

Dr Barthelmé

# ST. LAWRENCE UNIVERSITY

## KENYA SUMMERTERM HANDBOOK

This packet contains:

- pre-departure orientation information
- a suggested background reading list
- a list of Swahili phrases
- handbook of information, policies, and advice for after you arrive in Kenya.

Bring this packet with you when you travel to Kenya!

## ORIENTATION HANDBOOK SUMMER 2007

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## ST. LAWRENCE UNIVERSITY KENYA SUMMER PROGRAM

### TO ALL SUMMER 2007 PARTICIPANTS

**KARIBUNI** (Kiswahili: “welcome all”) to the St. Lawrence University Kenya Summer Program. The St. Lawrence University staff and faculty would like to welcome you to the Summer 2007 Program and give you a brief introduction to the program.

This summer we will run three courses:

1. Health Care Delivery in a Developing Country (Coordinated by Wairimu Ndirangu)
2. Archaeology in Kenya: In Search of Our Ancestors (Coordinated by John Barthelme)
3. Challenges in Conservation: National Parks at Risk (Coordinated by Abdelwahab Sinnary)

The St. Lawrence University administrative staff here in Kenya consists of Abdelwahab Sinnary, *Academic Director*, Wairimu Ndirangu, *Administrative Director*, Lina Muturi-Karingi, *Assistant Director, Finance*, and Rose Wafula, *Program Secretary*.

The St. Lawrence University Study Center is located on a five-acre plot about 12 km from the center of Nairobi, in a green suburb called Karen (named after Karen Blixen, author of Out of Africa), and not far from the Ngong hills which overlook the Great Rift Valley. On the property there are lots of trees, flowers, over 60 species of birds, and open spaces.

### Preparing and Arrival

**Prior to arriving in Kenya**, read the following materials:

- Kenya: Promised Land? (**Order this short text yourself, available on Amazon.com**)  
(You might be interested in watching a new movie “The Constant Gardener” which is set in Kenya or get on video last year’s “Nowhere in Africa.”)

- ✱ **Please do not change any currency at the airport**; it is time-consuming and the rates of exchange are not competitive. We will make it possible for you to change money soon after your arrival.

### Medical Issues

Please remember to start your malaria prophylaxis prior to your departure for Kenya, following the recommendation of the University’s Student Health Services. To determine the best prophylaxis for you, be certain to discuss the various options with your primary health care provider. You will be traveling in a malarial zone within five days of your arrival in Kenya, so it is **imperative** that you start your medication on time. Whatever health concerns you have will be addressed during the orientation program in Kenya.

All students are required to have medical insurance which applies internationally while they are abroad. Students participating in the Kenya Summer Program will have a supplemental medical

insurance cover when they arrive in Kenya 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.

This supplemental, local medical insurance is arranged by the program and covers for both in-patient and out-patient hospitalization at the Nairobi Hospital. If you require medical care for issues not covered by this local policy, 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 summer term. 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.

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.

### **Drug Use**

Regarding the matter of drug use in Kenya, Kenyan law forbids absolutely the use of recreational drugs including marijuana. Drug use by students jeopardizes the very future of the Kenya Semester and Summer Programs, and can have serious legal consequences for the individual. **If you are discovered using or in possession of drugs, you will be immediately sent home at your own expense.** This action may seem overly harsh, but it is necessary given our status as guests in Kenya. [Incidentally, the current minimum sentence for drug possession in Kenya is a mandatory 10 year sentence].

### **Communication - Phone**

You will not be able to charge telephone calls with credit cards from Kenya; nor will you be able to call "collect." Making telephone calls is therefore difficult and expensive [about \$2/minute], and you will want to make arrangements for people to call you while you are at our study center. You will be given a cell phone that you will use for the entire summer term although calls can also be received at our Study Center on telephone 011-254-20-884511. This is the only number that you should give your family and friends who wish to call you besides your cell phone number, which you will receive upon arrival. The cell phone network does not cover the entire country and it is more likely that you will not be able to receive any calls while in the field. You can also receive an

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email message through [sluksp@africaonline.co.ke](mailto:sluksp@africaonline.co.ke). Please ask those writing to you to indicate the recipient's name on the subject line.

### Money

We suggest each student bring about \$500 for a few meals or drinks out, for 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.

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 to a lesser extent Mastercard are widely accepted. American Express is not as widely accepted.

### Cameras and Essential Equipment (See also Equipment List which follows this section.)

Although it is unwise to experience Kenya solely through the lens of a camera, a camera is desirable. 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.

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 6 – 10 rolls of film. Kodachrome cannot be processed locally, nor can the Advantix film be purchased in Kenya.

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.**

### Departure

The Program officially ends with your scheduled departures on the 30<sup>th</sup> of June. After the conclusion of the summer, however, some of you may want to travel independently. Students have successfully climbed Mt. Kilimanjaro (Africa's highest peak at over 19,000' altitude) or Mt. Kenya (17,000' + altitude), explored the East African Coast including Lamu and Zanzibar, and visited national parks in Kenya and Tanzania. The possibilities are numerous but **you must remember that this independent travel is outside the scope of the summer term's activities, so if you do plan to travel, you must both secure parental approval and reserve extra money for this purpose.**

All of us here wish you good preparation and *safari njema* (good journey) to Kenya. We look forward to meeting each of you upon your arrival.

Sincerely,

The Kenya Semester Program Staff

### EQUIPMENT AND CLOTHING TO BRING

Travel light! We recommend no more baggage than you can carry at one time. Traveling is more enjoyable, easier and faster with less stuff. Note that you will need appropriate gear and dress for several different situations 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.

