INTRODUCTION TO THE KENYA PROGRAM GUIDEBOOK

With your departure for Kenya approaching, many of you have begun to wonder what it's going to be like living and studying in Nairobi. Will the family you'll be living with accept you just as you are now, or will you need to make some adjustments in order to fit into your new household? Is there anything that you are forgetting to do before you leave? Is there anything you should know about Kenya before you arrive? And just how much should you plan to pack in your suitcases? Hopefully, this guidebook can begin to answer these and other questions. We recommend that you read it carefully before you depart and refer to it during your stay in Kenya.

The information that follows is a collection of advice from former participants. The Center for International Programs staff has added practical information as well. All information was accurate to the best of our knowledge at the time of printing. We recognize that there might be some necessary changes in the program made on site. If you have updated information upon your return from Kenya, please let us know. When you return, we would greatly appreciate it if you could help us update this guidebook for the next year's participants.

In collecting suggestions from former participants for this guide, the best piece of advice continues to be: "Expect the unexpected." Ultimately, no written materials or any orientation will fully prepare you for what lies ahead. The best way to prepare is to continue to consider how your culture has shaped your perceptions, and then commit yourself to keeping an open mind, remaining flexible, and being patient with yourself and others as you adjust to your new environment.
This document represents the most accurate information available at the time of publication. Statements contained herein are not contractual obligations, and verbal or other representations that are inconsistent with or not contained within the document are not binding. Kalamazoo College reserves the right to change, without specific notice, programs and the conditions under which they are offered. Please refer to the Kalamazoo College catalogue for complete details. Revised May 2018

Cover photo: Chatting with friends by Emilia LaPenta K’10
# Table of Contents

INTRODUCTION TO THE KENYA PROGRAM GUIDEBOOK .................................................. 1
Table of Contents .................................................................................................................. 2
INTRODUCTION TO NAIROBI, KENYA .............................................................................. 5
PROGRAM CALENDAR ........................................................................................................ 7
BEFORE YOU GO ................................................................................................................. 8
MONEY ............................................................................................................................... 8
PACKING SUGGESTIONS .................................................................................................. 8
FINANCIAL AID ................................................................................................................... 12
HOUSING BACK ON CAMPUS ......................................................................................... 12

BECOME FAMILIAR WITH KENYA AND THE U.S. BEFORE YOU GO .................................. 12
GETTING THERE ............................................................................................................... 13
PASSPORTS AND VISAS .................................................................................................. 13
FLIGHT CONNECTIONS .................................................................................................... 13
LUGGAGE RESTRICTIONS ............................................................................................... 14

ARRIVAL IN KENYA ........................................................................................................... 14
ARRIVAL IN NAIROBI ....................................................................................................... 14
THE ACADEMIC PROGRAM IN KENYA ............................................................................. 15
ADMINISTRATION ........................................................................................................... 15
CLASSES .......................................................................................................................... 15
CREDITS AND GRADES .................................................................................................. 17
INTEGRATIVE CULTURAL RESEARCH PROJECT ............................................................ 18

LIVING IN KENYA .............................................................................................................. 19
HEALTH PRECAUTIONS .................................................................................................... 19
FOOD AND WATER .......................................................................................................... 19
COOK IT, BOIL IT, PEEL IT, OR FORGET IT! ................................................................. 20
DIARRHEA ......................................................................................................................... 21
DEHYDRATION ................................................................................................................ 21
MALARIA .......................................................................................................................... 22
MORE ON PREVENTING MALARIA ............................................................................... 22
HIV AIDS ........................................................................................................................ 23

THE HOMESTAY EXPERIENCE ...................................................................................... 24
MEALS .............................................................................................................................. 24
VEGETARIANS ............................................................................................................... 24
LAUNDRY ........................................................................................................................ 25
DOMESTIC HELP ............................................................................................................ 25
ADJUSTING TO YOUR FAMILY ....................................................................................... 26
HELPFUL HINTS FOR A POSITIVE HOMESTAY EXPERIENCE .................................... 26
HOMESTAY FAMILY GIFTS ............................................................................................. 28

TELEPHONE AND INTERNET USE ................................................................................ 28
MAIL ............................................................................................................................... 28

CULTURAL ADJUSTMENT ............................................................................................... 29
Nairobi, Kenya

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOME CULTURAL DIFFERENCES</td>
<td>30</td>
</tr>
<tr>
<td>GENDER DYNAMICS IN KENYA</td>
<td>32</td>
</tr>
<tr>
<td>LGBTQA Issues</td>
<td>32</td>
</tr>
<tr>
<td>KISWAHILI</td>
<td>32</td>
</tr>
<tr>
<td>TRAVEL AND TRANSPORTATION</td>
<td>33</td>
</tr>
<tr>
<td>LOCAL TRANSPORTATION</td>
<td>33</td>
</tr>
<tr>
<td>REGIONAL TRAVEL</td>
<td>34</td>
</tr>
<tr>
<td>TRAVEL TIPS</td>
<td>35</td>
</tr>
<tr>
<td>POVERTY IN NAIROBI</td>
<td>36</td>
</tr>
<tr>
<td>SAFETY</td>
<td>36</td>
</tr>
<tr>
<td>SAFETY TIPS WHILE IN NAIROBI</td>
<td>37</td>
</tr>
<tr>
<td>WOMEN, PLEASE NOTE</td>
<td>38</td>
</tr>
<tr>
<td>POLITICAL TURBULENCE</td>
<td>38</td>
</tr>
<tr>
<td>EMERGENCIES</td>
<td>39</td>
</tr>
<tr>
<td>ADVICE FROM PAST PARTICIPANTS</td>
<td>40</td>
</tr>
<tr>
<td>RECOMMENDED THINGS TO DO</td>
<td>40</td>
</tr>
<tr>
<td>LIVING IN NAIROBI: CULTURE AND CITY LIFE</td>
<td>41</td>
</tr>
<tr>
<td>COURSES AND ICRP</td>
<td>42</td>
</tr>
<tr>
<td>FOOD</td>
<td>42</td>
</tr>
<tr>
<td>YOUR RETURN TO THE UNITED STATES</td>
<td>44</td>
</tr>
<tr>
<td>READJUSTMENT</td>
<td>44</td>
</tr>
<tr>
<td>SAYING GOODBYE</td>
<td>45</td>
</tr>
<tr>
<td>TRAVEL CHECKLIST</td>
<td>46</td>
</tr>
<tr>
<td>CHANGES TO YOUR RETURN FLIGHT TO THE U.S.</td>
<td>46</td>
</tr>
<tr>
<td>WHEN YOU'RE HOME. . . YOUR HEALTH</td>
<td>47</td>
</tr>
<tr>
<td>APPENDIX 1: IMPORTANT CONTACT INFORMATION</td>
<td>47</td>
</tr>
<tr>
<td>APPENDIX 2: K COLLEGE'S KENYA PROGRAM ON YOU TUBE</td>
<td>49</td>
</tr>
<tr>
<td>APPENDIX 3: KENYA HOMESTAY AGREEMENT</td>
<td>50</td>
</tr>
</tbody>
</table>
BEFORE YOU GO… PREPARATION

INTRODUCTION TO NAIROBI, KENYA

Kenya is situated on the equator and covers an area slightly larger than Texas. Ethiopia and the Sudan share borders with Kenya to the north, Uganda lies to the west, Tanzania borders Kenya to the south, and the Indian Ocean and Somalia lie to the east of Kenya. The current constitution has established 47 counties and nullified the previous eight provinces. Eighty-three percent of the land is arid or semiarid, the remainder consisting of coastal and upland areas of medium to high potential for rain-fed agriculture. In and around Nairobi, you’ll experience springtime temperatures and climate. Temperatures may range from 61° to 90° Fahrenheit. Daytime temperatures tend to be warm and comfortable, while it can get cold at night. There are roughly two rainy seasons: November - December and April - June.

