

**ST. LAWRENCE UNIVERSITY**

**KENYA SEMESTER PROGRAM**

**STUDENT HANDBOOK**

**SPRING SEMESTER 2005**

## **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

**“Back in the village, I learned to go with the flow and enjoy myself. I dropped any pretenses that I had anything to offer. I stopped trying to help and began to observe. And I learned some important lessons about economic development. I learned to respect people for what they did. People usually do things for good reasons, even though it might not be immediately apparent to outsiders.”**

**Michael Marren (Student 1997)**

**“This experience has left me with many fulfilling and heart-wrenching experiences and lots of questions. I have learned more than I could ever write about in an email; lessons about perseverance, strength, compassion, and family/community awareness. I have learned to appreciate people more, to overcome fear, and to listen. These are lessons you cannot always learn in a traditional classroom. Sometimes the world has to become your classroom in order to find the most enriching lessons of all.”**

**Colleen Callahan (Student 2004)**

## CONTENTS

Preface	2
Prologue	3
Contents	4
Fall 2004 Calendar	5
Fall 2004 Class timetable	6
Kenya Semester Program Curriculum	
Academic Study: Classroom and Field	8
Required Courses	8
Elective Courses	14
Academic Policies	16
Dholuo words and phrases	18
Study Center Policies	19
Residential	19
Transport and Communication	20
Security	21
Health Issues	25
General points	27
Currency and currency regulations	29
Administrative Staff	30
The Compound Staff	31
Whom to Ask	32
Library Resources in Nairobi	33

### Spring 2005 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					January 15 Arrival	16 Orientation
17 Orientation Swahili starts	18 Orientation	19 Orientation	20 Orientation Swahili ends	21 Rural homestay	22	23
24	25	26	27	28 RHS Seminar	29 Rtn Nairobi	30
31 Class Wk 1	February 1 Classes in	2 Nairobi	3 Stay at	4 compound	5	6
7 Class Wk 2	8 Stay at	9 compound	10	11	12 Amboseli	13 Field
14 Component	15	16	17	18	19	20
21	22	23	24	25 Rtn Nairobi	26	27 prepare for urban h/stay
28 Class Wk 3	March 1 Urban home	2 stay	3	4	5	6
7 Class Wk 4	8 Urban home	9 stay	10	11 End of home stay	12 Nakuru	13 Shompole
14 Field	15 Component	16	17	18	19	20
21	22	23	24	25 Rtn Nairobi	26	27
28 Class Wk 5	29 Stay at	30 Compound	31	April 1	2	3
4 Class Wk 6	5 Stay at	6 Compound	7	8	9	10 prepare for IDS
11 Independent	12 Field	13 Study	14 Projects	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	May 1
2	3	4	5	6	7 Return to Nairobi	8
9 Write IDS papers	10	11	12 Last Dinner	13 papers due	14 group flight /center closes	

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

### Spring 2005 Class timetable

<b>WEEK 1: (31<sup>st</sup> January – 4<sup>th</sup> February)</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
8.00-10.00 (Hekima)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10.30-12.30 (YMCA)	Health	Gov/Soc	Biodiversity	Biodiversity	<b>Kabondo Group Presentations</b>
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)	Biodiversity	Health	Health	Guest	
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

<b>WEEK 2: (7<sup>th</sup> – 11<sup>th</sup> February)</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
8.00-10.00 (Hekima)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10.30-12.30 (YMCA)	Health	Biodiversity	History	Biodiversity	Guest
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)	Biodiversity	Health	Health	Gov/Soc	
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

<b>WEEK 3: (28<sup>th</sup> February – 4<sup>th</sup> March)</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
9.00-10.30 (Ufngmno)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Ufngmno)
11.00-12.30 (YMCA)	Health	Gov/Soc	Biodiversity	Biodiversity	<b>Amboseli Group Presentations</b>
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)	Biodiversity	Health	Health	Guest	
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

