

**ST. LAWRENCE UNIVERSITY  
KENYA SEMESTER PROGRAM**

**STUDENT HANDBOOK**

**SPRING SEMESTER 2007**

## **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, PLEASE ASK 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
Spring 2007 Calendar	5
Spring 2007 Class timetable	6
Kenya Semester Program Curriculum	7
Academic Study: Classroom and Field	7
Required Courses	7
Elective Courses	10
Mid-semester Break	11
Academic Policies	11
Kipsigis words and phrases	14
Study center Policies	15
Residential	15
Transport and Communication	16
Security	17
Health Issues	21
General points	23
Currency and currency regulations	24
Administrative Staff	25
The Compound Staff	26
Whom to Ask	26
Library Resources in Nairobi	27

## Spring 2007 Calendar

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

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

## SPRING 2007 CLASS TIMETABLE

### Week 1: (29<sup>th</sup> January – 2<sup>nd</sup> February)

	MON	TUES	WED	THUR	FRI
08:00 – 10:00 (KSP)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	10:30 – 12:30
12:15 – 13:15	L	U	N	CH	RHS Seminar (KSP)
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

### Week 2: (5<sup>th</sup> – 9<sup>th</sup> February)

	MON	TUES	WED	THUR	FRI
08:00 – 10:00 (KSP)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	11:00 – 12:30
12:15 – 13:15	L	U	N	CH	Introduction to Tanzania trip (KSP)
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

### Week 3: (19<sup>th</sup> – 23<sup>rd</sup> February)

	MON	TUES	WED	THUR	FRI
8.30-10.30 (Ufungamano)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	Core Course Activity (Urban Component)
12:15 – 13:15	L	U	N	CH	
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

### Week 4: (26<sup>th</sup> February – 2<sup>nd</sup> March)

	MON	TUES	WED	THUR	FRI
8.30-10.30 (Ufungamano)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	Core Course Activity (Urban Component)
12:15 – 13:15	L	U	N	CH	
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

### WEEK 5: (5<sup>th</sup> – 9<sup>th</sup> March)

	MON	TUES	WED	THUR	FRI
8.30-10.30 (Ufungamano)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	11:00 – 12:30
12:15 – 13:15	L	U	N	CH	Introduction to Amboseli Trip
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

### WEEK 6: (26<sup>th</sup> – 30<sup>th</sup> March)

	MON	TUES	WED	THUR	FRI
8.00-10.00 (KSP)	SWAHILI	SWAHILI	SWAHILI	SWAHILI	SWAHILI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	Core Course Activity
12:15 – 13:15	L	U	N	CH	
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

### Week 7: (2<sup>nd</sup> – 6<sup>th</sup> April)

	MON	TUES	WED	THUR	FRI
10:45 – 12:15 (UKC)	Health	Gov/Soc	History	Biodiversity	Core Course Activity
12:15 – 13:15	L	U	N	CH	
13:15 – 14:45 (UKC)	Biodiversity	Health	Health	Gov/Soc	
15:00 – 16:30 (UKC)	Gov/Soc	History	Biodiversity	History	

## **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 the core course are required. You will select two more elective courses from the classroom curriculum.

## **THE REQUIRED COURSES**

**1. Modern Languages/African Studies SWAH 101 (elementary), SWAH 102 (elementary second semester), SWAH 103 (intermediate), SWAH 104 (intermediate second semester), SWAH 201, 202 (advanced) (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. The Swahili courses are taught by instructors from Hekima Language Services.

**2. African Studies 337/Environmental Studies 337/Anthropology 337: (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 Tanzania and Amboseli field study components, urban study and the independent study/topical field study components. Course evaluations are based on group presentations, written papers, journal, and quality of participation throughout the semester.

The core course (1.5 units or 5.4 credits) counts toward African Studies 337 and Anthropology 337 credit. Environmental Studies majors will take the core course for 1.5 units (Environmental Studies 337); however, only 1 unit will be applied to the Environmental Studies major. Environmental Studies majors should focus their core course assignments on environmental issues.

You can earn between 1 and 1.5 units of Biology credit, **but only 1 unit** will be counted toward fulfilling the biology major requirements. Students who take BIO242: Biodiversity Conservation and Management in East Africa **and** BIO244: Advanced Topic Study in Conservation Biology will receive 1.5 unit of biology credit. This credit will **not be** major credit restricted (MCR). These students will receive only 1 unit of credit for the Core Course African Studies 337/Anthropology 337/Environmental Studies 337: Culture,

Environment and Development in East Africa. Students who take BIO242 without BIO244 will receive 1 unit of biology credit that is MCR and 1.5 units for the Core Course.