KENYANS EXPECT A VERY NEAT APPEARANCE in most situations, so when you are staying in Nairobi 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 rural areas a skirt or dress is essential. 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 rural areas 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 ideal.

### 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.

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).

#### Specific Clothing Checklist:

- Teva-style sandals – Leather sandals like Birkenstocks will get ruined.
- Flip-flops are an alternative for nights out in Nairobi.
- Sneakers – Most students recommend only needing a good pair of cross trainers or shoes that can be worn for a day hike. Hiking boots are necessary only if you have bad ankles or plan on climbing Mt. Kenya/Kilimanjara.

#### THE FOLLOWING LIST IS FOR A SEMESTER PROGRAM. REDUCE IT ACCORDINGLY!

- 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 is recommended. One pair of wool socks is recommended for times of rain.

*Handwritten notes:*  
 1. High shirt  
 2. Sneakers  
 Notebook  
 Pens  
 Planner  
 1. jeans  
 1. socks  
 2. shoes?  
 1. 1st yr  
 1. 2nd yr  
 1. 3rd yr  
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 1. 98th yr  
 1. 99th yr  
 1. 100th yr

- 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)

**Gear Essentials:**

- Pocket Kiswahili dictionary
- Swiss army knife
- Sleeping bag – 20 degree (a light-weight sleeping sack for the Health course participants when you are in Eldoret)
- Sleeping pad – Z-rest/ RidgeRest (not the inflatable kind)
- Internal Frame Pack
- Daypack – A traditional.
- Headlamp – Most of us had Petzels.
- 2 one liter nalgenes or water bottles either wide or small mouth
- personal journal – if you want to keep one
- sunglasses – make sure they protect for UVA and UVB
- plastic bags – various sizes
- Towel and wash cloth. Maybe a beach towel and pack towel if you plan to travel after the program.
- Hat with a protective brim. Bandanas are good too and can be traded but they are not a replacement for a hat. Most past students 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 flash disk to save your work there. Avoid bringing floppy discs as they do not store large amount of information and they get easily spoiled
- 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

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- Diskman and music (There are some long car rides and music is nice!)
  - A lighter
  - Iodine tablets – These are not really necessary but in emergencies they could be helpful.
  - Duct Tape
  - a travel coffee mug for coffee lovers
  - 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. 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. Do not worry about viruses because your computer will have no access to the internet.

**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!
- 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.

**Mountain Climbing:**

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

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

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

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

**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*

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**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**

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.

Eric went to Kisumu.

I will eat ugali and sukumawiki.

I am studying Swahili.

Motokaa kubwa inaenda mbio.  
Yeye ni mwanafunzi.  
Huyu ni mwalimu wa Kiswahili.

The big car is moving quickly.  
He/she is a student.  
This is the Kiswahili teacher.

### Tenses

Present tense: -na-

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

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

Past tense: -li-

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

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

Future Tense: -ta-

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

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

Habitual Tense: -hu-

eg. Stacey hupenda mkate.  
Wao huenda shambani.  
Sisi hucheza mpira.  
Yeye hupenda kulala.

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



### Common Verbs

(drop the -ku- prefix before conjugating)

<u>Swahili</u>	<u>English</u>	<u>Swahili</u>	<u>English</u>
kula	to eat	kulima	to dig
kunywa	to drink	kupa	to give
kulala	to sleep	kupeleka gari	to drive a car
kuoga	to bathe	kuona	to see
kupenda	to like/love	kusafiri	to travel
kutaka	to want	kukimbia	to run
kupika	to cook	kubeba	to carry
kucheza	to play/dance	kuagiza	to ask for
kuogelea	to swim	kusikia	to hear
kutembea	to walk	kufanya kazi	to work
kuenda	to go	kucheka	to laugh
kufanya	to do	kukaa	to stay

kuja	to come	kusimama	to stand up/stop
kuimba	to sing	kuketi	to sit
kufua nguo	to wash clothes	kupanda	to climb/plant
kupiga bei	to bargain	kuwa	to be
kupumzika	to rest	kukua	to grow
kutoka	to come from	kulipa	to pay
kupotea	to get lost	kuleta	to bring
kutafuta	to look for	kungojea	to wait for
kununua	to buy	kuvaa	to wear
kusoma	to read/study	kuandika	to write
kusema	to speak	kuzungumza	to converse
kuitwa	to be called	kufurahi	to be happy
kulia	to cry	kupiga kelele	to make noise/shout
kuuliza	to ask	kujua	to know

### Nouns: M/WA Class

Characteristics of this noun class:

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

Examples:

#### Kiswahili

##### Singular

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

##### Plural

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

#### English

##### Singular

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

mgeni	mgeni	guest/stranger
<u>AGREEMENT MARKERS</u>		
Nominative prefix for use with Verb	Adjective prefix	Demonstratives:
		this      that
		these      those
Singular	a-	m-
Plural	wa-	wa-
		huyu      yule
		hawa      wale

Examples:

Wanyama wale ni wagonjwa.

Those animals are sick.

Mtoto huyu ni mzuri.

This child is good.

Mpishi yule hupika chakula kizuri sana.

That cook cooks very good food.