<b>WEEK 4: (7<sup>th</sup> – 11<sup>th</sup> March)</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
9.00-10.30 (Ufngmno)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Ufngmno)
11.00-12.30 (YMCA)	Health	Biodiversity	History	Biodiversity	
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)	Biodiversity	Health	Health	<b>Guest</b>	
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

<b>WEEK 5: (28<sup>th</sup> March – 1<sup>st</sup> April)</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
9.00-10.30 (Hekima)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Hekima)
11.00-12.30 (YMCA)	Health	Gov/Soc	Biodiversity	Biodiversity	<b>Nakuru / Shompole Group Presentations</b>
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)	Biodiversity	Health	Health	<b>Guest</b>	<b>Guest</b>
3.00-5.00 (YMCA)	Gov/Soc	History	Gov/Soc	History	

<b>WEEK 6: (4<sup>th</sup> – 8<sup>th</sup> April)</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
8.00-10.00 (Hekima)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI (Hekima)
10.30-12.30 (YMCA)	Health	Biodiversity	History	Biodiversity	<b>Guest</b>
12.30-1.30 (YMCA)	L	U	N	C	H
1.30-3.00 (YMCA)	Biodiversity	Health	Health	Health	
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 environment. 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 that carry university credit. There is a fundamental linkage and interdependence between the classroom and field. Two courses - Swahili and African Studies 337/Environmental Studies 337/Anthropology 337 / Biology 244 are required. You will select two more elective courses from the classroom curriculum.

### THE REQUIRED COURSES

#### 1. Modern Languages 101, 102, 103, 104, or 201, 202 (1 unit, 3.6 credits): 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 objective is to help you develop the ability to engage in some dialogue as early as possible. These courses are currently coordinated by Abdelwahab Sinnary and taught by instructors from Hekima Language Services.

#### 2. African Studies 337/Environmental Studies 337/Anthropology 337 / Biology 244 (1.5 units, 5.4 credits): Culture, Environment and Development in East Africa

This course, coordinated and taught by Abdelwahab Sinnary and Wairimu Ndirangu, consists of multiple components. The first of these is your rural homestay in an agricultural community. The other components are the Amboseli and Nakuru/Shompole field study components, urban study and the independent study / topical field study components. Evaluation is based on reading commentaries, written papers and reports, your journal, seminar contributions, and quality of participation throughout the semester.

To earn 0.5 units of Biology 244 and 1 unit of African Studies 337 credit a biology major must register for the advanced topical field course in the last month of the semester. Biology majors will receive two separate grades for the core course, a grade for the topical field course and another for the rest of the course. The core course will count as only 1 and not 1.5



units towards Environmental Studies 337 credit. Students who want to earn Environmental Studies 337 credit are highly encouraged to focus their assignments for the core course on environmental issues.

**(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) Amboseli Field Study Component:**

The Amboseli region comprises Amboseli National park and six group ranches surrounding the park and forming the dispersal zone for wildlife moving in and out of Amboseli, Chyulu Hills and Tsavo National Parks. The region is characterized by arid and semi-arid climate with mean annual rainfall ranging between 300-500mm. Pastoralist Maasai traditionally inhabits the region but more recently, other land use options, namely agriculture and tourism, have been on the increase. This has resulted in increased conflicts between the pastoralists, agriculturalists and conservationists in the region. Many of the group ranches are also at an advanced stage of sub-division into individually owned, small parcels of land. Over the last two decades or so some serious efforts were put in place to reduce the level of these conflicts. We will examine how the traditional Maasai pastoralism lifestyle has been affected by the land use changes and will also explore how successful are the current measures in reducing the land use conflicts in the area.

**(c) Urban Study Component:**

This component corresponds with the urban homestays in Nairobi. Issues related to the city of Nairobi and its environment is introduced. 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) Nakuru/Shompole Field Study Component:**

You will participate in a two-week field study component in the central and southern Kenya Rift Valley. This will give you a comparative perspective on the positive and negative implications of wildlife in Kenya, and on wildlife management both in protected areas and on community lands. We will spend five days in Lake Nakuru National Park, observing wildlife and exploring management issues in the park. Then we move to the Shompole Group Ranch south of Lake Magadi where we will learn about Maasai culture and how the local Maasai people are attempting to manage their resources through a community based wildlife management project involving ecotourism. We will also carry out vegetation and animal surveys. Westminster Safaris host this component.

