Programs/Law/">http://artsci.wustl.edu/~college/Preprofessional_Programs/Law/</a>
Pre-medicine and other health professions	<a href="http://artsci.wustl.edu/~college/Preprofessional_Programs/Life_Sciences/">http://artsci.wustl.edu/~college/Preprofessional_Programs/Life_Sciences/</a>
Undergraduate Research	<a href="http://ur.wustl.edu/">http://ur.wustl.edu/</a>
<b>CAREERS, INTERNSHIPS, SCHOLARSHIPS &amp; TRANSITIONAL PROGRAMS</b>	
WU Career Center	<a href="http://www.careers.wustl.edu/">http://www.careers.wustl.edu/</a>
Scholarship Sites	<a href="http://artsci.wustl.edu/~college/Scholarships/">http://artsci.wustl.edu/~college/Scholarships/</a> <a href="http://www.artsci.wustl.edu/%7Eoverseas/grants.html">http://www.artsci.wustl.edu/%7Eoverseas/grants.html</a>
<b>FINANCIAL &amp; BILLING MATTERS</b>	
Student Financial Services	<a href="http://sfswb.wustl.edu/sfs/sfshome.aspx">http://sfswb.wustl.edu/sfs/sfshome.aspx</a> (314) 935-5900 (888) 547-6607 (314) 935-4037 FAX Specific contact for Study Abroad: Victoria Mueller Awards Coordinator, Student Financial Services <a href="mailto:Victoria_Mueller@wustl.edu">Victoria_Mueller@wustl.edu</a>



Student Billing	(314) 935-5786
Tuition Pay Plan	(888) 643-0040
Partners in Education with Parents	(800) 468-0569 <a href="mailto:financial@wustl.edu">financial@wustl.edu</a>
<b>HEALTH, WELLNESS &amp; WU INSURANCE</b>	
Student Health Services	<a href="http://shs.wustl.edu">http://shs.wustl.edu</a> (314) 935-6666 Dr. Alan Glass, Director
WU Health Insurance	Debra Harp, Insurance Coordinator Associate Director of Student Health Services (314) 935-6656 <a href="mailto:SHCS_Insurance@aismail.wustl.edu">SHCS_Insurance@aismail.wustl.edu</a>
International SOS	<u>International SOS</u> Enter WU's membership number 11BSGC000032 in the prompt box on the main page
Assist America Emergency Travel Assistance Services	<a href="mailto:services@assistamerica.com">services@assistamerica.com</a>  Emergency services via: (800) 872-1414 (301) 656-4152 (collect from abroad) <a href="mailto:medservices@assistamerica.com">medservices@assistamerica.com</a>
<b>SEXUAL ASSAULT OR PERSONAL CRISIS</b>	
Sexual Assault and Rape Action Hotline (SARAH)	(314) 935-8080 SARAH is a 24-hour hotline, open to all members of the Washington University community, providing counseling, resources, and referrals on issues of sexual abuse. SARAH is student organized and operated; all SARAH volunteers have received at least 40 hours of training on issues related to sexual abuse. The answering service will contact a SARAH volunteer who will return your call within 20 minutes. CALLS ARE TREATED AS COMPLETELY CONFIDENTIAL.
Uncle Joe's Peer Counseling and Resource Center	(314) 935-5099 Phone counseling 24 hours. Uncle Joe's is a student-run counseling service. The students who work at Uncle Joe's are available for confidential counseling by phone or in person. Uncle Joe's has information and resources for dealing with a wide range of problems encountered by college students.

<p>Women's Crisis Counselor</p>	<p>Karen Levin Coburn (314) 935-5040 Assistant Vice Chancellor for Students Women's Building, Rm. 113 Campus Box 1136</p> <p>Lisa Sinden-Gottfried (314) 935-5980</p> <p><b>Call University Police 314 935-5555 to access Women's Crisis Counselors after office hours or on weekends. The Women's Crisis Counselors are available for immediate and confidential counseling, support, and assistance in gaining access to services and providing information about reporting options.</b></p>
<p><b>WU HOUSING</b></p>	
<p>Residential Life</p>	<p><a href="http://reslife.wustl.edu">http://reslife.wustl.edu</a> (314) 935-5050 (800) 234-1853 <a href="mailto:resinfo@restech.wustl.edu">resinfo@restech.wustl.edu</a></p>
<p>Quadrangle Housing</p>	<p><a href="http://offcampushousing.wustl.edu/index.asp">http://offcampushousing.wustl.edu/index.asp</a> (314) 935-9511 (800) 874-4330</p>



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## 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 that Kenyans are a bit more conservative than Americans. Field components require more durable athletic clothing in addition to longer skirts (at least below the knee) when meeting with rural people or on a rural home stay.