**Nouns: M/MI Class**

Characteristics of this noun class:

- names of trees and plants
- a few other nouns

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

Examples:KiswahiliSingular

mti

mnanasi

mwili

mgongo

mdomo

mkono

mguu

mkeka

mto

mwiba

mkate

mwezi

mwaka

mlima

Plural

miti

minanasi

miili

migongo

midomo

mikono

miguu

mikeka

mito

miiba

mikate

miezi

miaka

milima

EnglishSingular

tree

pineapple tree

body

back

mouth/lip

hand/arm

foot/leg

mat

river/pillow

thorn

bread

moon/month

year

hill/mountain

AGREEMENT MARKERS:

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

Examples:

(Singular)

Mti ule mkubwa umeanguka.

That big tree has fallen down.

Mkate huu mdogo ni mtamu.

This small loaf of bread is sweet/good.

Mkono huu ni mchafu.

This hand is dirty.

(Plural)

Miti ile mikubwa imeanguka.

Those big trees have fallen down.

Mikate hii midogo ni mitamu.

These small loaves of bread are good.

Mikono hii ni michafu.

These hands are dirty.

**Nouns: JI/MA Class**

Characteristics of this noun class:

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

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

Examples:

<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

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			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.	



## EDUCATIONAL AIMS AND OBJECTIVES

The general educational aims of the St. Lawrence University Kenya Summer Program are to expose and introduce American university students to new values and cultural traditions, to increase cross-cultural understanding, and to introduce students to a disciplined study of biodiversity conservation, health care delivery or, archaeology in Kenya. The program challenges students to broaden their views of the world and themselves through critical examination and personal reflection, combining academic demands with experience of living in East Africa. It addresses these goals through an integrated structure of classroom and field learning situations.

## ACADEMICS

### Grades

The Grading system in use at St. Lawrence University and the Kenya Summer Program is as follows:

Grade	Subjective Description	Grade Point Equivalent per Course Unit	100 scale
4.00	Excellent	4.00	92 - 100
3.75	Good	3.75	89.5 - <92
3.50		3.50	87 - <89.5
3.25		3.25	84.5 - <87
3.00		3.00	82 - <84.5
2.75		2.75	79.5 - <82
2.50	Satisfactory	2.50	77 - <79.5
2.25		2.25	74.5 - <77
2.00		2.00	72 - <74.5
1.75		1.75	69.5 - <72
1.50	Lowest Passing Grade	1.50	67 - <69.5
1.25		1.25	64.5 - <67
1.00		1.00	62 - <64.5
0.0	Failure	0.00	<62
E	Incomplete; see below	0.00	
P	Pass under Pass/Fail option; see below		
W	Withdrawn	0.00	
WM	Withdrawn Medical	0.00	
X	See below		

The grade of Incomplete (E) is assigned only when, as a result of unusual or extenuating circumstances (e.g., illness), some part of the required work for a course is left unfinished. In such a case, the coordinator informs Registrar and agrees on conditions for removal of the E with the student, preferably in writing. The student is expected to fulfill these conditions in good time,

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in the ensuing semester, for the coordinator to evaluate his or her work and report a permanent grade to the registrar by the end of the sixth week. If no grade is reported, the E is replaced by 0.0 (Failure). The course coordinator may request further delay from the registrar, but this delay may not be longer than the term. It is the responsibility of the student to see that conditions for the removal of a grade of E are established and met.

The course coordinator will submit all grades to the SLU registrar who communicates them to the registrars of non-SLU sending schools. Grades submitted to the SLU registrar will be in the SLU grading scale.

Note: Non-SLU students should check with the registrar at their home school about how SLU grades will be represented on the home school transcript. Non-SLU students are also responsible for knowing their own colleges' requirements for course transferability. To allow for a smooth transfer of credit, students from other schools should take with them, back to the home campus, copies of all syllabi and all graded work.

**Class Attendance:** Attendance at all classes and course activities is mandatory unless you have a documented medical reason for your absence or the activity is specifically designated as optional. We require that you inform the course coordinator if you are not well enough to attend class.

**Library:** We have a small library on campus, which you are free to use at any time. The system for checking out books is based entirely on an honor system. After selecting a book, please sign it out in the logbook near the door. Upon returning the book sign it back in – however we ask you not to reshelv the book yourself, but to leave it on one of the tables in the library for re-shelving. If the library is locked, see one of the administrative staff for the key. The library and seminar room are intended to be quiet areas. Please respect the needs of other students and use other parts of the Center for socializing. Books are expensive and difficult to get here. Please do not take them out of Nairobi for any reason.

**Computers:** We have several computers available for student use, located in the library, the room next to the library and the Barn. Please use the computers responsibly and inform the administrative staff immediately in case of any malfunction.

### **Academic Honesty**

The primary objective of the University is the promotion of knowledge. This objective can be furthered only if there is strict adherence to scrupulous standards of honesty. At St. Lawrence, all members of the university community have a responsibility to see that standards of honesty are maintained. The following constitutes the definition of academic dishonesty at St. Lawrence University:

1. It is assumed that all work submitted for credit is done by the student himself/herself, unless the coordinator gives specific permission for collaboration.
2. Cheating on examinations and tests consists of knowingly giving or using, or attempting to use, unauthorized assistance during examinations or tests.

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3. Dishonesty in work outside of examinations and tests consists of handing in for credit as original work, which is not original, where originality is required. Examples of this include:
- plagiarism
  - false reports on experiments
  - book reports on books that have not been read
  - Supplying information to another student knowing that such information will be used in a dishonest way.
  - Submitting work (papers, journal abstracts, etc.) to satisfy the requirements of more than one course or assignment.
4. All cases of academic dishonesty will be referred to St. Lawrence University's Academic Honor Council.