### **(e) Independent Study / Topical Field Course Component:**

#### **The Independent Study:**

The last four weeks of the program are devoted to an independent study, which is arranged individually according to your academic field of specialty and interest. Each of you will write a proposal in close consultation with the instructors of the core course who, also provide advice and direction and tailor the project to your interests and capabilities. You will carry out activities as instructed by a supervisor from the host organization. The main purpose is to expose you to the daily work of a Kenyan organization, and if possible, to provide some small help to the organizations that kindly agree to host you. **It is not to give you access to data to use for your own academic or other purposes.** At the end of your independent study, you will write a final term paper for the St. Lawrence University Kenya Semester Program. The paper explores some aspects of Kenyan life in an analytical way, with special reference to the course themes, Culture, Environment and Development. It is not a research report on data collected during the course of the independent study.

Not all former projects are available every semester. New opportunities also arise each year. You must be flexible. Once decisions are 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 shall begin to discuss your proposal with you during the first week.** Before you leave for the Amboseli 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, Environment, and Development in East Africa." We will then submit formal requests to your chosen potential host. It is 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. **FOR THESE REASONS, ANY STUDENT WHO ATTEMPTS TO NEGOTIATE HIS OR HER OWN INDEPENDENT STUDY PROJECT WILL FORFEIT THAT PROJECT.**

#### **The Topical Field Course**

The topical field course is geared towards providing credit in biology. A maximum of six students can participate in this course with priority given to students seeking biology credit. The course is divided into two main parts as follows:

1. The ecology of Nairobi National Park (NNP) and its large mammals
2. Raptor Biology and Management

## 1. The ecology of Nairobi National Park and its large mammals: By Abdelwahab Sinnary and John Kioko

This part of the topical field course will take place over a 3 week period and aims at:

- Understanding the history, ecology and management of NNP and the Athi-Kapiti Plains.
- Vegetation identification and assessing the impact of herbivore grazing on the vegetation and rangelands.
- Assessing the age and sex composition, and vegetation preferences of NNP large mammals.
- Reporting the results of the age and sex assessment exercise in a scientific paper format.

Nairobi National Park (NNP) is Kenya's oldest park and the only game park in the world that neighbors a capital city. Covering an area of 117 km<sup>2</sup> the park represents a small part of the 2300 km<sup>2</sup> Athi-Kapiti Plains eco-system. After its establishment in 1946 the park has become the main dry-season grazing refuge for migratory species, mainly wildebeest and zebra. As a result of land privatization and sub-division, industrial development, human and urban encroachment on the Athi-Kapiti Plains eco-system, the park has become increasingly insularized and many conservationists predict that the wildlife migrations between the park and the Athi-Kapiti Plains eco-system will cease within a few years.

Assessing the age and sex composition of wildlife populations, animal distribution and vegetation preferences are critical for proper wildlife management. As NNP becomes increasingly insularized, understanding the cause and effect relationships of the animal movements and vegetation preferences will become critical to park management. Intensive management of the park resources will not only become necessary but inevitable. Knowledge of wildlife distribution across different vegetation types of the park provides park managers with critical information about factors affecting park management such as wildlife habitat relationships, distribution of visitors, planning of roads and other infrastructure and areas of potential wildlife-human conflicts. Knowledge of the age and sex composition of any population is essential for gaining an insight into how a population responds to the various animal mortality and welfare factors. Such knowledge is important if a corrective management decision like culling or game cropping is deemed necessary by the park management.

