

ST. LAWRENCE UNIVERSITY

KENYA SEMESTER PROGRAM

STUDENT HANDBOOK

FALL SEMESTER 2003

PREFACE

THIS HANDBOOK CONTAINS VITAL INFORMATION ON ISSUES RANGING FROM ACADEMIC POLICIES TO SECURITY. IT IS IMPORTANT THAT YOU TAKE TIME TO READ IT CAREFULLY. IF YOU HAVE ANY QUESTIONS, BE SURE TO TAKE THEM TO ONE OF THE ADMINISTRATORS.

YOU ARE RESPONSIBLE FOR ACQUAINTING YOURSELF WITH ALL OF THE INFORMATION HERE.

PROLOGUE

I did much of my learning—by sitting and observing what was going on around me. I have come to realize that doing, moving and even questioning are not necessarily the most fruitful ways to spend an hour learning, that just being a silent observer can be the best means to gain the most from an experience. After hours of sitting in the shade of an *acacia* tree with my Samburu brother as he contemplates his grazing cattle, after hours spent quietly shelling groundnuts with my Abaluhya mother and sisters, after hours spent waiting in bank queues in Nairobi while the teller catches up on his colleague's social calendar, I have come to know that time is not yours to waste or save or spend. It isn't what you have, it is what you live in. Life is not measured by what you get done, but life is doing.

Julie Convisser, Student

CONTENTS

Preface.....	2
Prologue.....	3
Contents.....	4
The Fall 2003 Calendar.....	5
The Fall 2003 Class timetable.....	6
Kenya Semester Program Curriculum	
Academic Study: Classroom and Field	8
Required Courses.....	8
Elective Courses	11
Academic Policies.....	12
Rural Homestay	
Dholuo words and phrases	15
Tanzania Field Study Component	16
Samburu Field Study Component	17
Study Center Policies.....	18
Residential	18
Transport and Communication	19
Security.....	19
Health Issues.....	24
General points.....	25
Currency and currency regulations.....	27
The Administrative Staff.....	28
Whom to Ask.....	29
The Compound Staff.....	30
Library Resources in Nairobi	31

FALL 2003 Calendar

MON	TUE	WED	THUR	FRIDAY	SAT	SUN
					August 16 Arrival	17 Orientation
18 orientation Swahili starts	19 orientation	20 orientation faculty intro	21 orientation Swahili ends	22 Rural homestay	23	24
25 Rural	26	27 Homestay	28	29 Closing seminar	30 Rtn Nairobi	31
September 1 Class Wk 1	2	3	4	5	6	7
8 Class Wk 2	9	10	11	12	13 Tanzania	14 Field
15 Component	16	17 Tanzania	18 Field	19 Component	20	21
22 Tanzania	23	24 Field	25 Component	26 Closing seminar	27 Rtn Nairobi	28
29 Urban HS Class Wk 3	30 Urban	October 1 Homestay	2	3	4 Homestay	5 Weekend
6 Class Wk 4	7 Urban	8 Homestays	9 Continue	10	11 Samburu	12 Field
13 Component	14	15	16 Samburu	17 Field	18 Component	19
20	21 Samburu	22 <i>Jan</i> <i>2003</i>	23 Field	24 Closing seminar	25 Rtn Nairobi	26
27 Urban HS Class Wk 5	28 Urban	29 Homestays	30	31	November 1	2
3 Class Wk 6	4	5	6	7	8	9 Prepare for Independent Study
10 Independent study begins	11 Indep.	12	13	14 Study	15	16
17	18 Indep.	19	20	21 Study	22	23
24	25 Indep.	26	27	28 Study	29	30
December 1	2 Indep.	3	4	5 Study	6 return to Nairobi	7 write IDS papers
8	9	10	11 last meeting for core course	12 last dinner	13 group flight center closes	14

Please Note: Calendar may be changed during the course of the semester.



Fall 2003 Class timetable

WEEK 1 (1ST - 5TH SEPTEMBER)

	MON	TUES	WED	THUR	FRI
8.00-10.00 (Hekima LS)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10.30-12.30 (YMCA)	Health/healing	Gov/Soc	History		
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)		Health/healing	Health/healing		
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

WEEK 2 (8TH - 12TH SEPTEMBER)

	MON	TUES	WED	THUR	FRI
8.00-10.00 (Hekima LS)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10.30-12.30 (YMCA)	Health/healing	Gov/Soc	History		
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)		Health/healing	Health/healing		
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

WEEK 3 (29TH SEPTEMBER - 3RD OCTOBER)

	MON	TUES	WED	THUR	FRI
9.00-10.30 (Ufungamano)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Hekima)
11.00-12.30 (YMCA)	Health/healing	Gov/Soc	History	Widow Seminar	10:30 Field trip
12.30-1.30 (YMCA)	L	U	N	C	H to the slums
1.30-3.00 (YMCA)		Health/healing	Health/healing		
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