### STUDY CENTER POLICIES

These policies have evolved over many years, some of them as a direct result of past problems. Their purpose is not to restrict anyone's actions without reason, but to ensure that the entire group and staff enjoy the semester with as much freedom and as few problems as possible. If you have any questions, please share them with your course coordinator or one of the administrative staff.

#### A. Residential Policies

**Cleanliness:** The staff's duties involve keeping the buildings clean, but they do not include picking up after individuals. Each of you is responsible for the general cleanliness and orderliness of his/her own space (i.e. bed, dresser and immediate surroundings). Clothes, books, etc. should be off the floor to allow room for housekeepers to sweep and clean. At the end of the term, students will be expected to carry out a final clean up and disposal of any items they are not taking back with them; you will be informed of the date and time for this activity.

**Laundry:** Laundry facilities are at two locations on the property, which will be pointed out to you; each of you will be assigned to one laundry group. Our staff will wash and hang out your laundry; it will be your responsibility to take your clothes off the clotheslines. You will have your laundry done once per week while you are at the center, and at other times during the semester (e.g., after field trips) as arranged. Please check the posted lists for your laundry group and day and adhere to it! Water supplies are limited so it is necessary to stick to this schedule. Please drop off your bag no later than 8:00 a.m. on your scheduled morning.

**Bedding:** You are provided with sheets and blankets for use ON THE ST. LAWRENCE UNIVERSITY COMPOUND; please do not take any university bedding into the field with you. Use your own sleeping bags for all field trips. It is your responsibility to send your sheets to the laundry regularly, as outlined above.

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**Kitchen:** It is your responsibility to clear your own plates, glasses and cutlery when you have eaten, take them into the kitchen and wash and rinse them in the sinks provided. The university provides a refrigerator and a microwave for student use; please keep them clean and tidy.

**Water:** Water shortage is a chronic problem in the Nairobi area. While we generally have enough for normal use, please avoid prolonged showers and other actions that waste it. We ask you to use the outdoor choo (or outhouse, located near the entrance to the compound) whenever feasible; this not only saves water but also gives you useful practice in using these 'pit latrines' which are the most common form of sanitation in the rural areas of Kenya.

**Tv/Vcr:** These are located in the Study Center and are available for your use. Please remember that dorm rooms are also located in this building and soundproofing is minimal. Be considerate of other students' need for sleep or study when you are watching TV or a video late at night.

**Video Rental:** There are video parlors in Karen and elsewhere. Please note that students are responsible for rental, payment and returning of videos; the university accepts NO responsibility for this. At the end of the semester, NO students will be cleared and have their financial deposits returned to them until all videos borrowed have been returned and paid for.

**Visitors:** In consideration for the group as a whole, **overnight guests at the Center are not permitted.**

**Transport and Communication:** The program does not normally provide transport for students for ANY non-program activities. We recommend strongly that by day you use the greenish "Citi Hoppa" bus, Route 111 which is safer than other forms of public transport and more reliable. This bus stops at the junction of Miotoni Road/Ngong Road. The drop-off point is at the Kenyatta Avenue near the intersection with Uhuru Highway. Beware of pickpockets on all buses/matatus. **By night, we require that you use a reliable taxi service;** information about these is provided on lists posted in the Study Center and the program office. See also our further advice below (Section C3) about night visits to Nairobi. **Do NOT return by bus to Karen after dark**

**Mail:** Mail will be taken into town and posted daily. Make sure that your letters are properly stamped and leave them in the outgoing mailbox in the seminar room. Incoming mail will be collected daily and distributed to your mailbox at the seminar room.

**Telephone/Fax:** You may call and receive calls on your leased cell phone line in most parts of the country and especially in Nairobi. Please inform your friends and family of the proper number, and remind them of the time difference (we are 7 hours ahead of the U.S. East Coast, which means that 10:00 a.m. here is 3:00 a.m. there. When Daylight Savings Time ends, the difference is 8 hours). The cell phones are loaned to you for the duration of the program and a penalty will be imposed for any loss or damage. The land telephone lines are reserved for program business and emergencies. Due to high telephone bills by past students, **WE DO NOT**

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**let students use our landlines for any calls.** The fax machine is for official business only and **cannot** be used for personal messages.

**Email:** Email is available at cyber cafes situated in several locations in the City. Costs range from one (1.00) to three (3.00) Kenya shillings per minute. We also have limited access to email for students at [sluksp@africaonline.co.ke](mailto:sluksp@africaonline.co.ke), using one computer in the library next to the Seminar Room. The students are responsible for organizing equitable access to email. Students collectively appoint one or two students who manage the email account and are in control of the Password.

## **B. Security**

**Introduction:** We do not wish to make you paranoid, but we have to remind you that security is always an issue in Kenya, and particularly in Nairobi and other large towns. There is an enormous gap between rich and poor, and Kenya's recent economic stagnation has driven many people out of marginal but legal ways of earning a living; some of these people turn to crime. Many Kenyans (rich and poor) are victims of such crime, and as foreigners, you are particularly conspicuous targets, assumed not to have local street smarts and to be carrying relative wealth. Due to increased terrorists' attacks worldwide, there is a wider security issue, that have made US citizens and US property to be seen as potential targets for different kinds of attack (though as it turns out, citizens of other nations may suffer as much or more in these situations).