Kenya can be divided into five ecological zones, with Kenya's highest mountain, Mt. Kenya, located roughly in the center of the country. The coastal zone, the Kenyan highland zone, the arid zone, the Lake Victoria basin zone, and the savanna zone, are ecologically diverse regions which support unique ecosystems and cultures, including Kenya's three main ethnic groups: the Kikuyu, the Luo and the Luhya.

Kenya is often referred to as “the Cradle of Mankind” because archaeological evidence suggests modern man's ancestors inhabited northern Kenya as far back as two million years ago. For nearly ten thousand years Kenya has attracted explorers beginning with the Cushites, Nilotes and finally the Bantu. By the 3rd Century, Arabs arrived on the coast and the Portuguese followed in the 16th century. Kenya was declared a British Protectorate in 1895 and named British East Africa. Later, in 1920, the country was renamed Kenya Colony and Protectorate. Independence was won in 1963, and soon after, Kenya established membership in the Commonwealth of Nations and the United Nations.

Founding president and liberation struggle icon Jomo KENYATTA led Kenya from independence until his death in 1978, when former President Daniel Toroitich Arap MOI took power in a constitutional succession. The country was a de facto one-party state from 1969 until 1982 when the ruling Kenya African National Union (KANU) made itself the sole legal party in Kenya. MOI acceded to internal and external pressure for political liberalization in late 1991.
The ethnically fractured opposition failed to dislodge KANU from power in elections in 1992 and 1997, which were marred by violence and fraud, but viewed as having generally reflected the will of the Kenyan people. President MOI stepped down in December of 2002 following fair and peaceful elections; Mwai KIBAKI of the National Rainbow Coalition (NARC) defeated the KANU candidate Uhuru KENYATTA and assumed the presidency following a campaign centered on an anticorruption platform.

In the December 2007 elections, the incumbent president KIBAKI, a member of the traditionally dominant Kikuyu ethnic group, claimed victory although the opposition leader, Raila ODINGA, a member of the Luo ethnic group and leader of the Orange Democratic Movement (ODM), who had succeeded in creating a wider constituency, claimed that the results had been manipulated. Civil unrest and violence erupted between ethnic groups after KIBAKI was declared re-elected. International mediation, led by former U.N. Secretary-General, Kofi Annan, was required to establish a diplomatic solution with KIBAKI as President and ODINGA as Prime Minister.

The March 2013 general elections ushered in a new administration of national executives, senators, county governors and members of Parliament. These were the first elections held under the new constitution with former Deputy Prime Minister, Uhuru Kenyatta defeating Raila Odinga, former Prime Minister, in the contest for the presidency. Kenyatta is the son of First President Jomo Kenyatta and leads The National Alliance (TNA) party.

Kenya’s capital, Nairobi, is the largest city between Cairo and Johannesburg, with around 3.5 million people in its metropolitan area. The combination of cultures makes the city an interesting, ever-changing place to live. Cultural centers, museums and theaters can be found throughout the downtown area, and cost little to visit. The University of Nairobi draws the top students from around the country, especially rural Kenya. There are six campuses, two of which are located downtown—Main and Chiromo.

According to Amber Whittington, K’11, “Nairobi as a lively melting pot where people are busy and always on the go. As an African country, Kenya is depicted as not being structured by time. Although this may be true in other regions, this is not necessarily true of Nairobi. In fact, Nairobi is considered the New York of Kenya and in other regions ‘Nairobians’ are considered to be somewhat reserved and fast paced.”
PROGRAM CALENDAR

Saturday, September 1: Students arrive in Nairobi
Sunday, September 2: Orientation begins
Monday, 3 September: Kiswahili and Geographies of Development begin
Thursday, 20 December: Holiday break begins
Monday, 6 January: Long term academic program resumes (ICRP)
Friday, 15 February: Long term program ends, last date to submit ICRP
Saturday, 16 February: Long term students’ last day in homestay, first possible date to depart Kenya
BEFORE YOU GO

MONEY

Former students consistently recommend taking between $1,500 - $3,000 for personal expenses. You will receive a stipend in August from the CIP that will cover lunch, and internet costs (lunch can range from less than $1 to $10 USD depending on where you go). If you plan to take additional safaris or travel extensively to other African countries by air, you’ll want to bring an additional $1,500 - $2,500. Travel to other countries in the region by bus can be very reasonable. However, flying in Africa can be expensive and national park fees add up. Please keep in mind that missing program events organized by Kalamazoo College, does not entitle you to compensation for the missed event (i.e., group meals out, paid-for performances, etc.).

It is best to use a combination of cash, credit cards and debit cards though out your time in Kenya. Many study abroad students use weekly or monthly budgets to keep track of their funds and spending. Take a small amount of cash with you to change soon after you arrive ($50-$100 or so). You may access Kenyan shillings from ATMs located at the airport and around the city.

Notify your bank, credit card company and ATM card company that you are going abroad before you leave. You may also want to allow your parents access to your bank account so they can monitor it while you are away and alert you of any suspicious activity. Be sure to check with your bank or credit card company for international transaction fees and other details. **When withdrawing money from a cash machine, be cautious so that you do not become the target of a thief.**

Credit cards are not practical for making most purchases, including at restaurants. One returned student established a local bank account and reported it was very useful and worth the hassle. She was able to avoid ATM fees. Mobile phone currency is much more accessible and common than in Kalamazoo. The most popular account, MPHESA, is an app you can download and “fill-up” your account. As you move throughout the city, you can use this account to pay for many everyday items.

PACKING SUGGESTIONS

Plan to dress more conservatively until you are familiar with local norms. Clothing considered casual in the U.S. – torn T-shirts, worn jeans, shorts, etc. – generally are not worn to class or to conduct business in Nairobi. Such attire is associated with tourists
and usually attracts the attention of professional pickpockets. A student pointed out that Kenyans are fashionable (and neat) and dressing like a tourist (t-shirts and shorts) makes you stand out. Female participants report that they are most comfortable in long skirts and pants. Skirts that are above the knee and tank tops (especially those with spaghetti straps) should be avoided.

A former participant cautions, "Remember, it's not a safari or a camping trip!" A few dressy outfits will be important for special occasions and clubs. Take your cues from your Kenyan friends. Consider buying clothing in Kenya; it is relatively inexpensive. Keep in mind that you will always wash your undergarments and occasionally other items by hand. **To be safe, do not bring ANYTHING that would devastate you if lost, broken, or stolen.** If you must bring valuables, look into the possibility of taking out insurance on specific items (such as fancy cameras, computers) before departure. One piece of advice is to pack a few things you don't mind wearing all the time. Returning students consistently say that they packed too much. The following lists are based on suggestions from former participants.

**CLOTHING**

- At least two pairs of comfortable and supportive walking shoes and sandals
- At least one pair of dress shoes or sandals
- House shoes/slippers
- Water/mud-proof jacket
- Athletic shoes and socks if you plan to run or participate in sports
- Comfortable hiking boots (if planning to hike)
- A few sweaters or sweatshirts (it gets cold at night!)
- Windbreaker
- Light-weight pants, preferably cotton and jeans.
- Shorts that come to the knee for the coast and hanging out in your room
- Lots of cotton underwear and bras (enough for 2 or more weeks, it often takes a week for laundry to get done)
- Lots of T-shirts — (hand washing can stretch them out)
- Bathing suit
- A few nice outfits for special program events, clubs, and discos
- A couple of career/professional outfits for possible ICRP interviews and/or placements
- Women: long, lightweight cotton skirts, dresses and pants, blouses
Men: lightweight, wrinkle-free pants, shirts, one or two pairs of shorts
Avoid white clothing—it won’t stay white
Avoid spandex and other stretch fabrics that easily lose their shape when hand washed.