Journal due → at least 12

Papers due

WEEK 4 (6TH – 10TH OCTOBER)

	MON	TUES	WED	THUR	FRI
9.00-10.30 (Ufungamano)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Hekima)
11.00-12.30 (YMCA)	Health/healing	Gov/Soc	History		
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)		Health/healing	Health/healing		
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

WEEK 5 (27TH – 31ST OCTOBER)

	MON	TUES	WED	THUR	FRI
9.00-10.30 (Ufungamano)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Hekima)
11.00-12.30 (YMCA)	Health/healing	Gov/Soc	History		
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)		Health/healing	Health/healing		
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

WEEK 6 (3RD – 7TH NOVEMBER)

	MON	TUES	WED	THUR	FRI
8.00-10.00 (Hekima LS)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10.30-12.30 (YMCA)	Health/healing	Gov/Soc	History		
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)		Health/healing	Health/healing		
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

THE KENYA SEMESTER PROGRAM CURRICULUM: EDUCATIONAL AIMS AND OBJECTIVES

The general educational aims of the St. Lawrence University Kenya Semester 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 African history, anthropology, language, politics, geography, philosophy, gender, literature, and ecology. 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 including: rural homestays; urban homestays; formal lectures; field teaching and study components; and an independent study component.

ACADEMIC STUDY: CLASSROOM AND FIELD

The Kenya Semester Program consists of an integrated classroom and field study curriculum. Classroom study and field study together constitute the courses which carry university credit. There is a fundamental linkage and interdependence between the classroom and field.

Two courses - Swahili and African Studies 337 / Anthropology 348N - are required. You will select two more elective courses from the classroom curriculum.

THE REQUIRED COURSES

1. **Modern Languages 101 or 102: Swahili.** You will learn Swahili in small groups organized according to your background and experience in the language. Most of you will be studying Swahili for the first time. The main object is to help you develop the ability to engage in some dialogue as early as possible. These courses are currently coordinated by Dr. Celia Nyamweru and taught by instructors from Hekima Language Services.
2. **African Studies 337/Anthro 348N: Culture, Ecology, and Development in East Africa.** This course, coordinated and taught by Dr. Celia Nyamweru and Dr. Wairimu Ndirangu, consists of multiple components. The first of these is your rural homestay in an agricultural community. Readings on the rural homestay comprise the major portion of the first reading packet. The other components are the Tanzania and Samburu field study components and the independent study component. Evaluation is based on quizzes, written papers and reports, your journal, seminar contributions, and quality of participation throughout the semester.
 - (a) **Rural Homestay Field Component.** The rural homestays enable you to live with Kenyan families and offer the opportunity to understand something of their traditions as well as the modern issues they face. The rural homestays begin after a week-long intensive orientation at the St. Lawrence University Study Center in Karen. During the past fifteen years, the rural homestays have been among Kikuyu, Akamba, Luo, Abaluhya, Kisii, Taita and Meru peoples, and this semester you will be hosted by the Luo people of the Lake Victoria basin. This is an opportunity to learn something about rural village life in Kenya. Your week in this small agricultural community will expose you to many issues and topics that will recur throughout the semester. Each of you will live as a member of a family, share in household duties, and gather insights into questions that you will explore and discuss in a seminar at the end of the week. Given that almost 85% of Kenya's population lives in the rural areas, this component gives a window through which to see and start understanding much of Kenya's population and its livelihood.
 - (b) **Tanzania Field Study Component.** You will participate in a two-week field study component in northern Tanzania. This component explores problems of conservation

and land management in the conservation areas of the region and examines environmental and wildlife behavioral issues. The regions through which we travel have been continuously occupied by humans for more than 3 million years and provide an important context for insights into the development of our species. The course will incorporate aspects of Maasai pastoral ecology, development issues, geology, geography, plant and wildlife ecology, and conservation.

You will also begin a process of comparison between the fundamentally different strategies for political and economic development pursued by the two East African neighbors, Kenya and Tanzania. The field course takes you through the highland environs of Mt. Meru to the Ngorongoro Conservation Area, and Maasai rangelands south to Lake Natron. The highlight of this component is time spent with the Hadzabe community at the Yaeda valley. This is a group of people, less than 1000 in total, who depend on hunting and gathering for their livelihood. A comparison is encouraged between your own cultural practices of consumption and living with those of the Hadzabe people.

- (c) **Urban Study Component.** This component corresponds with the urban homestays in Nairobi in which students will be introduced to issues relating to the city of Nairobi and its environment. Information on Nairobi is available from the readings provided. Your experience of the city of Nairobi should also provide the opportunity to engage with some of the urban issues. During the three weeks of urban homestays students have the opportunity to understand the processes of modernization and urbanization in a Kenyan context. Most of the families you will stay with have very close contact with their rural homes and this will give you an opportunity not only to compare rural-urban lives but also to see the processes of change and adaptation that urban-dwellers make because of their inclusion into the urban space. We encourage you to take the opportunity to initiate as much discussion as possible with your homestay hosts.
- (d) **Samburu Field Study Component.** The two-week field study component among Samburu pastoralists integrates some of your previous classroom learning with the intellectual, experiential and physical challenges of living with the Samburu. In a field learning situation, you will study the complex dynamics of pastoralist social organization and pastoral ecology, together with contemporary social, political and environmental issues.