A total ground count of the common large mammals (hartebeest, impala, zebra and Grant's gazelle) of NNP will be carried out over a period of 4-5 days. The park will be divided into 4-5 blocks whose boundaries coincide with existing park roads. Each block will be covered within an entire day and all listed mammals will be counted, aged and sexed. The location and vegetation types on which each animal group sighted will be recorded and the information will be used to assess the vegetation preferences of each species. Assessing the age and sex composition will be achieved by first defining 3-5 age and sex classes for each species based on horn size and shape as well as body size and colour. Aided with binoculars, students will assign every animal in each group encountered during the counting exercise to one of the predefined age and sex classes. Whenever a group of animals is included in the analysis, the location of that group as well as the vegetation type will be recorded.

The data will then be compiled and analysed by the entire group. Assessment of this part of the topical field course will be based on a 10-15 pages report using standard scientific paper

writing style. The first drafts of the introduction, materials and methods and results sections will be written by the entire group. The final drafts of the introduction, materials and methods and results sections and both the first and final drafts of the abstract, discussion and conclusion sections will be written by each student. Students will be prepared by a series of lectures and readings on the history of NNP, population dynamics and ecology, methods of assessing the age and sex composition of large mammals, carrying capacity concept, principles of range management, the use of fire as a management tool, statistical analysis tool, writing a scientific paper.

This part will be sub-divided as follows:

Days 1-4: lectures and readings.

Days 4-10: Carrying out the age and sex composition assessment exercise, lectures and discussions on data analysis, and writing the material and methods section.

Days 11-13: Data analysis and writing the results section.

Days 14-17: Writing the discussion and conclusions sections.

## **2. Raptor Biology and Management Course: By Simon Thomsett and Dr. Munir Virani**

This part will extend over a five-day period at Game Ranching Ltd, "Wanafunzi Camp".

Each day the course is split into three parts as follows:

- a. Basic raptor biology and ecology following standard text book introduction to each heading.
- b. Single species studies include methods used in research and data collection as well as conservation management techniques.
- c. Field identification, trapping and nest survey.

We anticipate rapidly covering each topic in (a) as these are less interactive than (b), where questions and discussions are expected to be more interesting and productive and conclude the day's activity with (c) in late evening. An overnight field trip to Lake Kwenia will take place on thursdays after people are familiar with their respective tasks, and before we wrap up on friday.

### **A. Raptor Biology and Ecology.**

#### **1. Classification**

- A brief summary of family tree presented pictorially demonstrating the diurnal raptor suborders Cathartae, Accipitres and Falcones and their superfamilies, families, subfamily, genus and species with more focus on African examples.
- Moulting patterns as a means to classify orders.
- Species list, global and African with attention to east African regional list. Regional species adaptations based on basic ornithological rules.

#### **2. Habitats and their inhabitants**

- Raptor diversity explained in a global concept within eco-types ranging from forest to desert, polar to equatorial.
- Broader mainland, island and latitude influences on raptor diversity discussed. Explaining the regional East African abundance of species.

#### **3. Avian Physiology**

- Skeletal structure, anatomy, plumage and way of life of a raptor.

- Specialised hunting equipment of raptors (eyes, bills, feet, wing and tail, and their role in reducing competition amongst species).
- Finer details of raptor structure and wing loading, metabolism etc.

#### **4. Hunting and feeding methods**

- *Daily food requirements.*
- *Specialised raptors and foraging techniques from carrion, piracy to fast pursuit.*
- *Still hunting, hovering, pursuit etc.*
- *Prey selection and differences in prey choice for sexes within species.*

#### **5. Migration and local movements**

- Temperate species movements through Africa.
- Importance of Kenya as a migration corridor.
- Inter African migration, and nomadism.
- Opportunistic “ephemeral” species.

#### **6. Breeding Biology**

- Different breeding strategies of raptor species.
- Display, nest building and defence.
- Nest site choices and structures, productivity, fledging and post fledging

#### **7. The role of avian Predators in the environment**

- Relationship between predator and prey.
- Dependence of raptors on specific prey resources.
- Generalised and specific feeders.
- Territory requirements.