HYGIENE AND TOILETRIES

Many items on the following list are available in Kenya, though British brands are more common than American brands and tend to be more expensive. Students suggest you bring just two weeks supply of most things, and buy more when you run out after you get to Kenya.

- Basic toiletries, including soap, shampoo, toothpaste, moisturizer, dental floss
- Towel(s) and washcloth(s)
- Shower shoes/flip flops
- Pain reliever, cold/sinus medicine and vitamins
- Antibiotics, Pepto-Bismol tablets (check with physician for best treatment for diarrhea)
- Sunscreen and Blistex (hard to find in Kenya, plus the U.S. brands are stronger)
- Mosquito repellent with DEET
- Skin cleanser and cotton balls (for face washing when there is no water)
- Wet-wipes or hand sanitizer, such as Purell
- Band-aids, rubbing alcohol, hydrogen peroxide (can be found there)
- Thermometer
- Yeast infection medication
- Six months supply of condoms and other birth control supplies (easily available)
- Tampons (OB and other brands can be found in Nairobi, but they tend to be expensive. Bringing a 4-6 mo supply might be a good idea)

OTHER ITEMS

- Official criminal record background check conducted by your local police department (to do over the summer)
- Laptop computer (older model in case of theft or damage)
- Hard copy of your résumé for internship applications and ICRP placements
- First aid kit including disinfectants
- Extra passport photos for library card, bank account ID, pupil’s pass application, Tanzania visa, etc.
- Umbrella (light, fold-up kind; or plan to buy one there)
- Flashlight and batteries (for when electricity goes out)
- Sunglasses
- Sewing kit
- Adapters (plugs) – 220 Voltage and portable chargers for phones
- Strong box and lock or a piece of luggage that can be locked (several locks to use for luggage may be useful)
- Journal, notebooks
- Pens and notebooks for class (these can be expensive)
- Pictures of your hometown, family and Kenyans are very interested in American life.
- Extra pair of glasses or contacts and a copy of your written prescription
- 1-2 flash drives so you can write papers at your homestay and print them at the K room or a cyber café and have a back-up in case one drive is compromised

RECREATIONAL EQUIPMENT (very optional - many are cheap to rent in Kenya)

- Tent (if you plan to camp, but you can find one in Nairobi)
- Light backpack (large, for camping/traveling)
- Telephoto lens and pair of binoculars for those interested in birds/wildlife
- Sleeping bag (light weight w/sack – can also buy in Nairobi)
- Canteen/water bottle (strongly recommended)
- Warm clothing if you plan to climb Mt. Kenya or Mt. Kilimanjaro (heavy coat, long underwear, wool hat, mittens, and sweater). Waterproof items are also a good idea.

Remember—the current voltage in Kenya is 220-240, NOT 110 as in the U.S.

One or two flash drives and a laptop will make it easier to complete assignments. Wi-fi is not ubiquitous at the University of Nairobi and it can be much slower than what you are used to at K.

Packing Tip: include one change of clothes in your carry-on in case your luggage gets lost, and distribute things evenly between your checked pieces.

NEVER pack your passport, money, or valuables in your checked luggage. Keep those items in a money-belt or pouch, on your person or in a carry-on bag. Keep your carry-on with you at all times.
FINANCIAL AID

Those of you on financial aid at Kalamazoo College will have to take care of some items while you are in Kenya. For complete instructions, please see the financial aid handout posted on Hornet Passport. Specific questions should be directed to financialaid@kzoo.edu.

HOUSING BACK ON CAMPUS

You will need to submit a housing contract and proxy form to housing@kzoo.edu prior to your departure. The designated proxy will choose a space on your behalf during the Fall Housing Selection Process. This process occurs during late Spring Quarter.

If you are interested in a living-learning house when you return, you must coordinate with the group you are hoping to live with so they can account for you during the LLHU Selection Process. This process occurs in Spring Quarter prior to the general Fall housing process. Should the proposal not be accepted and you are not offered the opportunity to live in a living-learning house, you will need to make alternate arrangements.

For specific questions regarding housing, please contact Stephen Sanney, Director of Residential Life, at stephen.sanney@kzoo.edu or 269-337-7520.

BECOME FAMILIAR WITH KENYA AND THE U.S. BEFORE YOU GO

One of the best ways to continue preparing for your experience is to do some background reading and research on Kenya. Monitor the current political situation as well as familiarize yourself with the educational system, historical background, customs, and cultural norms. The list of important resources and Culture and History Worksheet on the CIP website are excellent tools to help you begin. The current visiting international students, faculty, and staff members who have been to Kenya are your best resources.
Occasionally, U.S. citizens have the embarrassing experience of learning that people abroad seem to know more about U.S. history and politics than we do. Learn more about current events in the U.S. and continue to follow them while you are in Kenya. You can expect to be asked your opinion about current events and U.S. politics. You can also expect to hear the opinions of others, not all of them complimentary to the U.S. Should such a situation arise, the best advice is to remain respectful, even when disagreeing, and to resist the temptation to criticize Kenya, as you are a guest.

GETTING THERE

PASSPORTS AND VISAS

You will need a valid passport and visa to enter Kenya. The Center for International Programs will apply for an entrance e-visa on your behalf. Visas to enter Kenya generally expire toward the end of the calendar year. Do not be alarmed. Before the expiration date students receive University of Nairobi Pupil Passes. These are official immigration documents and allow students to travel internationally and return to Kenya after the visa expiration date. Ms. Owiti will assist you in the application process for the Pass. As part of this process, all participants are required to have an official police report/background check conducted by your local police department. This is an official document verifying you have no criminal record. It must be dated within 60 days of arrival in Nairobi (so you will need to take care of this over the summer).

Make SEVERAL of copies of your passport and visa stamp once you receive it. Passport copies are usually required to register cell phones and internet modems in Nairobi. One past participants recommends having 5-6 copies with you when you arrive.

After arriving, the only time you’ll need your passport will be when you travel out of Nairobi. Most times you should carry a copy of your passport with you rather than the actual document.

If you lose your passport in Kenya, take a photocopy with you to the U.S. Embassy, located in Gigiri, Nairobi. The telephone number is 011-254-20-363-6000. You can verify this number and the hours of business at the Embassy home page at http://nairobi.usembassy.gov/.

FLIGHT CONNECTIONS
International flights require a minimum of 2 hours to complete security checks, process documents and board. Please take care not to miss connecting flights. It is your responsibility to be in the boarding area at the appropriate time.

Should you miss a connection, please note that you must be re-routed by an airline representative at the airport. Neither Travel Leaders nor Kalamazoo College can alter your airline tickets at that point. Once airline personnel re-arrange your travel itinerary, provide Ms. Lillian Owiti, your Resident Director, with the changes so that she can make arrangements for your arrival. You may call Ms. Owiti at (011) 254-0-754-016-462 (cell). If you are unable to contact Ms. Owiti, contact the CIP or a member of the CIP staff (contact information can be found in the CONTACT INFORMATION section) and we will try to assist you in informing the on-site personnel of your situation.

**LUGGAGE RESTRICTIONS**

Luggage policies and fees change frequently so it is best to check the airline website for the specifics two weeks or so before departure. Be sure to learn about the airline’s policy on back-packs, lap tops, weight limits, size restrictions, fees for excess weight and items allowed in carry-on bags.