You will explore many facets of the complex physical, biotic, and social environments in which Samburu cattle pastoralists live. This component is a physically demanding and rigorous mental exercise, and will give you a unique involvement in Samburu life and their environment. During the first week in the field, you will spend time in Samburu lowland habitats – grassy plateau, riverine, and dry thorn brushland. This will provide the opportunity to develop insights into the pastoral environment and the human adaptations to it. You will be expected to use the information that you gain here for a comparative study of the highland Samburu lifestyle and environment, which you will encounter in the second week. This culminates with a few days during which you live with a Samburu host family to share settlement life and herding duties with them.

(e) Independent Study Component: You will devote four weeks to an independent study, which is arranged individually according to your academic field of specialty and interest. This will offer opportunities for growth, personal challenge and self-discovery, perhaps unparalleled in most undergraduate careers. The independent study also provides opportunities to apply your academic learning to practical experience, and allow you to contribute your intellectual and physical skills directly to the host country of Kenya. Your grade for your independent study will be based on your analytical journal, a final paper, and an evaluation by the contact person at your host organization.

You should base your proposal for your independent study on your academic and personal preparation and/or a driving interest. You must also demonstrate an integration of the project with the broader African Studies 337/Anth 348N course. Remember that you must submit your final project report formally, neatly, and in a form presentable to your host organization.

You will formulate your proposal in close consultation with the instructors of the core course, who will provide advice and direction and will try to tailor the project to your interests and capabilities. Please remember, however: **not all former projects are available every semester. New opportunities also arise each year. You must be flexible. And once decisions have been made about possible independent study projects, there will be no alterations whatsoever.**

Arranging independent study projects is a lengthy process, which often requires complex negotiations. We will, therefore, begin by discussing your proposal with you during the first week. Before you leave for the Tanzania field component, we will have met with you at least once, and probably twice. All students are required to write a short statement, from a paragraph to a page in length, discussing how your project fits into the course "Culture, Ecology, and Development in East Africa." We will then discuss your options with you before you leave for Tanzania.

We will then submit formal requests to your chosen potential host. It is absolutely essential that these transactions be carried out at an official level. In many ways Kenyan society is much more formal and hierarchical than most of you are accustomed to, and we must follow the appropriate protocol. We must also register all projects for clearance with the Office of the President. **FOR THESE REASONS, ANY STUDENT WHO ATTEMPTS TO NEGOTIATE HIS OR HER OWN INDEPENDENT STUDY PROJECT WILL FORFEIT THAT PROJECT.**

THE ELECTIVE COURSES

Students register for courses with distinguished Kenyan faculty. These address social, political, economic, historical, geographical, environmental and developmental issues currently facing Kenya. Formal classroom teaching takes place over a six week period, divided into three blocks of two weeks each. You will receive the syllabi and meet with the faculty during the Orientation period.

ANTH/AFS 347: HEALTH, SICKNESS, AND HEALING IN KENYA: Dr. Isaac Nyamongo, Director, Institute of African Studies, University of Nairobi.

The general objective of the course is to give an examination of Western medicine through Kenyan eyes as well as offer an opportunity for an examination of indigenous Kenyan medicine through Western eyes. The course will examine more specifically what is it like for Kenyans to get ill and how do they try to get better through an exploration of different perceptions of getting ill, i.e., from indigenous populations as opposed to outside forces. To understand this, the course will bring in a discussion of the impact that Arab, Hindu, and European influences have had and continue to have in the development of medicine in Kenya. The course will include lectures, field trips, seminar discussions, and topical presentations in class.

HISTORY 337: THEMES IN THE MODERN HISTORY OF KENYA. Professor Godfrey Muriuki, Department of History, University of Nairobi.

This course will examine a number of themes in the history of Kenya from the colonial period to the present. Themes to be covered include: background to the colonial period; the scramble and partition of Africa; the impact of colonialism; the rise of nationalism and the coming of independence; and developments in contemporary Kenya. The objective of the course is to understand the history of Kenya and to better understand the contemporary situation. The course will be a seminar course, but will include lectures, readings and group discussions.

GOVERNMENT/SOCIOLOGY 326: CRITICAL ISSUES IN SOCIO-ECONOMIC DEVELOPMENT IN KENYA. Mr. Okech-Owiti, Faculty of Law, University of Nairobi.

This course explores the concept of "development" as it is being applied to Kenya, examining political organization as a context for development, the position of groupings within society, factors affecting economic health and growth, and the socio-legal framework of development.