**(a) The Rural Agricultural 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 weeklong intensive orientation at the St. Lawrence University Study center in Karen. During the past fifteen years, the rural homestays have been among the Akamba, Luo, Abaluhya, Kisii, Taita and Meru peoples, and this semester you will be hosted by the Kipsigis of the Roret division of Buret District in South Rift. 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. At the end of the homestay we will share, discuss and, analyze our homestay experiences.

**(b) Tanzania Field Study Component:**

This field component focuses on the Hadza, one of a few tribes that still practice hunting and gathering. They live entirely off the land and do not practice any agriculture or keep any livestock. They live a nomadic lifestyle and do not construct any permanent houses. To better understand the Hadza's livelihood and the current threats affecting them we will learn about the political and economic realities of modern Tanzania, governance structure of the Vijiji (the villages set up under the Ujamaa policy) and how this contributes to or retards development, wildlife conservation and management. We will spend 3 to 4 nights with the Hadza in the Yaeda Valley to be exposed to the hunter-gatherer lifestyle. We will join the Hadza women in a food-gathering excursion and go hunting with the Hadza men. We will also interact with the Hadza, visit their homes, join them in making fire, dance and sing with them, learn how to make and use their bows and arrows and, discuss with them their culture and the future of the hunter-gatherer lifestyle. This component is hosted by Dorobo Tours and Safaris, an organization that has been conducting educational field trips since 1984.

**(c) Urban Study Component:**

This component corresponds with the urban homestays in Nairobi where issues related to the city of Nairobi and its environment are introduced. Your three weeks homestay experience with a Kenyan family is complemented by a reading package containing information on Nairobi and a number of lectures and field visits. Your experience of the city of Nairobi should also provide the opportunity to engage with some of the urban issues. You will also 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 and to read the news dailies ardently that capture the urban scene.



**(d) Amboseli Field Study Component:**

This component focuses on the socio-economic, and environmental factors responsible for changing the Maasai culture and pastoral lifestyle from pure nomadic pastoralism to semi-sedentary mixed agro-pastoralism in the Amboseli region. The region consist of six group ranches forming the dispersal area for wildlife moving in and out of Amboseli, Chyulu Hills and Tsavo National Parks. Apart from some permanent rivers and swamps fed by springs from Mt. Kilimanjaro, the region is characterized by arid and semi-arid climate. The group ranches are owned by pastoral Maasai who have maintained a traditional and pastoral lifestyle. More recently, the region has seen a greater influx of non-Maasai immigrants and experienced a gradual shift from purely pastoral to mixed agro-pastoral economy. This shift, coupled with the increasing human-wildlife conflicts and, the introduction of community-based tourism have resulted in significant changes in the Maasai's pastoral lifestyle. We will examine the competition and conflicts between the local Maasai, non-Maasai agriculturalists, livestock and wildlife over land, water, pasture and, natural resources. We will explore how the local Maasai manage their own wildlife sanctuaries, tourist lodges, campsites and, cultural tourism ventures. We will also examine the major conservation issues in the region. Students will live for two nights in a traditional Maasai homestead and will engage our host community in many formal and informal discussions. This component is hosted by the Maasai Center for Field Studies, a non-profit making organization owned and managed by the Maasai community of Kuku Group Ranch.

**(e) Independent Study / Topical Field Study 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 IDS proposals during the first two weeks of classes immediately after completing the rural home stays.** 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, describing how your proposed project fits into the course "Culture, Environment, and Development in East Africa." We will then submit formal requests to your chosen potential host. **Each student shall then be required to discuss the details of their IDS with the host organization either by phone or where possible by arranging an office visit DURING THEIR FREE TIME. Findings of the discussions shall be reported to the core course instructors in a ONE to TWO page write up.** It is essential that these transactions be carried out at an official level as much as possible. 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 WITHOUT OUR KNOWLEDGE AND PRIOR CONSENT WILL RISK FORFEITING THEIR PROJECT.

### **The Topical Field Study (TFS)**

This is an advanced field study in conservation biology with the Academic Director. A maximum of six students can participate, with priority given to students seeking biology credit. The TFS is divided into: the insularization of Nairobi National Park (NNP);, a group data collection and analysis project and, raptor biology, management and conservation.

The lack of active management of NNP and its dispersal area has resulted in loss of biodiversity, deterioration of the park's rangelands, reduced numbers of visitors to the park, loss of income and, accelerated human-wildlife conflicts in the dispersal area. Through lectures and discussions with experts and local community leaders, field visits and field exercises we will try to understand the causes of the insularization of NNP and exploring solutions proposed to negate these effects. The group data collection and analysis project will update an existing photo-file of a giraffe population living in a private ranch, estimate its population size and, study its age sex composition. We will also learn about and also use a simple field technique to determine the grazing capacity of a rangeland. After completing our survey we will be able to judge whether our survey site is undergrazed, overgrazed or moderately grazed by assessing the grass species composition of the site. We will also be able to determine if the survey site contains enough biomass of desired food and also if the soils are showing any trends of degradation. We will then be in a position to give specific management

Using a combination of lectures, discussions and, fieldwork the raptor component covers the classification, habitats, physiology, hunting and feeding methods, migration and local movements, breeding biology, the role of avian predators in the environment, conservation issues and, single species studies of raptors. You will visit a captive collection of raptors where rehabilitation and captive breeding of endangered raptors is taking place and will learn to identify, capture, mark and release wild raptors. Finally, we will participate in an overnight trip to collect data on vulture's breeding biology with our instructors who have an ongoing research project in the area.