#### **8. Conservation**

##### **B. Single Species Lectures.**

- The Sokoke Scops Owl. Dr Munir Virani.
- The Augur Buzzard.
- The African Fish Eagle.
- The Lammergeyer re-introduction. Simon Thomsett.
- The Captive Breeding and Release of Crowned Eagles.
- Conservation overview. Munir and Simon.

##### **C. Practical field and identification training.**

The first afternoon the students are taken to a captive collection of raptors where rehabilitation and captive breeding of endangered raptors is taking place. They are shown various management methods and have an opportunity to briefly handle some eagles. Latter that evening they are given a short slide presentation on identification ending with a comprehensive selection of African raptor photographs.

Each afternoon thereafter beginning at 4pm the students travel in 2 vehicles over GRL spotting raptors, ending at sundown. Their identification skills are put to the test. When the opportunity arises raptors are caught. Captured raptors are then measured and marked before release. This data collection is a valuable and fundamental part of raptor conservation and research to which students must be exposed.

##### **Field Trip to Lake Kwenia:**

Lake Mwenia is a temporary lake lying in the Kedong Valley is very rarely visited despite its proximity to Nairobi. The region is typified by north to south series of cliffs, some stretching 18 km, running in parallel steps as far as Lake Magadi, covering an area of some 20,000sq/km. The Ruppell's Griffon Vulture colonies, only recently "discovered" are certainly the largest in southern Kenya and are part of the Gol Mt (Serengeti) group of vultures that forage on the migration. We are currently gathering data on the vultures breeding cycle and expanding our work to cover all other raptors in the area. In addition we encourage work on all fauna and flora with it in mind to create a conservation area. We believe the experience for the students will be of value in noting what "it takes" to do ground work and will certainly expose them to the threats facing the region in the form of human encroachment, over grazing, unplanned water resources and conservation community programmes that have back fired.

## **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.

**AFS 349/ANTH 349 (1 unit; 3.6 credits): Health, Sickness and Healing in Kenya**  
**Dr. Onyango Ouma, Institute of African Studies, University of Nairobi**

The general objectives of the course are to examine 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.

**AFS 354/History 354 (1 unit; 3.6 credits): Introduction to the History of Modern 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 the contemporary situation.

**AFS 326/GOVT 326 (1 unit; 3.6 credits): 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 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.

**AFS 342/Environmental Studies 342/Biology 242 (1 unit; 3.6 credits): Biodiversity Conservation and Management in East Africa**  
**Dr. Evans Mwangi, Faculty of Science, University of Nairobi and Dr. Marianne W. Maghenda-Mwalugongo**

This course starts with the elaboration of key concepts in biodiversity and the physical environment of East Africa. The major ecosystems of the region as well as the major biodiversity hot spots are described. The course addresses the root causes of biodiversity degradation and loss and evaluates current national systems of conservation. It also examines the linkages between diversity of resources, economic development and sustainable livelihoods as well as the influence of economic globalization on biodiversity conservation in East Africa. Environmental studies and biology majors can both earn 1 unit of credit towards their major by taking the “Biodiversity Conservation and Management in East Africa” course.

## 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:

Grade		Grade Point Equivalent per Course Unit	100 scale
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		
W	Withdrawn	0.00	
W M	Withdrawn Medical	0.00	
X	See below		

- "X" grades, which are 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, are not applicable for courses taken on the Kenya Semester Program.
- 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's 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; see the SLU Catalog or Student handbook for more information.

### **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.

### **DEADLINES**

We cannot stress often enough or with enough emphasis, that the classroom teaching is compressed into a very short period. 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 essential that all students keep up with all course material, attend all classes, and meet all deadlines, in order to reduce what can be an overwhelming crush of responsibilities towards the end of the semester.