ST. LAWRENCE UNIVERSITY KENYA SEMESTER PROGRAM
ACADEMIC POLICIES

GRADES

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

<i>Grade</i>	<i>Grade Point Equivalent per Course Unit</i>	<i>100 scale</i>
4.0 Excellent	4.00	92-100
3.5 Intermediate between Excellent and Good	3.50	87-91
3.0 Good	3.00	82-86
2.5 Intermediate between Good and Satisfactory	2.50	77-81
2.0 Satisfactory	2.00	72-76
1.5 Intermediate between Satisfactory and Lowest Passing Grade	1.50	67-71
1.0 Lowest Passing Grade	1.00	62-66
0.0 Failure	0.00	<61
E (Incomplete; see below)	0.00	
P (Pass under Pass/Fail option; see below)	0.00	
W (Withdrawn)	0.00	
WM (Withdrawn Medical)	0.00	
X (See Below)	0.00	

- *An "X" grade* is assigned at the end of a semester for work in a designated course in which the prescribed work will be completed in the following semester. Only those students specified by the mid-term of the initial semester are eligible to receive an "X" grade. This grade is not to be confused with the incomplete ("E"), which is given to a student who fails for a valid reason to complete the work of a course within the period prescribed for that course.
- *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 instructor informs the Academic Director 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, in the ensuing semester, for the instructor 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 Academic Director 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.*
- **Pass/Fail.** A student is permitted to elect up to four semester units of work, including the SPLS 100, to be graded Pass/Fail during the four years in college. The purpose of the option is to encourage students to explore new areas of study in which they are interested, but have little or no background. The Pass/Fail option is not offered as a means to remove deficient mid- or late-term grades incurred, nor is the desire to reduce effort in a course appropriate justification for utilizing this option. The Pass/Fail option may be chosen for semester course units taken to satisfy distribution requirements or any elective semester units outside the major or minor. The Pass/Fail option is subject to the following limitations:
 - Semester Course units in the student's major and minor fields cannot be taken on a Pass/Fail basis after the major and minor are declared.
 - The program core course AFS 337/ANTH 348N cannot be taken pass/fail

- No more than one Pass/Fail option course unit can be taken in any semester.
- The Pass/Fail option requires the written consent of the Director within the first week after classes begin in the fall and spring semesters.
- A student must attain a minimum of a 1.0 grade to receive a Pass for the course.

Students should be aware that grades of 0.0 (F) are calculated in the grade point average. The program director is responsible for recording the P/F grade when reporting final grades to the registrar. Although the P grade is not calculated in the grade point average, P grades may place students in a competitive disadvantage when they apply for admission to some graduate or professional schools.

- **Add/Drop.** During the first 7 days after classes begin, a student may add or drop a course, with written permission from each course instructor and the approval of the program director. If the course counts for the student's major, the student should consult with her/his advisor before making changes.
- **Course Overload.** Students are strongly advised not to take an overload while studying abroad since part of the purpose of the program is to allow opportunities for immersion in the host culture. An overload is more than 4.5 course units. A student may request up to 5.5 course units but under the following conditions:
 - That the student has a 3.2 cumulative or prior semester GPA and is not making up for a prior withdrawal or reduced course load.
 - That if the student's GPA is between 2.5 and 3.2, the student may enroll in the additional unit, but additional tuition will be charged.
 - That if the student's GPA is below 2.5, the student must gain the support of the program director and the associate dean for IIS to take the additional unit and will be charged additional tuition.

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 instructor 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.
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.

The penalty for first-time academic dishonesty is customarily failure in the course; however, where the violation is flagrant and obviously premeditated, it may result in suspension. The penalty for a second violation is expulsion from the University.

DEADLINES

We cannot stress often enough or with enough emphasis, that the classroom teaching is compressed into a very short period of time. Most, if not all, students have never had previous experience with the unique demands entailed by compressing a full semester's course requirements into a six week period of classroom learning.

Built into the classroom component is the expectation that students will spend at least two to three hours of outside work for each hour inside the classroom. There will be many competing demands on students' time, and much of whether students succeed will depend on choices made on organization and on discipline. It is absolutely essential that all students keep up with all course material, attend all classes, and meet all deadlines, in order to ameliorate what can be an overwhelming crush of responsibilities at the time of examinations.

NOTE: Non-SLU students in the Kenya Semester Program are responsible for knowing their own colleges' requirements for course transferability. Some colleges do not accept pass/fail grades.