### **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 seven-week period. 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. Charles Owuor Olungah, Institute of African Studies at the 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/SOC 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. It examines 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. Marianne W. Maghenda-Mwalugongo, Consultant and Dr. Robert Chira, Faculty of Science, University of Nairobi**

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.

**Mid-Semester Break**

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

**ST. LAWRENCE UNIVERSITY KENYA SEMESTER PROGRAM ACADEMIC POLICIES**  
**Credit Requirements**

Each of the Swahili and elective courses count as 1 unit or 3.6 credits. The SWAH 101 (elementary), SWAH 102 (elementary second semester), SWAH 103 (intermediate), SWAH 104 (intermediate second semester), and SWAH 201 and 202 (advanced) may count toward Modern Languages or African Studies credit. The “Health, Sickness and Healing in Kenya” course may count toward African Studies 349 or Anthropology 349 credit. The “Introduction to the History of Modern Kenya” course may count toward African Studies 354 or History 354 credit. The “Critical Issues in Socio-Economic Development in Kenya” course may count toward African studies 326, Government 326 or Sociology 326 credit. The “Biodiversity Conservation and Management in East Africa” course may count toward African Studies 342, Environmental Studies 342 or Biology 242 credit.

Students should take the appropriate Swahili course: a student who has previously done SWAH 101 for example will be required to enroll in the SWAH 102. Students facing difficulties in coping with the course should liaise with the Academic Director to receive extra tuition outside of the normal class hours.

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

Note: Non-SLU students should check with the registrar at their home school about how SLU grades will be represented on the home school transcript. Non-SLU students are also responsible for knowing their own colleges' requirements for course transferability. Some colleges for example do not accept pass/fail grades. To allow for a smooth transfer of credit, students from other schools should take with them, back to the home campus, copies of all syllabi and all graded work.

**GRADES**

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

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

P	Pass under Pass/Fail option; see below		
W	Withdrawn	0.00	
WM	Withdrawn Medical	0.00	
X	See below		

- "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 as 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.
  - 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.
4. All cases of academic dishonesty will be referred to St. Lawrence University's Academic Honor Council.

### 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 seven-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.

### KIPSIGIS: A FEW KEY WORDS AND PHRASES

(The Kipsigis are the people – the language they speak is also Kipsigis)

#### GREETINGS:

Greetings: (one person)	Question Answer	Chamege Chamege missing
Greetings: (many people)	Question Answer	Ochamege tugul Kichomege missing
How are you?	Iyomu nee	
I am fine	Achomege	
Thank you	Kongoi missing	

#### NAMES OF FOOD

Food	Omitwagik
Porridge	Rongorik
Tea	Chaik

#### DOMESTIC ANIMALS

Cow	Teta
Goat	Artet
Cat	Paket

Beans	Ngendek	Dog	Ngokto
Water	Beek	Donkey	Sigiriet
Milk	Chego		
Meat	Bendo		
Banana	ndisiot		

#### NAMES OF PEOPLE

Mother	iyó	Father	baba
Old man	Boiyot	Old woman	chepyoset
Man	Chito, murenik	Woman	kwondo
Young man	Kiptoiyot	Sister	chepiyo
Young child	lakwet	Young woman	chepto

#### MISCELLANEOUS:

I'm glad to know you –	Abaiba anain
I'm glad to meet you (pl.) –	Awendi ndonyo
I have eaten enough –	koobiye
The meal was delicious –	kanyiny omitwagik
Where is the latrine? –	Ngoro got ne kitoreten ge?
Farewell and many thanks –	Saisere, kongoi missing
Farewell –	ui komie
Sleep well –	Ru komie

#### 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 greenish "Citi Hoppa" 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 UKC. 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 "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. USE A TAXI CAB!**



**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 mailbox in the seminar room. Incoming mail will be collected daily and distributed to your mailbox at the seminar room, or at the UKC 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 the internet at the compound.

## **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. Due to increased terrorists' attacks worldwide, there is a wider security issue, that have made US citizens and US property to be seen as potential targets for different kinds of attack (though as it turns out, citizens of other nations may suffer as much or more in these situations). 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. Wairimu and Sinnary must approve other travel plans 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. While we have insured evacuation plans within a limited zone during the semester, travel outside Kenya may require that you get additional insured evacuation cover for emergency purposes.