**ARRIVAL IN KENYA**

**ARRIVAL IN NAIROBI**

During the flight be sure to have your passport number, flight number, and a pen handy so you can complete the immigration form. List your address in the country as “c/o Ms. Lillian Owiti, Institute for Development Studies, University of Nairobi P.O. Box 30197-00100.” Answer all questions carefully and honestly. Border officials take their job seriously! Once inside the airport, follow the signs to the immigration line indicated for foreigners. You will need your passport, International Certificate of Vaccination (yellow health card), and possibly your ticket/boarding pass stub. Keep these documents handy.
Once your form has been stamped by the immigration official, you walk to the baggage claim area. The airport has free luggage carts, so don’t feel obligated to accept porters’ assistance. If they do help you with your bags, you can always tip them with a US dollar bill. Report lost bags immediately to the baggage claim office, and obtain a receipt and instructions! Once you have finished with your bags, proceed through the “Nothing to Declare” customs line. The customs agents may open and inspect your bags. Have your passport ready, remain pleasant, and maintain a sense of humor!

After immigration and customs, you will pass through the gates into the area where people wait for arriving passengers. At least one member of the Kalamazoo College staff in Kenya and someone from your assigned host family will be at the airport to meet you. Look for a sign with your name or “Kalamazoo” to identify the host families. Before leaving the airport, be sure that you have checked-in with the program staff. Hang on to your luggage, and if you don’t want to pay anyone to help you, be prepared to be firm. From the airport, you will all go directly to your homestays.

THE ACADEMIC PROGRAM IN KENYA

ADMINISTRATION

Lillian Owiti, Resident Director

Ms. Owiti is a veteran lecturer at the University of Nairobi, where she also obtained her B.A. and M.A. degrees. As RD, she oversees the program and serves as the emergency contact and as the liaison with the Center for International Programs at Kalamazoo College. Ms Owiti also coordinates the homestay component, assists with the supervision of the ICRP projects, teaches one of the courses and organizes excursions. If a homestay assignment needs to be changed, Ms. Owiti will make the arrangements.

Allan Korongo, Academic Coordinator

Mr. Korongo organizes the classes, lecturers, and internships. He also assists with ICRP projects and excursions.

CLASSES

The University of Nairobi is comprised of six colleges and five campuses and an undergraduate population of 17,200. Typically the Kenya study abroad program offers
courses taught by lecturers in the Faculty of Arts located at the main campus in downtown Nairobi. The academic departments within this faculty are Sociology, Literature, Linguistics and African Languages, Religious Studies, Political Science, Philosophy, and Anthropology.

Your classes will be composed of entirely Kalamazoo College program participants and will meet a couple of times a week. During or shortly after orientation a schedule for the academic program is shared with each student. Pay close attention to the schedule and plan your studies so the due dates do not take you by surprise.

For the 2018-19 academic year, students will enroll in the following:

- Intensive Kiswahili Unit I (LANG)
- Geographies of Development (ANSO)

Both classes include program-sponsored trips outside of Nairobi. After your first unit of Kiswahili students will continue the language for the remainder of the program. Most students find this incredibly helpful and worthwhile.

After the excursion to Mombasa as part of the intensive Kiswahili unit, students will begin:

- Gender And Development (ANSO) – this class will include several visits to local, Kenyan operated NGOs that support women and advocate for women’s issues
- Oral Literature (LIT)
- Kiswahili Unit II (LANG)

In addition to the courses listed above, students are expected to participate in a weekly basis in an internship with a local organization. This allows for students to have an “applied” experience to complement the lectures and discussions of the coursework (similar to classes at K with a service-learning requirement). Internship participation will be evaluated as part of the course assessment.

Each course yields 1 K unit of academic credit when completed successfully. For the sixth unit, students will complete an ICRP.

Note: because these classes are specially designed for Kalamazoo students and include field trips, site visits, and visits to organizations, scheduling will change on a week to week basis. It will be important to communicate frequently with instructors and Ms. Owiti and Mr. Korongo to make sure you understand when and where you need to be.
Patience and a sense of humor will go a long way in this regard, as last minute changes are not unusual.

Returned students describe classes on the Kenya program as relaxed with very little homework. Most instructors are not accustomed to discussion in class and will simply lecture and answer questions. Usually there are a few papers and comprehensive final exams.

Whenever possible study abroad participants are encouraged to audit regular university courses and get involved in extra-curricular activities or areas that interest you. In addition, returned students suggest that you talk with the lecturers for assistance and advice. They are a great resource and very welcoming. Sometimes you can find student organization information on poster and flyers. Most often you’ll have to talk with several friends and acquaintances about your interests to learn about clubs and organizations. University of Nairobi students who studied at K are great resources. You can also request a University of Nairobi student handbook.

The grading scale in Kenya is similar to the system used in the U.K. This means that normally 30% of the final grade is based on papers, tests etc. assigned during a course. The final exam accounts for 70% of the final grade. Although a 100 point scale is used, the letter grades convert to different percentages or scores. The following table may help you evaluate your academic performance.

<table>
<thead>
<tr>
<th>Kenyan Scores</th>
<th>U.S. Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>70 to 100</td>
<td>A</td>
</tr>
<tr>
<td>60 to 69</td>
<td>B</td>
</tr>
<tr>
<td>50 to 59</td>
<td>C</td>
</tr>
<tr>
<td>40 to 49</td>
<td>D</td>
</tr>
<tr>
<td>0 to 39</td>
<td>E/F</td>
</tr>
</tbody>
</table>
must enroll in the equivalent of 6 K-Units of credit. In order to be counted as one K-Unit of credit, a course must have 40-45 contact hours. In cases where students must combine courses to achieve the minimum number of contact hours for a unit of credit, both courses must be from the same discipline, e.g. history with history or art with art. Grades from all study abroad courses will appear on the Kalamazoo College transcript but are not included in the K College grade point average. The transcript will list the title of the course, the appropriate discipline and a translation of the local grade into the K College “A, B, C” grading system. You must earn at least a “C” in the local grading system to receive credit for course work completed abroad.

All course work, including the ICRP, must be completed and turned in before the end of the Academic program, or credit may not be awarded. Consult the Study Abroad Handbook regarding class attendance and other academic policies.

INTEGRATIVE CULTURAL RESEARCH PROJECT

Kalamazoo students learn about some aspect of Kenyan culture in a direct, experiential manner to complete the Integrative Cultural Project. Conducting such a project is an effective way to get to know the host culture in a more intimate fashion. Typically students select project activities that reflect their academic, career or extra-curricular interests. Occasionally students complete apprenticeships, develop visual exhibits or arrange and give performances to complete this portion of the academic program. Because of the project’s emphasis on participation in and observation of the local culture, all of these are suitable options if resources at the program site can support them. As most of you will already be participating in an internship, it is possible to base your ICRP on your internship experience.

Because projects focus on the interests of individual students, the ICRP can cover a wide range of topics. Due dates for the paper and its components are clearly posted in the schedule for the academic program. The ICRP coordinator or supervisor will assist you with the development and implementation of your project, however you are ultimately responsible for finding an ICRP location and developing your project. It is your responsibility to plan regular meetings with your supervisor early, so you can meet the posted due dates.

Each study abroad site has unique conditions, practices particular to the community and specific limitations. One of the common limitations of the ICRP in Kenya is that many organizations in Nairobi do not accept interns for periods shorter than 6 months.
The ICRP should also encourage students to move from comparing their host culture to their home culture to a perspective that will allow them to understand the “rightness” of the behaviors and activities of local people within their cultural contexts and function appropriately within those contexts.

As a component of the academic program, the ICRP gives students the opportunity to earn 1 K-unit of academic credit while abroad. Students submit final essays to the resident director or project coordinator in the host country, who in turn evaluate the essays and submit project grades to the Center for International Programs (CIP). Each project is recorded on the Kalamazoo Transcript as ICRP and not assigned to a specific academic rubric. While the CIP documents the types of projects undertaken on each program site, project papers are not returned to the CIP and they are not kept on file at the College. The title of your ICRP will be listed on your K transcript.