DHOLUO: A FEW KEY WORDS AND PHRASES

(The Luo are the people – the language they speak is Dholuo)

GREETINGS:

Greetings: (one person)	Question	Amosi
	Answer	Ber ahinya
Greetings: (Many people)	Question	Amosou
	Answer	Ber ahinya
How are you?	Idhi nadi?
I am fine.	Adhi maber / Angima
Thank you.	Erokamano

NAMES OF FOOD

Food.....	Chierno
Porridge.....	Nyuka
Tea.....	Chae
Beans.....	Oganda
Water.....	Pi
Milk.....	Chak
Meat.....	Ring'o
Banana.....	Rabolo

DOMESTIC ANIMALS

Cow.....	Dhiang
Goat.....	Diel
Cat.....	Paka
Dog.....	Guok
Donkey.....	Punda

NAMES OF PEOPLE

Mother.....	Mama	Father.....	Baba
Old man.....	Jaduong	Old woman.....	Dayo
Man.....	Dichuo	Woman.....	Dhako
Young man.....	Wuoi	Sister.....	Nyaminwa
Young child.....	Nyathi	Young woman.....	Nyako

MISCELLANEOUS:

I'm glad to know you	Amor Kangeyi		
I'm glad to meet you (pl)...	Amore kanenou		
May I come in?.....	Anyalo donjo?		
Come in/welcome.....	Donji / karibu		
Stand up	Chung malo	Sit down	Bed piny
Come	Bi	Go	Dhi
Where are you going?.....	Idhi kanye?		
I am going to the market.....	Adhi e chiro		
I've eaten enough.....	Asechamo moromo		
The meal was delicious.....	Chierno ne mit		
Where is the latrine?.....	Choro ne kure / choro ne kanye?		
Farewell and many thanks	Oriti erokamano		
Farewell.....	Oriti		

TANZANIA FIELD STUDY COMPONENT

Instructors: **Mike and/or Thad Peterson, Directors, Dorobo Safaris**
Dorobo Safaris guides and staff
Celia Nyamweru , Guest lecturers

Host Organization: **Dorobo Safaris, Arusha, Tanzania**

FIELD STUDY COMPONENT IN TANZANIA

The 13 day field study component in Tanzania will give you an integrated perspective on issues of wildlife conservation and development in Tanzania. Tanzania has since independence pursued policies based on *ujamaa* socialism, and only within the past several years has begun to shift towards a market-oriented, more capitalist economy. In a transition through several distinct environments, including regions continuously inhabited by humans for more than 3 million years, we will examine processes of development and change. Topics covered will include: archaeology; human evolution; Maasai pastoralist ecology- the historical background and the present; geology and geography- a focus on the rift valley system and its influence on human patterns of settlement and activity; plant ecology - influencing factors of soil, climate, animals and fire; wildlife ecology - ecological separation related to social organization and behavior, and conservation - focusing on the broader perspectives for a developing nation, resource utilization and related conflicts. You will also compare the fundamentally different strategies for political and economic development pursued by the two East African neighbors, Kenya and Tanzania.

You will be able to take advantage of different ways of learning ranging from formal lectures to integrated field study. This field component will involve various learning formats:

- a) You will have common readings in the second course packet, which will constitute reference materials for later discussion.
- b) Formal and informal discussions will be arranged with Maasai and Waarusha elders, wildlife and conservation researchers, experts on Tanzanian politics and economic issues, Hadzabe hunters and other authorities on the range of issues covered in the field.
- c) Our Dorobo Safaris guides and staff represent a wide range of cultural and professional backgrounds. They will play a valuable role as educators throughout the field trip.

SAMBURU FIELD STUDY COMPONENT

Instructors: **Pakuo Lesorogol, Judy Rainy, Michael Rainy, Saidimu Lenaronkoito and Explore Mara Staff**
Celia Nyamweru , community elders (men and women), warriors.

Host Organization: **Explore Mara, Ltd.**

SAMBURU FIELD COMPONENT INTRODUCTION AND SEMINAR NOTES

The 13 day field study component in Samburu will explore directly many facets of the complex physical, biotic, and social environments in which Samburu cattle pastoralists live. We prepare for it by reading and discussing the contents of Reading Packet 3.

The Samburu Field Component is a challenging experience, which seeks to encourage student participation on both a physically demanding level and as a rigorous mental exercise. The field study is a unique combination of an introduction to, and involvement with, *Maa* -speaking Samburu pastoralists and their environment. The quality of your experience is determined mainly by the initiative and energy with which you participate in this trip and the degree to which you try to function in Swahili. Pakuo Lesorogol, Judy and Mike Rainy, and the Explore Mara staff will provide an interpretative context for many of your experiences, but ultimately the effort must be yours.

You will also be accompanied by a group of Samburu elders, junior elders and warriors, giving you ample time and opportunity to meet and converse with Samburu people before your homestays. Other students can also help cross-cultural learning, particularly if you all intentionally minimize the amount of North American cultural baggage you attempt to carry on this trip. Swahili is of tremendous importance here as it provides an easily learned means to break the barriers of understanding between English and *Maa*. **YOU ARE STRONGLY ENCOURAGED TO PRACTICE BOTH THE SWAHILI AND MAA LANGUAGES DURING THE FIELD TRIP!** Lasting rewards from this time in the field very much depend on it. It is the most effective step you can take towards developing an African perspective.