**Independent Travel:** Independent travel is not permitted during the summer program. Students traveling before or after the program will do so at their own risk. Students traveling after the program ends will be required to submit to the course's coordinator full details of destinations, dates and modes of travel provided. Students are requested to check the USA travel advisories issued periodically on Kenya and should inform and seek approval of their parents/guardians. It is safer to travel in groups of three or more if possible. You should also organize your own insurance as all insurance (medical, evacuation, etc) will expire when the course ends.

**Sunset/Dusk and Night Travel:** Never travel after 6:00 p.m. on foot or on public transportation or accept rides from anyone with whom you are not thoroughly acquainted. If you find yourself away from your destination just before dusk either take a cab or call the Center for assistance. This is true whether you are in the city or in Karen on Miotoni Road. This applies regardless of the number of people with you. You should realize that here near the Equator, darkness occurs rather suddenly. There is no prolonged twilight as we have in northern New York. While it may be daylight at 6:00 p.m., it is likely to be dark by 6:30 p.m.

For ANY travel after dark, please use a recognized taxi service. It is wise to negotiate a price before you begin your travel. If you find yourself without enough cash on hand, still use the taxi to return to the Center. We will pay the taxi and you will reimburse us later.

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**Hitchhiking:** Our rule is, do **not** hitchhike. The reason for this is that in Kenya the practice of hitchhiking is not common. One gives a lift to someone (s)he knows. Hitchhikers are vulnerable to violence and robbery.

**Jogging:** When jogging, go in groups of two or more. The larger the group, the better. Also, do not jog with Walkmans, jewelry, cameras or other valuables.

**In the Streets:** While walking in city streets, remember to keep your bags, wallets, daypacks, etc., close to your body. Avoid wearing necklaces, watches, earrings, as these are easily removed by force from your body. Avoid walking up and down Kenyatta Avenue (outside the junction with Uhuru Highway); also avoid Uhuru Park and Valley Road (continuation of Kenyatta Avenue beyond the Panafric Hotel).

**Night Visits To Nairobi:** We recommend very strongly that you limit your night visits to Nairobi to Friday and Saturday nights. We **STRONGLY** discourage small groups (3 or less) from going into Nairobi alone – this warning is even stronger when it is a question of a small group of women. You are putting yourselves at real risk by moving in Nairobi at night in this way. Go out in big groups, if possible with a man in the group – and do not split into small groups during the course of the evening.

We request groups to provide the course coordinator or any program administrator with a list of those traveling on a particular evening and if possible an indication of your intended destination(s). This is to make it easier for us to contact you if an unexpected situation arises that could threaten your personal safety. Each list will be shredded the next day when we know that you are all back on the campus safely!

We strongly discourage you from visiting the city center (downtown area) at night. Like any other large cities, no part of Nairobi is 100% safe at any time, but the contrast between safe and unsafe areas becomes particularly acute at night. The downtown area, and in particular the areas around bars and nightclubs, is notoriously risky for both Kenyans and foreigners. Relatively 'safe' clubs and bars are the following:

Carnivore (Langata Road) *Restaurant*

K2 (Bunyala Road, behind the big Nakumatt store on Uhuru Highway)

K1 (Parklands)

Archivos and Pavement (Westlands)

You are probably less likely to be at risk in or just outside these bars/clubs than in the city center. Also, there are probably more reliable taxis waiting outside these bars/clubs than around those in the city center. However, remember that nowhere is totally safe and no taxi is totally reliable; use your common sense and remain aware of your surroundings at all times.

**DO NOT** take your camera with you on a night visit to Nairobi – or indeed any other item you would not want to lose.

Make sure that your cell phone is charged and that you have your course coordinator's as well as the SLU campus emergency numbers (Sinnary, Wairimu and Lina) on you (ideally not only in the cell phone in case that is stolen!) Keep the cell phone accessible but invisible; do not leave it on the table while you go to dance. If you get separated from your group, get robbed or have any other problems, call any of us, at any time.

Carry a reasonable but not excessive sum of money. We suggest a maximum of about four thousand Kenya shillings (4000/-) to take care of drinks, cover charge and your share of the taxi back to the center. Maintain all basic precautions against pickpockets even when in a bar or club. Take EXTRA care if you carry your credit card with you. (We assume that you have a record of your credit card number and the emergency phone numbers kept safely, and not in your wallet!)

We strongly urge you to be back on the compound between 1 and 2 a.m. **AT THE VERY LATEST.** Statistics show that most crimes occur between 2 and 3 a.m., and these may include the carjacking of taxis in order to rob both the driver and the passengers. You should also plan your night's activity to be in good form **to attend and fully participate** in all program activities the following day.

When you travel back to campus, remember the following:

- ALWAYS travel in groups; 4 or 5 in a taxi; it is the safest, and cheaper for each person as well.
- NO WOMEN ONLY GROUPS!
- NEGOTIATE a firm price for the trip before you enter the taxi. Be sure that you can and do explain the exact location of the SLU campus to the driver.
- Use your COMMON SENSE; if the driver and/or his vehicle do not inspire confidence, look for another one.
- If you cannot locate a reasonable looking taxi, call one of the radio call taxis listed for a ride back to campus.
- We especially recommend JATCO Radio Call Taxi that operates for 24 hours. The telephone numbers are – 020-444 6096; 020-444 8162; 020-570 763; 020-575 369

**Con-Artists/Sweet-Talkers:** Be on the lookout for these kinds of individuals. These may try to befriend you, while their motives are not positive towards you. Con artists often spin incredibly believable stories. Others pretend to be police or undercover agents and may try to trick you into believing you have done something illegal.