Former participants suggest that you begin thinking of a topic in October and talk with your supervisor about your ideas at that time. Typically, students who complete their ICRP prospectus by mid-November have ample time to make arrangements for research activities, complete analysis and write the required paper by the due date.

Examples of recent Kenya ICRPs can be found on the ICRP page of the Center for International Programs website at https://reason.kzoo.edu/cip/k_students/icrp/.

LIVING IN KENYA

HEALTH PRECAUTIONS

Staying healthy is not difficult, if you are careful. The on-site orientation will include detailed information on the health care providers and facilities in Nairobi. The U.S. Embassy also has a medical unit, which will provide the names of doctors and other health professionals. Ms. Owiti should be informed anytime you are ill (or bitten by an animal) and want to see a physician or seek other medical care. If you cannot get in touch with Ms. Owiti or the program staff, go to the Nairobi Hospital. They take Visa and MasterCard (keep your receipts for reimbursement). It may also be helpful to know your blood type.

FOOD AND WATER
You will need to watch what you eat and drink and make sure that you are drinking
enough fluids. You may find that you will become ill after eating certain things,
although your Kenyan friends may not be affected. That is to be expected, since they
live there and their systems have adapted to bacteria unfamiliar to you. Do not take any
unnecessary risks.

Avoid drinking direct tap water in Kenya, whether at home or in restaurants. Make sure
the water you drink is boiled or buy bottled water. Anytime that you are outside of the
city, you will need to check to see if the water is purified, or not. You can purify water
by boiling (for at least 20 minutes), filtering, or putting iodine tablets in it. Drink bottled
beverages and avoid ice. Bottled water is affordable and easy to purchase. Be sure to use
safe water for brushing teeth and taking medications.

You are advised to avoid most street food, such as any already-peeled fruits and
vegetables, meat, fruit juices, eggs, etc. Even if meat is cooked before your eyes, you
won't know how it got there. Nor will you know what kind of water has been used to
wash fresh fruits and vegetables. Avoid all raw or undercooked fish, shellfish, and meat.
You are also advised to exercise caution when eating milk products. Some students
experience adverse effects to dairy products, while most will not.

Foods you can choose to eat include tea and coffee made from boiled water, well-
cooked meat, fish, rice, and vegetables; fresh baked goods (bread, rolls, filled pastries);
raw fruits, vegetables, and nuts with skin and shells intact that you can peel yourself.
Samosas are Indian meat or vegetable pastries and especially good when cooked in new
oil. You’ll also see lots of fried foods, especially cabbage and spinach, as well as French
fries (“chips”), beans, stews, chicken and goat, chapatis (Indian flat bread), and
occasionally cow intestines! Coastal food is wonderful, with a lot of coconut milk and
special spices.

As your system adjusts, you may find that you can relax the restrictions. Be careful and
don’t rush it. You may find yourself in a situation where it would be culturally offensive
not to eat something that is offered to you. You will have to decide what to do in those
situations individually, as there is no one right answer. Being truthful about something
that will make you ill is often the best way to avoid taking unnecessary risks. Most hosts
understand that your stomach is not accustomed to the local diet. Just be careful!

COOK IT, BOIL IT, PEEL IT, OR FORGET IT!
The following information on malaria and diarrhea has been provided by the Kalamazoo College Health Center. **Read this information thoroughly and carefully!** If you have questions, please call your family physician or a reputable travel clinic. The Student Health Center is closed during the summer.

**DIARRHEA**

A certain amount of stomach discomfort and traveler’s diarrhea is to be expected and should not be alarming. Most former participants recommend Pepto-Bismol or Imodium tablets and advise that you take a large supply. Talk with your physician about prescription medication that might be appropriate for you. If diarrhea persists for more than 72 hours or develops into dehydration, be sure to see a doctor. You should inform Ms. Owiti that you are ill and want to seek medical attention.

For diarrhea that is not persistent, you should:

- **Drink at least three liters of liquid a day.** The treatment of diarrhea always begins with maintaining adequate fluid intake. You’ll receive more information on site about keeping your body hydrated.
- Avoid drinks containing caffeine and milk if you do become dehydrated.
- Take Pepto-Bismol, Kaopectate, or other prescription medications and follow the instructions carefully.
- **Seek medical attention** if diarrhea persists more than 72 hours or if you have bloody diarrhea, severe abdominal pain, or high fever.

**DEHYDRATION**

It is common for students to report feeling dehydrated. It is important to drink enough water to replace fluids lost during your daily activities. Keep in mind that alcohol and caffeine increase fluid loss.

Signs and symptoms of dehydration:

- Rapid heart beat
- Lightheaded when change position
- Dry mouth
- Deep breathing
- Irritability
- Reduction in urine output, increase in yellow color
If you experience mild dehydration, drinking plain water may be all the treatment you need. However, if there is loss of water and electrolytes, electrolytes (especially sodium and potassium) should also be replaced. Check with a local physician for recommendations for rehydration solutions.

MALARIA

The risk of exposure to malaria in Nairobi is increasing. In general it is prevalent in East Africa, according to the Center for Disease Control. Symptoms may include fever and flu-like illness with chills, headache, muscle aches and fatigue. Malaria may cause anemia, jaundice and, if not promptly treated, kidney failure, coma and death. Using anti-malarial medications and personal protection measures that prevent mosquito bites can often prevent malaria.

Doxycycline, Lariam (mefloquine) and Malarone are the medications recommended by the Center for Disease Control, the American Committee on Immunization Practices, and the American College Health Association for areas where chloroquine-resistant malaria prevails, such as East Africa. Some students have reported the occurrence of nightmares or depression after taking Lariam. Reports that Lariam causes seizures or psychosis are rare, but should be carefully considered. Doxycycline has been reported to increase sun sensitivity. If you experience any adverse side-effects of any anti-malarial medication, the Kalamazoo College Health Center recommends follow-up with a physician in an appropriate health facility and following the medical advice provided.

All of the organizations cited above strongly recommend that you take the selected anti-malarial medication consistent with the instructions of your physician or a reputable travel clinic. The Center for Disease Control website provides very thorough and has current information on the prevention of malaria. The website address is http://www.cdc.gov.

MORE ON PREVENTING MALARIA

In addition to taking your medication, there are many simple precautions you can take. To minimize mosquito bites:

- Cover up with clothing at dusk and after dark. Wear garments with a high neckline or a bandanna around the neck, long sleeves, and long pants. Wear high socks, and
Nairobi, Kenya

tuck pant legs into socks. Avoid sandals and open shoes, and sheer fabrics, as mosquitoes can bite through them.

- Use an insect repellent that contains DEET on exposed skin AND permethrin, an insecticide, on clothing. Make sure you wash it off, daily, before applying another coat. It is a toxin!
- Avoid shiny jewelry and perfumed cosmetics, as they may attract mosquitoes.
- Remain indoors at dusk and after dark.
- Always use mosquito netting.
- Check that netting has no holes or rips. Tuck netting under mattress.
- Avoid local preventatives. Many are unproved, such as mosquito coils or Avon's Skin So Soft. While these are popular folklore remedies in the U.S., they perform poorly in scientific studies.
- When possible, visit rural and low-lying areas only during the day.
- **Early treatment is essential if you contract malaria.** Common symptoms include fever and chills, nausea, vomiting, diarrhea, headaches, and dizziness.
- Consider any febrile, flu-like illness in a malarial area to be malaria until proven otherwise. Malaria can occur as early as six days after being bitten by an infected mosquito or several months after exposure. **If you become ill, tell Ms. Owiti and see a physician promptly.** Delay in seeking medical care and diagnosis increases the chances of complications and serious illness. Upon your return to the U.S. inform your physician of recent travel and illnesses abroad.