**Specific Clothing Checklist:**

- Teva-style sandals – Leather sandals like Birkenstocks will get ruined.
- Flip-flops are an alternative for nights out in Nairobi but inexpensive shower flops can be bought here. If you want to work in an office for IDS you may need dress shoes.
- Sneakers – Most students recommend only needing a good pair of cross trainers or shoes that can be worn for a day hike. Hiking boots were necessary especially if you have bad ankles.
- Pants (a total of 3 to 4 pairs...the following are just a suggestion!!)
  - 1 pair of sweatpants
  - 1-2 pairs of jeans
  - 1 pair of khakis
  - 1 pair of capris
  - 1 pair of zip off pants
- 2-4 athletic shorts
- 3 skirts (Khangas can be purchased here but versatile solid skirts are the best)
- t-shirts 7-10
  - some could be plain and solid colors which are versatile
  - some could have logos which could be traded or given as gifts
  - some recommend the 50/50 cotton/poly shirts for field components
  - 1-2 sleeveless shirts – wider straps better; these are not always appropriate
- 2 long sleeved shirts (if you are sensitive to the sun then you might want light colors but these may get ruined)
- 1 thicker fleece or hooded sweatshirt
- Jacket – one that is versatile like a windbreaker that is waterproof so it can be used as a raincoat and
- Rain pants – some past students felt these were necessary others thought this should be optional
- Socks – Most students wear sandals the entire time but some prefer sneakers or like to work out. Approximately 5 to 7 pairs are recommended. One pair of wool socks is recommended for times of rain.
- Underwear – Two weeks of underwear is a must. Some students like to wear poly underwear for field components.
- Bras – both sports bras (2) and regular bras (3)
- Bathing suit – a 1 piece and a 2 piece (in some areas it is not appropriate for women to wear 2 pieces)

**Gear Essentials:**

- Pocket Kiswahili dictionary
- Swiss army knife
- Sleeping bag – 20 degree
- Sleeping pad – Z-rest/ RidgeRest (not the inflatable kind)
- Internal Frame Pack – 4,000 – 7,000 cu. in. Most of us had a pack about 5,000 cu. in. and this is plenty of room.
- Daypack – A traditional backpack which you use in Nairobi for classes and for home stays.
- Headlamp – Most had Petzels.

- 2 one liter nalgens or water bottles either wide or small mouth (small mouth better)
- Personal journal – if you want to keep one you will be keeping a journal for class
- Sunglasses – make sure they protect for UVA and UVB
- Plastic bags – various sizes
- Towel and wash cloth. Maybe a beach towel and pack towel
- Hat with a protective brim. Bandanas are good too and can be traded but they are not a replacement for a hat. Baseball caps are a good idea.
- Insect repellent – 30% deet
- Camera – A resolution of 5 mega pixels or higher and a minimum of 5X optical zoom give good results when taking shots in the field. For digital cameras bring cords and blank CDs to take your pictures off your camera even if you do not have a laptop otherwise bring lots of memory cards.
- Binoculars (7X35 or higher magnification is useful for game viewing)
- Laptop – Bring this with an adaptor to plug them into the Kenyan 3 wide prong plugs like in Britain and a surge protector if you have one. Do not worry about viruses because your computer will have no access to the internet.
- FLASH DISK – You will be writing papers and there are 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.
- Batteries – Rechargeable batteries are cost efficient but on field components there is no way to recharge them unless you have a solar re-charger. If you do not have a solar re-charger then try a combination of rechargeable and regular batteries.

**Additional Good Ideas:**

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

**Toiletries:**

- Regular sized shampoo and condition and optional smaller leak proof bottles for field components
- soap
- deodorant and maybe an extra because they only sell the roll on kind here

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

**Medical Items:**

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

**Final Note:** The clothes that you bring to Kenya are going to get dirty and or ruined. Some students choose to bring clothes that they did not care about. This way they could leave them here and have additional room to bring the things they bought home. Other students may want to bring their favorite clothes. It is up to you but be warned. In addition, white clothes are not advisable. On field components they will turn a permanent shade of tan or brown.

**Mountain Climbing:**

Some students will climb Mt. Kenya (17,300 ft.). If you begin planning immediately upon arrival in Kenya, there is also a chance that you will be able to climb Mt. Kilimanjaro in Tanzania, the highest peak on the African continent at 19,300 ft. unfortunately, park fees are very high. It currently costs US \$500 - \$1,000 to climb Kili and US \$200 - \$350 to climb Mt. Kenya. These trips require you to bring certain additional items not included in the above packing list. A suggested list for climbing follows.

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

- Headlamp and batteries
- Water bottles
- Small food containers

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

Keep in mind that Kili requires more time and money for planning and transportation than Mt. Kenya. Climbing parts of Mt. Kenya is possible for most people who are in good shape and 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 Augsburg Field House: 315-229-5016.

### MEDICAL PRECAUTIONS / INSURANCE

All students are required to have medical insurance while they are abroad. Students participating in the Kenya Semester Program must buy medical insurance when they arrive in Kenya at a cost of \$100 to have good local health care. It covers all routine medical needs and hospitalization costs up to \$2,800. 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.