**What to do/what not to do:** There are times, however, due to any number of factors, when you might find yourself in a hazardous situation. During such instances, the most important thing to remember is to 'keep your head.' You will find that common sense will see you safely through most incidents. To assist you further during times of difficulty/danger, we have compiled a list of helpful hint.

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**On Campus Security:** The campus is guarded day and night by a team of security guards ('askaris') who have worked with the program for many years. They have instructions to check the identity of all visitors to the campus, whether or not they are accompanied by a student. If visitors arrive unaccompanied, the askaris will call over to their host to find out if they are present and willing to vouch for their guest. Please cooperate with the askaris to make their job of ensuring our safety easier. Note that visitors should not be invited into your bedrooms, nor should they spend the night on the campus

**Money:** ALWAYS try to use official "bureaux de change" (Forex bureaux) to convert currency to Kenya shillings. NEVER use the "black market" or the "jua kali" markets. Try not to expose a lot of money in public.

**Final Points:** Due to global, regional or local political events, there may be an overall deterioration in security conditions. If this is the case, we may find it necessary to reconsider some of these guidelines during the course of the semester.

**Things to Do in an Emergency:**

Remove yourself from immediate danger as quickly and calmly as possible. If trouble seems to be developing anywhere in town, simply call from where you are (if it is safe) and await further instructions. If you need help arranging transportation back to the Center during office hours (i.e. before about 5 p.m., call the office (020-884509 or 11). These numbers you can call collect. You could also reach the office on 0722-201975 or 0734-333038.

During or after office hours you can call your course coordinator or program administrators at their homes or cell phones, as follows:

Sinnary: at home 020-884510, cell phone 0722-310966

Wairimu: at home 020-882707, cell phone 0722-518351

Lina: at home 020-882752, cell phone 0722-770046

**Things not to Do:**

Do not gravitate towards riots or other disturbances in the city or area that you are staying; keep away from any crowds or political rallies.

Do not involve yourself in matters that do not concern you and that could lead to a volatile situation.

Do not run away from a safe situation in order to make it back to the center by traveling through a trouble spot. Simply call the center and we will advise you.

Avoid being lured or otherwise advised by any individual that you aren't sure about. There are lots of con-men in Nairobi who would like nothing better than to take advantage of you.

**Quotable Quotes:**

"Cultural sensitivity ends where your personal boundaries begin."

"Should you have an encounter with plain clothes police, demand to see their ID."

"Try to be inconspicuous when buying things."

"Pay regular attention to the news (newspapers, radio, television, etc.)"



"Matatus, buses and stages are where pickpockets ply their trade. Keep your wits about you in such situations."

"Don't keep all your money in one place. Use decoy money."

"Know where you're going. Don't dawdle."

"The longer you try to be patient and polite, the more difficult it will be to extricate yourself later." (especially vis a vis sexual harassment)

**The course coordinator has the authority to send home any students who present a serious threat to themselves, to others, or to the program.**

### C. HEALTH ISSUES

**Early Reporting:** Please report your health concerns SOONER RATHER THAN LATER to the course coordinator. Our first line of medical treatment is at Nairobi Hospital (see below).

**Nairobi Hospital:** This is Kenya's best-respected hospital and is conveniently located close to the lower end of Ngong Road. Our health insurance provides for you to be covered at the Emergency Room for all outpatient treatment; please make yourself familiar with the insurance forms that confirm coverage for each of you. In the event of an accident or serious illness occurring while you are in the field, each of you is covered for medical evacuation to Nairobi by the Flying Doctor service.

**Specialist Advice:** Here we can call on Professor Godfrey Lule, an experienced Consultant Physician and Gastroenterologist, who is available to help us with any more acute problems that may arise during the semester. Professor Lule also gives us a briefing on health issues in Kenya during Orientation week. He emphasizes that almost all diseases you are likely to encounter are treatable. More importantly, perhaps, they are preventable. The following are a few points you should keep in mind.

**Drinking Water:** It is unlikely that any place you will visit in Kenya shall have safe drinking water from the tap. All water should be boiled and/or properly filtered, as it is in the Center dining room, or bottled. Note, however, that not all bottled water is safe. Be wary of ice in drinks, since freezing does not purify it. Failure to observe these precautions can, and probably will, result in illness from intestinal parasites and/or bacteria. These are treatable, but decidedly unpleasant and inconvenient.

On the other hand, with these precautions in mind, it is essential that you keep drinking enough water or other fluids to avoid dehydration--especially in the field where you will be active in the hot sun. You are far more likely to suffer from dehydration than from malaria, and in many ways, it is more dangerous. It can occur without your feeling thirsty. It can make its victims irritable, and they may resist accepting treatment. It can be fatal in a fairly short time, and it can take a day or more to get over. Keep an eye on each other and keep track of your fluid input. Carry packets of re-hydrant salts to mix with water, which will help restore the balance of salts in your system. It is a good sign if your urination is clear, copious, and frequent.

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**External Contact with Water:** Do not wade or swim in any freshwater unless you are assured by the course coordinator or the local coordinator that it is safe. Schistosomes are dangerous parasites found in fresh water. These bore through the skin and invade the liver, kidneys and bladder. This disease, too, is treatable. However, who needs it. Wet grass can also be hazardous, since it often harbors worms and other parasites, especially if you are barefoot. Bare feet are a common entry point for parasites, such as pinworms. For this and other good reasons, such as three-inch acacia thorns and scorpions, do not walk in bare feet, even in the compound.