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

### NAMES OF FOOD

Food Chiemo  
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 have eaten enough.	Asechamo moromo		
The meal was delicious	Chiemo ne mit		
Where is the latrine?	Choro ne kure / choro ne kanye?		
Farewell and many thanks	Oriti erokamano		
Farewell	Oriti		

## 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 soundproofing 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 - Shs. 500/-

Lunch - Shs. 300/-

Breakfast - Shs. 200/-

## **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. The drop-off point is at the 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 or the "City Hoppa" on Route 111, which is safer than other forms of public transport and more reliable. 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 landlines 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 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 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. 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 Abdelwahab Sinnary) 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 Sinnary 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**

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 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!

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)
- 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 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.

When you travel back to campus, remember the following:

- o ALWAYS travel in groups; 4 or 5 in a taxi; it is the safest, and cheaper for each person as well.
- o NO WOMEN ONLY GROUPS!
- o 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.
- o Use your COMMON SENSE; if the driver and/or his vehicle do not inspire confidence, look for another one.
- o If you cannot locate a reasonable looking taxi, call one of the radio call taxis listed for a ride back to campus.
- o 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.**

Your urban homestay parents are the final decision makers about your evening activities; please consult them and respect their opinions.

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.

You may be driven to a bar or 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**

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.

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, nor should they 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 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.

**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 Panafrican Hotel).

**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.

**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 hints:

#### **THINGS TO DO IN AN EMERGENCY:**

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:

Sinnary: at home 884510, cell phone 0722-310966, 0733-712934

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.

**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 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)

**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 re-hydration) or needs formal medical attention. Do not 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 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.

**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:** It is unlikely that any place you will visit in Kenya or Tanzania 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.

**5. EXTERNAL CONTACT WITH WATER:** Do not wade or swim in any freshwater unless you are assured by the Director 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.

**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. 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. 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. 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 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.

**9. 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 sanitizer immediately after handling animals. Wear closed shoes especially around areas of animal concentrations and when walking on wet and muddy areas.

**10. 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, please sign it out in the logbook near the door. Upon returning the book sign it back in – however we ask you not to reshelf 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.

**5. 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.

**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, 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.

**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) 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 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.

## 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¢

## **ADMINISTRATIVE STAFF**

### **Abdelwahab Sinnary:**

Sinnary joined the program in July 2004. Taught wildlife management at the Center for wildlife management studies (the Kenyan center for the School for Field Studies, SFS) for over six years. He also taught wildlife management in the Sudan (his home country) and Uganda. Sinnary has been actively involved in several aspects of wildlife management and conservation in Kenya. He has acted as a technical advisor for the Machakos Wildlife Forum and has carried out research on the effects of the imminent insularization of Nairobi National Park. He is an active proponent of sustainable wildlife utilization by private landowners and local communities. He has a Ph.D. degree in Biology of Conservation from University of Nairobi. Sinnary and his family live on the compound.

### **Wairimu Ndirangu:**

Wairimu 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. Wairimu received her Ph.D. in Social Work from the Graduate School of Social Work & Social Research at Bryn Mawr College, Pennsylvania. She has taught Social Psychiatry and Family Mental Health to medical students 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. 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. Wairimu 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, Lina worked for ICRAF and Kenya Finance Bank. Lina, her husband, and their two sons - Murani and Munene - live on the compound.

### **Rose Wafula:**

Program Assistant, joined the Program in January 2004 from an international NGO, where she served as Administrative Assistant/Librarian to the Resident Regional Representative with responsibilities for office management and coordination. She has also worked for other organisations in the same capacity. Rose is responsible for front desk reception and office services. She lives with her husband and child in Lenana.

## **COMPOUND STAFF**

Alex Chepkuony	kitchen (chef)
Azibeta Livudzule	housekeeping, student laundry
Douglas Ngaira	housekeeping, kitchen, duka
Mary Shitemi	housekeeping, student laundry

## **DRIVER**

Njau Kibochi	driving
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## **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

## 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.

### Abdelwahab Sinnary

- program calendar and general information
- academic advisement
- field study component information (Tanzania and Nakuru/Shompole)
- 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
- health concerns
- government regulations
- security

### Lina Muturi-Karingi:

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

### Rose Wafula:

- office procedures



## **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 (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.