## **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. We encourage you to, whenever possible, use a Taxi that you or other students had used before during the day. 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. You should also plan your night's activity to be in good form **to attend and fully participate** in all program activities the following day. **We require you to return to the compound at or before midnight if the following day if a program activity is scheduled to take place at or before 10 a.m. on the following day.**

When you travel back to campus, remember the following:

- ALWAYS travel in groups; 4 or 5 in a taxi; it is the safest, and cheaper for each person as well.
- NO WOMEN ONLY GROUPS!
- NEGOTIATE a firm price for the trip before you enter the taxi. Be sure that you can and do explain the exact location of the SLU campus to the driver.
- Use your COMMON SENSE; if the driver and/or his vehicle do not inspire confidence, look for another one.
- If you cannot locate a reasonable looking taxi, call one of the radio call taxis listed for a ride back to campus.
- We especially recommend JATCO Radio Call Taxi that operates for 24 hours. The telephone numbers are – 020-444 6096; 020-444 8162; 0722-648383; 0722 725131; 0733-701494

### **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 with the program for many years. They have instructions to check the identity of all visitors to the campus, whether or not they are accompanied by a student. If visitors arrive unaccompanied, the askaris will call over to their host to find out if they are present and willing to vouch for their guest. Please cooperate with the askaris to make their job of ensuring our safety easier. Note that visitors should not be invited into your bedrooms, nor should they spend the night on the campus. **Where you have prior knowledge of a guest coming to visit with you, kindly call the gate askari and give the name of the awaited guest as well as your name.**

### **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. The program currently recommends the use of **JATCO TAXIS** as they are compliant with all traffic laws and regulations. You use any other taxis at your own discretion.

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

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

**IN THE STREETS:** While walking in city streets, remember to keep your bags, wallets, daypacks, etc., close to your body. Avoid wearing necklaces, watches, earrings, as these are easily removed by force from your body. Avoid walking up and down Kenyatta Avenue (outside the junction with Uhuru Highway); also avoid Uhuru Park and Valley Road (continuation of Kenyatta Avenue beyond the Panafric Hotel). Try to minimize the use of your cell phone while walking in the streets as they could be easily snatched or taken by force from you.

**MONEY:** ALWAYS 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 UKC. If trouble seems to be developing anywhere in town, simply call from where you are (if it is safe) and await further instructions.

If you need help arranging transportation back to the Center during office hours (i.e. before about 5 p.m., call the office (020-884509 or 11). These numbers you can call collect. You

could also reach the office on 0722-201975 or 0734-333038. Do not send text messages to these lines as they are on a PABX machine that is incapable of receiving text messages.

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

Lina: 020-882752 (Hse); 0722-770046  
Sinnary: 020-884510 (Hse); 0722-310966  
Wairimu: 020-882707(Hse); 0722-518351

#### **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 UKC, 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 **Wairimu Ndirangu**. She has many years of experience with our students and will be able to provide counsel 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 going on a field trip. Our first line of medical treatment is at the 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. Students are required to be responsible for their own health and to make their own arrangements when they need hospital intervention. In cases of an EMERGENCY, the program shall provide the necessary assistance.

**3. SPECIALIST ADVICE:** We have **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 UKC 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



(**Wairimu in this case**) and/or the individual instructors if you are not well enough to attend class. Non-attendance of classes without medical clearance shall be penalized!

**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. We encourage students to volunteer for posts of **STUDENT COORDINATORS**. Areas of representation span **Residence Life** (food and sharing of space & entertainment); **Safety and Security** (sign out sheets at the gate during night travels); **Computers and Library** (reporting breakdowns and trouble shooting). A sign up sheet is provided in your orientation folder.

**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 Gabbra, 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 70.00 per U.S. dollar (the variation is usually between 68 to 73)

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### **NOTES**

KShs 1000.00	US\$ 14.3
KShs 500.00	US\$ 7.15
KShs 200.00	US\$ 2.85
KShs 100.00	US\$ 1.40
KShs 50.00	US 70¢
KShs 20.00	US 29¢

### **COINS**

KShs 40.00	US 57¢
KShs 20.00	US 29¢
KShs 10.00	US 15¢
KShs 5.00	US 7¢

### **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 February 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 at 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
Evans Mwadime	driving, security

**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 Amboseli)
- 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
- evaluations

**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: Opposite British High Commission, Upper Hill

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

Notes: You must pay a membership fee to use this library, but it is very well equipped

**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.

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

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

### **THE NATIONAL MUSEUMS OF KENYA**

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

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

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

### **THE AMREF LIBRARY**

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

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

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