**Other Dangers near Water:** Nile crocodiles, which take a number of human victims in Kenya every year, are present in many of Kenya's waterways. They are efficient killers who are fast, aggressive, and excellent at concealment--especially in brush at the water's edge. You should exercise extreme caution when you are in places crocodiles inhabit. Do not even think about swimming.

**Malaria:** Malaria is a serious health factor in many parts of Kenya. This continues to be a growing as a problem. All forms of malaria are treatable, but falciparum malaria, in particular, can be fatal without timely treatment. The best measure, however, is prevention. The anopheles mosquito, which carries falciparum malaria, is most active between the hours of 10:00 p.m. and 6:00 a.m. When you are in regions with a significant incidence of malaria, use plenty of insect repellent at night and take advantage of tent screens or mosquito netting where available.

If you should become infected, quick treatment is important. The incubation period is about seven to ten days. If you experience fever, chills with headaches, aching joints, and possible diarrhea and nausea, let the coordinator or local coordinator know immediately - even if it happens late at night. The diagnostic test for malaria is simple and relatively painless, but it does require a trip to the doctor's office. The sooner we can take you there, the sooner you will be healthy again.

**HIV/AIDS:** HIV, the virus that causes AIDS, is a very serious health problem throughout most of Africa as well as the rest of the world. Recent figures indicate that 10% of the Kenyan population is HIV positive. Note here though that the figures vary greatly, for instance in areas of Western Kenya as many as 45% may be positive; the south coast is at 20%; major cities may be approximately 30% of population. All of the available data show that you cannot contract HIV through handshakes, food sharing, being sneezed at, or through any other casual contacts unless blood exchange takes place--although you may catch other, less serious things through some of these contacts. In Kenya 80% of HIV is contracted through heterosexual activity.

**Brucellosis:** Brucellosis is a bacterial infectious disease caused by coming in contact with animals or animal products contaminated with these bacteria. It can cause a range of symptoms that are similar to the flu and may include fever, sweats, headaches, back pains, and physical weakness. Brucellosis can also cause long-lasting or chronic symptoms that include recurrent fevers, joint pain, and fatigue. The most common way of infection is by eating or drinking contaminated milk products. Do not consume un-boiled or un-pasteurized milk, cheese, or ice cream. Chai and Packaged milk and milk products available in the local supermarkets are usually

safe. Wash hands thoroughly with soap or apply sensitizer immediately after handling animals. Wear closed shoes especially around areas of animal concentrations and when walking on wet and muddy areas.

**General Hygiene:** Most Kenyans place great value on cleanliness and wash often, even under challenging conditions--especially before meals. You should do the same. Neglect of personal hygiene will not make people see you as "down to earth," but at best, eccentric. At worst, they may view it as disrespectful. You will note that in Kenya people commonly eat food with their hands. For you to share food without washing is not acceptable.

In the field, at times latrines or sanitary facilities may not be available. In this case, you must bury all fecal matter and used toilet paper to avoid endangering the health of others.

### **E. General Points**

**Residence:** You are required to be in residence on the St. Lawrence University Kenya Semester Program campus at all times except when on an approved field trip.

**Doug's Duka:** We have a small kiosk, where you may purchase items such as stationary, stamps, sodas, snacks, toiletries, and other items. When you are in residence in Karen, the duka will be open each afternoon from 5:30 p.m. to 7:00 p.m. Please make sure you pay promptly for any items taken from the duka to allow Doug to replenish his stock.

**Staff:** Many of the compound staff have been with the program for more than fifteen years. You will find them congenial and helpful in practicing your Swahili. They also represent a variety of Kenyan regional and ethnic groups including Gabra, Luhya, Taita, Kipsigis, and Kikuyu. All of them deserve the utmost courtesy and respect. Should any problem or issue arise involving any of the staff, you should approach any senior administrator.

**Sexual Harassment:** St. Lawrence University policies applicable in Canton also apply here. Any incident of sexual harassment (whether from fellow students, program personnel, or any other individuals) must be reported as soon as possible. Our designated contact person on this campus is Dr. Wairimu Ndirangu, who has many years of counseling experience, in particular working with students. However, you also have the choice of reporting to the course coordinator, any of the other senior administrative staff in Nairobi, or of communicating with Sara Trimm at the International and Intercultural Studies office in Canton. She is the designated contact person for sexual harassment reports from students on overseas programs; her email is [stimm@stlawu.edu](mailto:stimm@stlawu.edu) or she could be telephoned at 315 229 5991, her on-campus number.

### **Currency and Currency Regulations**

For all currency exchanges, you are strongly advised to adhere to these regulations.

1. You must change currency only at authorized exchange locations, which include banks, hotels, and Forex Bureaus (which usually have the best rates).

2. You must present your passport when changing Travelers checks. The transaction will be recorded, and you will be issued with a receipt.

### Currency Values

For the sake of simplicity, reckon there are Shillings 80.00 per U.S. dollar (the variation is usually between 75 to 80)

### Notes

KShs	1000.00	US\$ 12.5
KShs	500.00	US\$ 6.25
KShs	200.00	US\$ 2.50
KShs	100.00	US\$ 1.25
KShs	50.00	US 63¢
KShs	20.00	US 25¢

### Coins

KShs	10.00	US 13¢
KShs	5.00	US 6¢

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 summer term 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.

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## **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. 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.

## **LIBRARY RESOURCES IN NAIROBI**

Please note that our small book collection is much better than most public libraries in Nairobi including the University of Nairobi library.