HIV AIDS

The CIP urges students to discuss the health issues connected with intimate relationships abroad with a health care provider prior to departure. Although latex condoms provide some protection, you cannot assume a partner will be willing to use them. Also, you cannot expect to have a potential partner tested for HIV, prior to embarking upon an intimate relationship. Involvement in a cross-cultural relationship often compounds these issues.

If you are considering a sexual relationship, **bring a six month supply of latex condoms with you from the States.** Do not rely on condoms sold there to provide significant protection from HIV and other sexually transmitted infections and diseases.

Do not use intravenous drugs or share needles. If you need an injection for medical reasons, ask the health practitioner to open the syringe package in front of you, so you
Nairobi, Kenya

know that it is unused and sterile. Dental procedures, tattoos, and acupuncture treatments are also risky. **Do not take any chances.**

If a blood transfusion should be necessary, contact the U.S. Embassy as well as Ms. Owiti for advice.

**THE HOMESTAY EXPERIENCE**

Living with a Kenyan family can be a very rewarding aspect of your study abroad experience in Nairobi. Remember that the homestay program constitutes a relationship between Kalamazoo College and the program staff in Kenya. Students are typically housed individually with Kenyan families. Most homes will be middle to upper-class, but the "homestay" circumstances may be radically different from each other. Whatever your family structure is, it will be your introduction to Kenyan society and culture and one of the best ways to improve your Kiswahili, and learn about family life.

In Kenya, the family unit is more extended than typically found in the U.S. Kenyans tend to have close relationships and live in the same city with their grandparents, aunts, uncles, and cousins. Very often the home is shared with them. Not surprisingly, then, a high value is often placed on the family and on sustaining those relationships.

**MEALS**

You will probably eat the majority of your meals in your homestays, except lunches when classes are in session. Lunch options include the university cafeteria system, cheap restaurants in town and buying fruit and bread in the markets. You will receive a monthly food stipend for these meals. **If you plan to miss a meal at your house, please inform your family ahead of time, so they can plan appropriately.** You will not receive any refunds for homestay meals missed. Shortly after you arrive, talk with your host mother about mealtimes and when you’re expected to eat with the family. If, for some reason, you are going hungry at your homestay, inform Ms. Owiti!

**VEGETARIANS**

Vegetarians should discuss their diets with their host families soon after arriving. Most hosts understand and are appreciative when they are told about diet restrictions before meals are prepared. Explaining what you can and cannot eat in advance will help prevent awkward situations.
If you are in a situation where meat is offered to you, keep in mind that a refusal may be offensive to those offering it to you, especially if the occasion is a special one. There will be occasions that you can "eat around" the meat in a dish, and that is much less problematic for all concerned than if you refuse to eat anything that has been prepared in the same dish as meat. Indian food is widely available, which usually offers more vegetarian dishes.

Having access to non-meat meals throughout the program can be difficult at times. Eating meat is an important part of the local culture (in most families) and vegetarians should carefully consider the implications of their eating habits. While Kalamazoo College does not limit the program to non-vegetarians, those who refuse to eat meat (or other animal products) should know that on occasion their choices may not be accommodated.

Think ahead about how you plan to deal with this issue. If you would like to talk more about this issue before you leave, feel free to contact Margaret Wiedenhoeft in the Center for International Programs.

**LAUNDRY**

You will need to discuss with the female head of the household the procedure for doing your laundry. Few households will have washing or drying machines, so keep in mind that hand washing is hard on clothing; also, it may take a couple of days to get your clean clothes, so you’ll have to plan accordingly. In most families, house-help will wash your clothes, but you will have to wash your underwear. If you are expected to do your laundry, ask for assistance and a good demonstration. Wash small amounts frequently! It can take days to do large amounts, due to rainy seasons, bugs, etc.

**DOMESTIC HELP**

It is likely that your family will employ one or more servants to cook, clean the house, and perhaps take care of the children. Because house-help is very cheap in Kenya, even lower-middle-class families often hire them. They will probably only speak the language of their ethnic group, and Swahili, not English.

In the past, there have been students who have been uncomfortable with the way the family treated the maid in their house. You may feel like intervening, by speaking to your host parents or comforting the maid. However, do not put yourself in between
Nairobi, Kenya

the maid and your family. Culturally, this would be very inappropriate and could jeopardize your relationship with your family or the position of the maid in the household. While some behaviors may seem incomprehensible to you, they may be the standard in Kenya.

You may have problems with host siblings or house-help taking things from you. Lock up your valuables if this becomes an issue, and be aware. Such “borrowing” is pretty common, as it can sometimes be the extreme of “communal living” in Kenya. If you have a question about a specific situation in your home, ask Lillian Owiti about it, or one of your Kenyan friends.

ADJUSTING TO YOUR FAMILY

You will no longer live the independent life-style common in the residence halls of U.S. colleges and universities. Safety is a very common concern, so be prepared to give up some of that freedom in Kenya so you can relate more closely with your host family. Also, some host families lock their compounds after dark, which may mean that you spend a lot of your evening time at home with your host family. They may worry if you stay out late or do not share your schedule with them. Women may be expected to be home at a certain hour, or to arrive earlier than their male peers.

Men may be expected to escort female friends home after an evening out. Early in the program, discuss such expectations and household rules with your host family. Your family may invite you to join them on visits, activities or excursions. If they do not invite you try not to take it personally.

Most host families will live in apartments or townhomes closer to the city center, in order to make commuting to the University more convenient. In this case, students may find themselves sharing a room. Students are encouraged to “stay in” during the week and focus socializing and going out on the weekends.

HELPFUL HINTS FOR A POSITIVE HOMESTAY EXPERIENCE

- Spend time with your family.
- Keep your expectations realistic.
- Always double-check when the family expects you to be home at night, for meals, etc.
- Tell them your plans and contact your host family if you will be late.
- Continue to ask until you are sure of the family’s expectations of you.
Nairobi, Kenya

- Learn and respect the beliefs, rules and customs of your family.
- Encourage family members and friends from the US to inquire of the host-family’s health, etc. when calling to speak with you. This will demonstrate your family’s interest in the people looking after you in Kenya.
- Ask your host mother for permission to have friends over. When you have guests, entertain them in the same way that your family entertains theirs.
- Be honest with your host family. They do genuinely want to help you have a good experience.
- Let them know how much you appreciate what they do.
- Expect to make your own bed, keep your room clean, and offer to help out, as you would in the U.S. when visiting relatives.
- Have some way to lock-up valuables- a piece of luggage with a lock deters house help or host brothers and sisters from “borrowing.”
- Talk with Lillian Owiti about any difficulties that are persistent. Inform her immediately of any problems relating to your safety and well-being.
- Finally, after you return to the U.S., write your host family a letter letting them know you arrived home safely and how much you appreciate them sharing their home with you. Not to do so would be considered very rude by Kenyan standards.

There will be times when you become aware that your family does not understand why you act the way you do, and vice versa. Listen and observe closely. Pay attention to non-verbal messages and the way your Kenyan peers relate to others. Unlike current U.S. culture, direct, confrontational communication is not common in Kenya. However, Kenyans do place a lot of value on open communication that is respectful and sincere. If you think that you may have offended a member of the host family or you are having persistent frustrations, talk with your family. In these situations it is natural to experience intense feelings of awkwardness and uncertainty, but these feelings do not have to become barriers to a resolution. Ask a Kenyan friend or a program staff member for advice. Do your best to deal with misunderstandings when they first occur. If you have serious difficulties with your family, inform Lillian Owiti immediately. Please don’t try to make a
situation work when it is uncomfortable for you.

**HOMESTAY FAMILY GIFTS**

Gifts for your host family are good ice-breakers and important tokens of appreciation. We encourage generic gifts that every member of the family can enjoy, including house-help. Returned students point out that gifts do not have to be expensive, but try to have something for everyone. The most popular suggestions include homemade cookies, a box of chocolates, a picture book of your state or postcards, calendars, bandannas, pictures of famous Americans and small toys for children such as balloons, bubbles and crayons. Books, pens and other school supplies are excellent for families with school-aged children and very much appreciated.