- 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 \$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 kikoiis, 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 is widely accepted. Master Card or American Express are 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 Kshs 50 – 1,000 (\$0.70 - \$14). Please keep in mind that phone calls from Kenya to the U.S. range from approximately \$0.45 to \$1/ minute. Depending on the plan, it may be much cheaper to give your family your mobile telephone number, when you are issued your phone in Nairobi during orientation, and have them call you from the U.S. If you have no pre-paid units on your phone, then you do not call. 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	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	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.\*\*\*

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**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*, 2<sup>nd</sup> Ed.  
B.A. Ogot, *Zamani: A Survey of East African History*

**Literature**

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

**Conservation and Field Guides**

Richard D. Estes, *The Behavior Guide to African Mammals, The Safari Companion: A Guide to Watching African Mammals*  
Raymond Bonner, *At The Hand Of Man*  
Zimmerman, et. Al., *Birds of Kenya and Northern Tanzania*

**History, Government and Social Sciences**

Alice Amsden, *International Firms and Labor in Kenya*  
Joel Barkan, *Politics and Public Policy in Kenya and Tanzania*  
E.A. Brett, *Colonialism and Underdevelopment in East Africa*  
Desmond Clark, *The Pre-History of Africa*  
Colin Fletcher, *Winds of Mara*  
Sobania, N. *Culture and Customs of Kenya*  
Goran Hyden, *Beyond Ujamaa in Tanzania*  
Jomo Kenyatta, *Facing Mount Kenya*  
Colin Leys, *Underdevelopment in Kenya*  
James McCann, *Green Land, Brown Land, Black Land: An Environmental History of Africa, 1800 -1900*  
John Middleton, *The World of the Swahili*  
Julius Nyerere, *Freedom and Socialism*  
David Parkin, *Town and Country in Central and Eastern Africa*  
John Reader, *Missing Links*

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

Edward Soja, *The Geography of Modernization in Kenya*

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

**Films/Videos**

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

Basil Davidson, *Africa* (8 pts.)

*Maasai Women* (60 min.)



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**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:	Plural:
I --- ni	We --- tu
You --- u	you --- m
he/she --- a	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	HELLO
HABARI YAKO?	HOW ARE YOU? ("How is your news")
NZURI/SALAMA	GOOD/PEACEFUL
TAFADHALI	PLEASE
ASANTE SANA	THANK YOU VERY MUCH
KWAHERI	GOODBYE
NDIO	YES
HAPANA	NO
SAMAHANI	EXCUSE ME
POLE	I AM SORRY
NIMESHIBA	I AM SATISFIED/FULL

**BAHATI NZURI (GOOD LUCK)!**

### Sentence Construction

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

#### Examples:

Eric alienda Kisumu.	Eric went to Kisumu.
Mimi nitakula ugali na sukumawiki.	I will eat ugali and sukumawiki.
Ninajifunza Kiswahili.	I am studying Swahili.
Motokaa kubwa inaenda mbio.	The big car is moving quickly.
Yeye ni mwanafunzi.	He/she is a student.
Huyu ni mwalimu wa Kiswahili.	This is the Kiswahili teacher.

### Tenses

Present tense: -na-

eg. Amanda <u>anatembea</u> .	Amanda is walking.
Daudi <u>anakula</u> kuku.	David is eating chicken.
Wewe <u>unafanya</u> nini?	What are you doing?

Past tense: -li-

eg. Sisi <u>tuliogelea</u> .	We swam.
Mimi <u>nilitembea</u> .	I walked.
Kristen na Liz <u>walioga</u> .	Kristen and Liz bathed.
Wewe <u>ulikula</u> lini?	When did you eat?

Future Tense: -ta-

eg. Sisi <u>tutaenda</u> Mombasa.	We shall go to Mombasa.
Joyce <u>atapika</u> chapati.	Joyce will cook chapati.
Mimi <u>nitakula</u> nyama.	I will eat meat.
Wao <u>watakuja</u> kesho.	They will come tomorrow.

Habitual Tense: -hu-

eg. Stacey <u>hupenda</u> mkate.	Stacey likes bread.
Wao <u>huenda</u> shambani.	They go to the fields.
Sisi <u>hucheza</u> mpira.	We play ball (soccer).
Yeye <u>hupenda</u> kulala.	He/She likes to sleep.

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

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

### Nouns: M/WA Class

Characteristics of this noun class:

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

Examples:

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

### AGREEMENT MARKERS

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

Examples:

Wanyama wale ni wagonjwa.

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
Singular	u-	m-	these	those
Plural	i-	mi-	hii	ile

Examples:

(Singular)

Mti ule mkubwa umeanguka.

That big tree has fallen down.

Mkate huu mdogo ni mtamu.

This small loaf of bread is sweet/good.

Mkono huu ni mchafu.

This hand is dirty.

(Plural)

Miti ile mikubwa imeanguka.

Those big trees have fallen down.

Mikate hii midogo ni mitamu.

These small loaves of bread are good.

Mikono hii ni mchafu.

These hands are dirty.

### Nouns: JI/MA Class

Characteristics of this noun class:

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

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

Examples:

<u>Kiswahili</u>		<u>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.	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.	