### **UNIVERSITY OF NAIROBI**

#### **Kenyatta Memorial Library--Main Campus**

Hours: During term: Monday - Friday 8 am - 10 pm;  
Saturday 8 am - 5 pm  
During short vacation: Monday - Friday 8 am - 10 pm; Saturday 8 am -12 noon.  
During long vacation: Monday - Friday 8 am - 5 pm; Saturday 8 am -12 noon.

#### **Kabete Library for Veterinary Medicine and Agriculture--Kabete Campus**

Hours: During term: Monday - Friday 8 am - 10 pm;  
Saturday 8 am - 12 noon, 2 - 5 pm.  
During all vacations: Monday - Friday 8 am - 12:30 pm;  
2 - 4:30 pm.  
Saturday 8 am - 12 noon.

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**Chiromo Library for Biological Sciences--Chiromo Campus**

Hours: During term: Monday - Friday 8 am - 6:30 pm;  
Saturday 8 am - 12 noon.  
All vacations: Monday - Friday 8 am - 12:30 pm,  
2 -4:30 pm;  
Saturday 8 am - 12 noon.

**Education Library--Main Campus**

Hours: Same as Kenyatta Memorial Library

**Medical Library--Faculty of Medicine, Kenyatta National Hospital**

Hours: All year--Monday - Friday 10:30 am - 8:30 pm;  
Saturdays 10:30 am - 1 pm.

**Institute for Development Studies--behind Engineering on Main Campus**

Hours: Monday - Friday 8:30 am - 12:45 pm, 2:00 - 4:30 pm;  
Saturday 8:30 am - 12:30 pm. (a small but very good library)

**AMERICAN REFERENCE CENTER**

Location: US Embassy Complex, United Nations Avenue, Gigiri.

Hours: Mon, Tues, Thurs 9 am - 4 pm, Weds 9 am - 1 pm, Fri 9 am - 12 noon;

Notes: Telephone: 3636196/7

**BRITISH COUNCIL LIBRARY**

Location: Mezzanine Floor, ICEA Building, Kenyatta Avenue

Hours: Monday - Friday 10 am - 12:30 pm; 1:45 pm - 5 pm;  
Saturdays 9 am -12:15 pm

Notes: You must pay a membership fee to use this library, but it is very well equipped  
(over 12,000 volumes).

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**KENYA NATIONAL LIBRARY SERVICES HEADQUARTERS LIBRARY**

Location: On Haile Selassie Avenue, between Uhuru Highway and Ngong Road (inaccessible)

Hours: Monday - Friday 9:30 am - 6 pm; Saturday 9:30 am - 1 pm

Notes: c 41,000 volumes, 250 periodicals and newspapers, and Africana collection.

**MAISON FRANCAISE****Library of the French Cultural Centre (1st floor)**

Hours: Monday - Friday 10 am - 5 pm; Saturday 10:30 am - 1 pm.

Notes: Telephone 336263

**Library of the Alliance Francaise (3rd floor)**

Hours: Monday - Friday 9 am - 5 pm; Saturdays 9 am - noon

Notes: Telephone 336268 (a good collection--especially resource material)

**MACMILLAN MEMORIAL LIBRARY**

Location: Wabera Street, one block north of Kenyatta Avenue

Hours: Monday - Friday 9 am - 5 pm; Saturday 8:30 am - 1 pm

Notes: 120,000 volumes, Africana collection and some rare books. A comfortable reading spot, but watch your things.

**THE BRITISH INSTITUTE IN EASTERN AFRICA**

Location: This library is difficult to get to, but well worth the effort for serious research. Walk up State House Road, turn down Arboretum Drive and walk to where it intersects with Ring Road Kileleshwa. Turn left and then walk up (right) the first street, which is Laikipia Road, until you see the signboard on the right. (or arrange with us to take you there!)

Hours: Monday - Friday 8:30 am - 12:30 pm; 2:00 pm - 5:00 pm.

Notes: This is one of the best small but comprehensive libraries in Nairobi, and is quiet. It is very small, and they will accommodate only two or three students at a time. You also will need to pay a small (currently 500 shillings) membership (which however will also get you a copy of their annual journal, Azania).

**THE NATIONAL MUSEUMS OF KENYA**

Location: The National Museum, Museum Hill off Uhuru Highway and across from the International Casino.

Hours: Monday - Friday 8:30 am - 5 pm.

Notes: Again, this is an excellent resource library, but you must pay an annual membership fee to the Museum Society. The fee however, also allows you unlimited access to all of Kenya's museums (Nairobi, Fort Jesus, Gedi, Kisumu, etc), so it is good value.

**THE AMREF LIBRARY**

Location: Amref Training Centre, Langata road, Opposite Wilson Airport.

Hours: Monday - Friday 9:00am - 8:00pm; Saturdays 9:00am - 4:00pm

Notes: Library has an excellent collection of current books and journals in medical health, development and educational videos. Its e-library allows for easy access to all these journals.



Use the following for your mailing address while studying in Kenya:

***Your name***

***St. Lawrence University Kenya Semester Program***

***P.O. Box 1128, 00502 - Karen***

***Nairobi, KENYA***

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**#91 Miotoni Road, P.O. Box 1128, 00502 Karen  
Nairobi, Kenya**

**Office Tel. 011 254 20 884511  
Office Fax: 011 254 20 882794**

**Email: [sluksp@africaonline.co.ke](mailto:sluksp@africaonline.co.ke)**

**(An International Program of ST. LAWRENCE UNIVERSITY, Canton, NY 13617)**