Obama trinkets are very popular. More personal gifts such as T-shirts, baseball caps, costume jewelry, cologne, women’s hair accessories, Cambridge planners, and Timex watches, sunglasses, movies, CDs and extra clothes are probably more appropriate after you have established close ties and friendships.

**TELEPHONE AND INTERNET USE**

The Resident Director recommends you purchase a local SIM card and plan upon arrival in Nairobi. Safari.com is one of the most common providers. Most returned students took a Kenyan friend along when they purchased their phones.

Most host families will have internet service in their homes, but the speed and amount of data may be very different than what you are used to at K. It may be a good idea to consider a local plan for your cell phone that would make it a “hot spot” – there are reasonable plans available in Nairobi, or plan to live like the locals.

**MAIL**

Regular mail delivery between the U.S. and Kenya can take from 15 days to more than 2 months. Former participants suggest that you discourage your friends and family from sending packages. There is a **strong possibility** that it will never get to you, so items of
importance should not be sent if you don’t want to risk losing them. To pick-up a package sent through ordinary post, you must show your passport and pay a fee when collecting it. You may also have to pay customs and storage fees. The higher the value of the contents, the higher the fees will be. Be prepared to exercise patience. If someone must send you a package, we recommend that you use the DHL express mail service or Federal Express. Packages sent in padded envelopes as opposed to boxes may alleviate the customs process in Nairobi.

Regular mail should be sent to:

Your name
Kalamazoo College
c/o Ms. Lillian Owiti
Institute for Development Studies
University of Nairobi
P.O. Box 30197
Nairobi, Kenya
EAST AFRICA

CULTURAL ADJUSTMENT

Over the period of your stay in Kenya, you will probably learn the most from daily living in a different culture. For in the day-to-day experiences—the morning walk to the university, a trip to the market, a meal with your family—lie the real challenges, frustrations, and joys of living in a new cultural environment. It is an immensely rich and rewarding experience and one that you can anticipate with pleasure.

Your experience in Kenya promises to be rich and rewarding, however, everyone has bad days. It is normal to feel that you just want to go home. Students who have studied in Kenya offer the following advice:

- Be prepared to have unhappy days and know that they will pass.
- Know how you handle stress at home and try the same activities in Kenya.
- Talk to others in your group - perhaps someone who is having a good day but can also relate to your feelings.
- Try something that will involve you in the present and help you get to know the local culture better; simply DOING SOMETHING can work wonders. Attend a
Nairobi, Kenya

local church, search for a specific item in the market, ask a new Kenyan friend to join you at the cinema or museum.

- People will really notice you, however you identify, and will have perceptions about who you are and what your life is like because of their perceptions of you. It is really frustrating, just remember to breath and take it one day at a time.
- Expect to make a lot of mistakes. Sometimes you’ll be the clueless person (or visitor). That’s OK. Deal with things as they come and you’ll learn from them.
- Consider the ways your own culture works and where there may be conflicts.
- Curl up with a book or listen to music for a temporary but relaxing escape.
- Cook, write in your journal and vent your feelings.
- Try to keep yourself busy.
- Kenya is amazing, but it is also really hard. Just take one day at a time and remember that 99% of the time things will be OK.
- Be patient with yourself!

You’ll learn that everyone has his, her, or their own way of coping in a different culture and that what might help some people some of the time, won't help everyone all of the time. Developing strategies to adjusting in your new environment often leads students to discover new abilities and interests. This is part of the adventure.

**SOME CULTURAL DIFFERENCES**

The following observations are generalizations. Expect some exceptions!

**The emphasis on time is quite different** in Kenya than in the U.S. More emphasis is placed on relationships, rather than how many tasks are accomplished in a day. They often run later than stated or agreed. It is not unusual to wait 45 minutes for a professor in Nairobi—very different than the 15 minute rule at K.

Kenyans, especially Muslims, avoid using their left hand to greet people or eat. They believe the left side of the body indicates evil.

If you are a guest in someone’s home (including your homestay), it is customary to bring a small gift to the hostess. You might bring something from home or buy something on site. A customary gift for a woman is a *kanga*, which is a typical skirt worn in Kenya. Ask the academic staff and your Kenyan friends for ideas.
Personal connections and relationships are used more often to share information. You may learn more from talking with others than from websites and email.

Kenyans tend to be more reserved with language, emotions and behavior. We might say "I love you" in a playful manner, but such exclamations are taken literally and seriously by Kenyans.

American or mid-West ideas of “niceness” or politeness may make the frank observations Kenyans share seem harsh or judgmental. Usually they are simply commenting on a fact.

Kenyans often shake hands to greet each other and display affection.

Men will often hold hands with their friends who are also male, but they probably will not make this kind of physical contact with women and vice-versa.

The way Americans hug and touch friends and acquaintances is likely to be misinterpreted, especially when such displays of affection are between men and women. Kenyan friends and even members of your host family may mistake your friendliness for romantic interest.

Friends and family visiting from the U.S. should be aware that accepting an invitation to stay with a host family may be viewed as a commitment to provide housing to the host family or their relatives who visit the U.S.

Bargaining for items is common, and you’ll get the hang of it. Usually, you will not bargain for food or items sold in stores. Never bargain for something that you do not intend to buy.

Topics most Americans consider private or personal (money, weight, race etc.) are not taboo. Questions about these subjects are asked out of interest not to be rude or inconsiderate.

Kenya is a religious country. Be prepared to answer questions about what you believe and why.

There is a long tradition of hospitality in Kenyan culture. Families and other Kenyans that you meet will go out of their way to help you feel welcome. Part of this tradition
also makes it difficult for Kenyans to say “no” directly. This is why sometimes you may get the impression that they said “yes” to something, but it never happened.

There is far less personal space. People get pretty close to you in public places, but it doesn’t mean they are trying to make you uncomfortable. They just don’t have the same sense of personal space as Americans.

GENDER DYNAMICS IN KENYA

As you may suspect, gender relations are very different in Kenya than they are in the U.S. It is best if you take the time to learn what behavior is acceptable, especially regarding members of the opposite sex, and the consequences of conduct that is unacceptable. If you find that you are overwhelmed with unwanted attention from members of the opposite sex, try to use humor to diffuse the situation or exit without incurring bad feelings. At the same time do not hesitate to be forceful and assertive if you are in a situation that makes you uncomfortable. Very often, when you speak up, people around you will chastise the person bothering you.

LGBTQA Issues

Same-sex marriage is currently illegal in Kenya; however, there is growing acceptance of same sex relationships and intimacy. Students who identify with or want to be in solidarity with LGBTQA identities and issues should expect to be cautious and conservative in the beginning. In general, sexuality is not discussed in public at all.

KISWAHILI

It is important to realize there are forty-two different ethnic groups in Kenya. Each group has a language and typically, these form people’s first languages. Kiswahili is just one of the ethnic languages. It is spoken so widely that it is usually the second language of most Kenyans regardless of their ethnic group. In rural areas Kiswahili will be very important.

English is the official language in Kenya and widely spoken at the University, businesses, and other public places. It is also spoken in many Nairobi homes. Most
children, older people, and Kenyans without formal education speak Kiswahili and Sheng (slang Kiswahili/English). Most house help speak it, too. We encourage you to learn some phrases in advance!

**TRAVEL AND TRANSPORTATION**

**LOCAL TRANSPORTATION**

Most students use local transportation to commute between homestays and classes. Local transportation in and around Nairobi includes taxis, buses, and minivans (*matatus*). Taxis are expensive, so it is not practical to use them as your sole means of transportation. When you use taxis, make sure you agree on a price for your destination with the driver before you get in the cab. You may need to bargain.