During the first week of the field study, students will be guided on foot through three distinct Samburu lowland habitats: grassland plateau, riverine and dry thorn bushland. These days will provide a direct introduction to the pastoral environment and its resultant life style. Students will use this information for more intensive study at the Highland base camp near Mt. Naibor Keju. The field trip will culminate in five days during which students will share settlement and herding life with the Samburu as well as explore nearby highland forests with Samburu elders as guides.

During the trip the group will be subdivided into smaller discussion groups. As camping units these smaller groups will share more closely many of the activities, and will informally discuss daily themes as they arise, and present more focused conclusions occasionally to the larger group. These smaller groups will jointly develop a topic that considers some broad aspect of the Samburu pastoral culture during the course, e.g., the early education of children, or the polygamous marriage system in relationship to environmental determinants as well as modern economic and political pressures for cultural change. To discover how different cultural systems work, it helps to focus on one of its major moving parts relative to the whole. Each of these sub-groups will be responsible for bringing their insights and notes to the seminar and making a formal presentation of their findings and observations to the larger group.

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 one of the administrative staff.

A. RESIDENTIAL POLICIES

1. **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 semester, 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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **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 sound proofing is minimal. Be considerate of other students' need for sleep or study when you are watching TV or a video late at night.
7. **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.
8. **VISITORS:** In consideration for the group as a whole, **overnight guests at the Center are not permitted.** If you wish to bring a guest for a meal, you need to inform one of the administrators at least one day in advance, and to pay in cash for your guest's meal. Charges for meals, payable in advance, are:
Dinner - Sh. 500/-
Lunch - Sh. 300/-

B. TRANSPORT AND COMMUNICATION

- 1. CLASS DAYS:** On class days, we provide transportation to classes in town once in the mornings, and we provide one collection after the last class in the afternoons. For other travel, you are encouraged to use the blue "Metro Shuttle" bus, Route 111. This bus stops at the junction of Miotoni Road/Ngong Road and will drop you on Kenyatta Avenue, near the intersection with Uhuru Highway. From there you can walk to the YMCA. **Beware of pickpockets on all buses/matatus.**
- 2. OTHER TRAVEL:** The program does not normally provide transport for students for ANY non-program activities. For any of your own travel plans, we recommend strongly that by day you use the "Metro Shuttle" bus, Route 111, which is safer than other forms of public transport. 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**
- 3. MAIL:** Mail will be taken into town and posted daily. Make sure that your letters are properly stamped and leave them in the outgoing mail box in the seminar room. Incoming mail will be collected daily and distributed to your mailbox at the seminar room, or at the YMCA classroom when you are in your urban homestays.
- 4. 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** let students use our land lines for any calls. The fax machine is for official business only and **cannot** be used for personal messages.
- 5. EMAIL:** Email is available at cyber cafes all over Nairobi (costs range from 1 to 3 Kenya shillings per minute). We also have limited access to email for students at sluksp@africaonline.co.ke, using one computer in the library next to the Seminar Room. It is the responsibility of the students to organize equitable access to email and to nominate one student who manages the email account and is in the control of the Password.

C. SECURITY

- 1. 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. This semester there is a wider security issue, relating to world events 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). You and your parents have all signed an 'Acknowledgment and assumption of risk in Off-Campus Programs' forms, and we want to remind you of your undertakings in the

first paragraph of this form; to be guided by the director (in this case, Wairimu Ndirangu and Celia Nyanweru) regarding safe practices in Kenya, and to accept our authority to curtail your travel, even during vacation periods during the semester. See the next paragraph for particular details on independent travel.

- 2. INDEPENDENT TRAVEL:** No travel outside East Africa is permitted during the semester. Other travel plans must be approved by Wairimu and Celia in advance, with full details of destinations, dates and modes of travel provided. No travel to the Kenya coast is allowed unless it has also been approved in writing by your parents, in advance. We require that you travel in groups of three or more if possible.

3. NIGHT VISITS TO NAIROBI:

A. While you are staying on the SLU compound

1. We recommend very strongly that you limit your night visits to Nairobi to Friday and Saturday nights.
2. 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 don't split into small groups during the course of the evening.
3. We request groups to provide the Administrator-on-Duty 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!
4. We strongly discourage you from visiting the city center (downtown area) at night. Like any other large city, 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)
 - 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.

5. Do **NOT** take your camera with you on a night visit to Nairobi – or indeed any other item you would not want to lose.
6. Make sure that your **CELL PHONE** is charged and that you have the SLU campus emergency numbers (Celia, 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.
7. Carry a reasonable but not excessive sum of **MONEY**. We suggest a maximum of about shs. 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!)

8. 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.
9. When you travel back to campus, remember the following:
 - ALWAYS travel in groups; 4 or 5 in a taxi 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 – 446 096; 448 162; 570 763; 575 369

B. While you are in your urban homestays.

1. Your urban homestay parents are the final decision makers about your evening activities; please consult them and respect their opinions.
2. **ALL** the basic safety considerations as listed above still apply, including the suggestions about relatively safe locations. Be aware that simply being with a group of young Kenyans does not remove all risk from you or from them.
3. It could be that you are driven to a bar/club by a family member or friend who may not be sober enough to drive you home safely. If you think this is the case, insist that you take a taxi home. Make sure that you carry enough money with you and that you have the exact directions to your urban homestay residence.

C. Final points

1. Due to global, regional or local political events over the next few months, 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.
2. Always carry your SLU-KSP identification card with you when you are leaving the compound.

4. **ON CAMPUS SECURITY:** The campus is guarded day and night by a team of security guards ('askaris') who have worked for us 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 or to spend the night on the campus.

5. OTHER SECURITY POINTS:

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

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 at a later time.

HITCHHIKING - As a rule, do not hitchhike. Reasons for this are 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).

MONEY - **ALWAYS** try and 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.

CON-ARTISTS/SWEET-TALKERS - Be on the look-out for these kinds of individuals. These may try and 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 and 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 further assist you during times of difficulty/danger, we have compiled a list of helpful hints:

Things to do:

Remove yourself from immediate danger as quickly and calmly as possible.

If trouble breaks out at the University, it may well be that the van will be unable to collect you at Ufungamano House or the YMCA. 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 **(884509 or 11)**. These numbers you can call collect.

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

- Celia: at home 884510, cell phone 0722-630063
- Wairimu: at home 882707, cell phone 0722-518351
- Lina: at home 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 or to your homestay 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. Many of them hang out at the YMCA, Ufungamano House, and other places known as centers for foreign students like yourself.

When traveling, most problems can be avoided by:

avoiding night travel (except the train)

planning your trip in advance (i.e., know where you are going)

making sure you leave us your contact number and/or destination.

allowing extra time in your travel schedule (due to often unreliable transport, your travel time may very well be longer than expected.

never accepting food or drink of any kind from strangers

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)

You have all been through a rigorous selective process, and all involved have worked to make this as rewarding an experience as possible. It is essential to remember, however, that you have entered a situation in which careless actions may have real-world consequences. It is absolutely necessary that each of us functions as **part of a group**, without losing identity as an individual.

The Directors have the authority to send home any students who present a serious threat to themselves, to others, or to the program.

D. HEALTH ISSUES

1. **EARLY REPORTING:** Please report your health concerns SOONER RATHER THAN LATER to Dr. Wairimu Ndirangu. She has many years of experience with our students and will be able to counsel you on whether your problem can be handled on campus (maybe with rest and rehydration) or needs formal medical attention. Don't hang on in discomfort until things reach a crisis, especially in the few days before we are going on a field trip. Our first line of medical treatment is at Nairobi Hospital (see below).

2. **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 out-patient 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.

3. **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.

4. **DRINKING WATER:** There is probably no place you will visit in Kenya or Tanzania where it is safe to drink water from the tap. All water should be boiled and 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 rehydrant salts to mix with water, which will help restore the balance of salts in your system. It's a good sign if your urination is clear, copious, and frequent.

5. **EXTERNAL CONTACT WITH WATER:** Do not wade or swim in **any** freshwater in Kenya or Tanzania unless you are assured by the Director or the local coordinator that it is safe. One danger in freshwater are the parasites known as schistosomes. These bore through the skin and invade the liver, kidneys and bladder. This disease, too, is treatable. But 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.

6. **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. Needless to say, you should exercise extreme caution when you are in places crocodiles inhabit. Do not even think about swimming.

7. MALARIA: Malaria is a serious health factor in many parts of Kenya and has been growing as a problem. All forms of malaria are treatable, but falciparum malaria, in particular, can be fatal without timely treatment. Professor Lule will give you detailed information on this topic. 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 Director 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.

8. HIV/AIDS: HIV, the virus which 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.

9. 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. In your rural homestays and elsewhere in Kenya, you will note that 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

1. CLASS ATTENDANCE: Attendance at all classes (whether on campus, at the YMCA and Ufungamano, Hekima or in the field) is mandatory unless you have a documented medical reason for your absence. We require that you inform the program administrative staff and/or the individual instructors if you are not well enough to attend class.

2. OTHER PROGRAM EVENTS: The same policy also applies to all other program events, except those that are specifically designated as OPTIONAL.

3. 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, urban homestay or on your Independent Study.

4. 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(s) please sign it out in the log book near the door. Upon returning the book sign it back in – however we ask you not to reshelve the book yourself, but to leave it on one of the tables in the library for 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.

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

6. 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.

7. CAMPING EQUIPMENT: Tents, water bottles, cooking gear, insulite pads, etc. are located in the safari storage room. If you wish to borrow camping gear, contact Douglas **well in advance** of your safari, and he will check out the equipment to you and sign it back in upon your return. You are responsible for replacement of lost or stolen equipment and for the repair of damaged items. Take good care of the tents; they are the same ones we use for group outings. Be sure to contact Douglas **during working hours**, rather than disturbing him at home in the evening.

8. 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, Kamba, 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.

9. SEXUAL HARASSMENT: St. Lawrence University policies applicable in Canton also apply here. Any incidents of sexual harassment (whether from fellow students, program personnel, or any other individuals) should 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 any of the other senior administrative staff in Nairobi, or of communicating with Sara Hofschulte 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 shofschulte@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 Bureaux (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 75.00 per U.S. dollar.

NOTES

KShs	1000.00	US\$ 13.30
KShs	500.00	US\$ 6.60
KShs	200.00	US\$ 2.70
KShs	100.00	US\$ 1.33
KShs	50.00	US 66¢
KShs	20.00	US 25¢

COIN

KShs	10.00	US 13¢
KShs	5.00	US 6¢

ADMINISTRATIVE STAFF

Professor Celia Nyamweru, Academic Director and Associate Professor of Anthropology, taught in the program in Nairobi from 1985 to 1991, when she was appointed to the Department of Anthropology and the African Studies Program at St. Lawrence University in Canton. Since then she has taught a number of courses on Africa, including Environment and Resource Use in Kenya, Women and Land in Africa, Famine, and Introduction to African Studies: Environment and Culture. She has a Ph.D degree in Geography from Cambridge University, England, for which she carried out field work around Lake Nakuru in the Kenya Rift Valley. Recently she has been doing research on the kaya forests, sacred groves of the Mijikenda people of Coastal Kenya, and on the making of barkcloth in Uganda. Most of her children now live in the US; two stepsons graduated from St. Lawrence University (classes of '97 and '00).

Dr. Wairimu Ndirangu, Administrative Director, joined the program in the fall of 1999 after extensive consultancy experience working on matters of policy and development issues with the UN and other related bodies. Dr. Ndirangu received her Ph.D. in Social Work from the Graduate School of Social Work & Social Research at Bryn Mawr College, Pennsylvania. She has taught here in Kenya at the College of Health Sciences, University of Nairobi and the United States International University. She has also worked as a counselor and family therapist in various institutions in Kenya and in Pennsylvania. She sits on the Board of Chiromo Lane Medical Centre, an In-patient Psychiatric Hospital here in Nairobi and is a member of the Governing Council of the Kenya Society for Epilepsy. Her research interests include women and HIV prevention, health and behavior especially as regards HIV/AIDS/STI, children and family therapy, and mental health management in work places. Dr. Ndirangu and her son, Ndirangu, live on the compound.

Lina Muturi-Karingi, Assistant Director Finance, joined the program in May 2001 from Kuona Trust, a non-Governmental Organization that promotes art activities in East Africa. Ms. Muturi-Karingi received her BA in Economics and French from the University of Nairobi and an MBA from the United States International University. Before joining SLUKSP Ms. Muturi-Karingi also worked for ICRAF and Kenya Finance Bank. Ms. Muturi-Karingi, her husband, and their two sons - Murani and Munene - live on the compound.

Annette Kioko, Program Secretary, joined the Program in June 1998 from an International NGO, where she served as personal/Administrative Secretary to the Regional Director with responsibilities for office management and coordination. She has also worked for other organizations in the same capacity. Ms. Kioko is responsible for front desk reception, office services and management. She lives with her family in Ngong.

WHOM TO ASK - RESPONSIBILITIES

While each of us is available, willing and somewhat knowledgeable about most areas of the Program, we try to divide our responsibilities in order to avoid unnecessary overlap. The following list of responsibilities is designed to assist you in obtaining the information that you need as quickly and efficiently as possible. Please take time to familiarize yourself with these areas.

Celia Nyamweru

- program calendar and general information
- academic advisement
- field study component information (Tanzania and Samburu)
- elective courses and professors
- journals and field reports
- cultural adjustment/counseling
- evaluations

Wairimu Ndirangu:

- rural and urban homestays
- urban field component
- independent study component
- center operations/maintenance
- cultural adjustment/counseling
- government regulations
- security

Lina Muturi-Karingi:

- accounts information
- international and local travel, visas (for independent study, field trips, free travel)
- government regulations
- student deposits

Annette Kioko:

- Office procedures and telephone issues
- Logistical matters

COMPOUND STAFF

STAFF

Alex Chepkuony kitchen (chef)

Azibeta Livudzule housekeeping, student laundry

Douglas Ngaira housekeeping, kitchen, duka

Mary Shitemi housekeeping, student laundry

DRIVER

Njau Kibochi driving

SECURITY

Aliow Adan Issac security

Hussein Bonaya security

Mohamed Katelo security

Hassan Godana security

Adan Ali Huka security

Leonard Mwadime security

Mohamed Bidhu security

Abdi Didha security

GROUNDS

Clement Kate grounds

Joakim Shitsili grounds

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.

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).

KENYA NATIONAL LIBRARY SERVICES HEADQUARTERS LIBRARY

Location: *On Haile Selassie Avenue, between Uhuru Highway and Ngong Road (fairly 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.