*Matatus* and buses are cheaper, but you really should not ride them after 7 p.m. Because they are inexpensive, matatus are usually very crowded and drivers are sometimes reckless. The stops change frequently, but you will learn the system. Most matatus are not allowed to enter the downtown area, so they drop and load passengers around the perimeter. Matatu drivers and their “assistants” are often helpful if you get confused or lost.

Buses are safer and go downtown, cost more, and are fairly crowded. They also stop less frequently. You should be accompanied by a Kenyan when you first start riding the matatus and buses to learn how to spot an unsafe vehicle. **You should not take buses or matatus at night.** Take a taxi. The expense is worth it.

Keep track of your things. Thieves take advantage of the scramble for seat belts to pick pockets. Most students suggest sitting up front or near the driver.

When asking for directions, remember to accent all words (even non-Kiswahili ones) the way words are stressed in Kiswahili, by emphasizing the second-to-last syllable. This can avoid confusion about your destination.

A note on traffic – Nairobi is a very large city, and like most large cities (New York, Los Angeles), vehicle traffic is a big issue and long commutes are common for the average Kenyan. This will be one aspect of daily life in Kenya that will take patience and endurance.
Nairobi, Kenya

REGIONAL TRAVEL

Program participants often want to travel, perhaps to Tanzania, Egypt, or South Africa. Trips to the coast are easy to plan and can be quite inexpensive. Trains within Kenya are safe, clean, and timely. Food and lodging is generally inexpensive (about $10 USD if you are traveling with another person). Plan flexible travel schedules and allow for major delays and unexpected problems. You might look into airfares when traveling out of country.

The U.S. government continues to receive information about potential terrorist threats aimed at U.S., Western, and Kenyan interests in Kenya. The Kenyan and U.S. governments suspect these attacks are in retaliation for the Kenyan military’s anti-terrorist efforts in Somalia.

As a result of recent events and threats, the U.S. Department of State prohibits U.S. government employees, contractors, grantees, and their dependents from traveling to the Northeastern Province, including El Wak, Wajir, Garissa, Dadaab, Mandera, and Liboi. The travel restriction for Lamu has been lifted. However, the restriction remains in place for the coastal area north of Pate Island, including Kiwayu and north to Kiunga located on the Kenya/Somalia border.

The program staff in Kenya and the CIP expect students on the Kenya program to comply with the Department of State travel restrictions in Kenya. When traveling outside of Nairobi, we strongly discourage you from traveling alone. If you have an accident or become ill, someone should be there to take care of you and contact the necessary people. If you are planning to travel to another country, call or visit someone at the U.S. Embassy in Nairobi to learn about any travel advisories.

It is not the CIP’s intention to alarm students. It is, however, important to inform program participants of the situation, state our recommendations and provide resources for more information. Before arrival, students should review the Safety and Security section of the State Department’s country specific information at http://travel.state.gov/travel/cis_pa_tw/cis/cis_1151.html#safety. Recent warden messages and consular newsletters disseminated to U.S. citizens in Nairobi are posted at http://nairobi.usembassy.gov/information_for_travelers.html.

If you plan to leave Kenya and reenter there is a $50 USD re-entrance fee at customs. This fee is subject to change so it is important to confirm the amount before your departure. Visas to other East African countries may cost as much as $100 USD and usually have to be paid in cash. This is another detail to confirm before traveling.
TRAVEL TIPS

- Make sure you really know how to get there. Plan an itinerary and leave it with Ms. Owiti and your homestay family.
- Wikitravel reviews on budget accommodations are pretty reliable.
- Be sure to take extra passport photos with you. You might need these to apply for visas to enter other African countries. **Apply for visas prior to departing Kenya.**
- Do not take your Pupil’s Pass with you when traveling. Your passport will be endorsed accordingly once you receive the Pass. The pass should be kept in a safe place.
- Utilize some of the many bus companies for travel in the region. They’re usually economical and you don’t have to buy tickets too far in advance.
- If you spend a few days in one location try to find a secure place to keep your passport to minimize the risk of losing it. A photocopy of the relevant pages should be all that’s necessary if you do not cross any borders.
- When traveling by train, make sure you lock your doors and windows. Take your valuables and luggage if you leave your cabin.
- Light packers may save money by traveling 3rd class on the trains.
- Travel with a bag that can be locked with a small padlock. A small chain or bike lock can be used to chain your bag to a metal fixture, so the bag cannot be opened or taken without considerable effort. Bags put in under-side luggage compartments of buses are generally not lost or tampered with.
- Avoid traveling at night.
- Travel light--one bag if possible.
- Register with the U.S. Embassy when you enter another country unless you are passing through.
- Be wary of strangers who offer you rides. **Never** accept a ride from a stranger when you are alone. Remember, hitchhiking is grounds for dismissal from the study abroad program.
- Do not accept food and drinks from strangers (unless they are vendors).
- Take a pouch for keeping documents, money, immunization record, and tickets in one place. The best rule is never to remove it, even when you’re sleeping.
- Do not put money in shirt pockets, buttoned or unbuttoned.
- Keep documents with you, not in luggage on top of the bus or in a checked bag.
- Keep your luggage with you, on your lap or under/above your seat, when traveling by train. Make sure you keep your eye on your bags at all times, if possible.
Be very clear about your precise destination when traveling. Make sure your destination matches that of the vehicle!

Talk to security personnel concerning where you will enter boarding areas, which plane or bus is yours, etc.

When you can, travel with Kenyans, whether you’re in Nairobi or traveling more extensively. In addition to the advantage of being with someone from the country, it also provides a safety measure. You won’t appear to be a tourist and you’ll be less vulnerable.

Do not feel that you have to respond to every greeting or person trying to get your attention. Occasionally greetings are used as a ploy to divert your attention allowing a thief-partner to quickly snatch your belongings.

Take some U.S. cash with you when traveling to other countries for airport exit taxes or visa fees. Small bills are best.

POVERTY IN NAIROBI

Several economic, political and social forces at work in Kenya make poverty one of the most visible and significant problems in the country. Nairobi has been the focal point for young Kenyans migrating from rural communities seeking jobs and educational opportunities. Unemployment rates, however, are extremely high with an estimate of 40% in 2008 (World Factbook – Kenya).

Wealth and poverty exist in close proximity in Nairobi as well as most capital cities. It is common to encounter slums, homeless adults and children, beggars, and organized thieves along the routes to the university and downtown areas. Because most people will assume that you are a tourist you will probably be approached for money as you move about the city. Returned students report these are some of the most difficult conditions to which students must adjust. Feelings of confusion, frustration, intimidation and fatigue are common early in the program.

Be prepared to follow the safety recommendations in the next section. In addition, strategies for managing beggars and deterring thieves are given during the on-site orientation. These guidelines will help you adjust and function in Nairobi.

SAFETY

The following suggestions apply to your stay in Kenya; however, you will receive a more in-depth briefing by US Embassy personnel on safety upon your arrival in country.
It is necessary to become well-acquainted with your new surroundings in Nairobi and observe the rules for safety in order to feel safe. Be sure to use the guidelines from host families and Ms. Owiti. Learn which areas of town should be avoided, which means of transportation are most reliable, and what time of day is safest. In general, don't walk around town alone, and especially avoid deserted areas. When possible, walk and visit the city with Kenyans. A traveler’s pouch is a good place to carry cash. Keeping your money and valuables out of sight will decrease the risk of theft.

SAFETY TIPS WHILE IN NAIROBI

Kalamazoo students and other visitors have been the targets of pickpockets and muggers. It is not our intent to alarm you, but there are some measures you can follow to reduce risks. You could also discuss this with your homestay family for other strategies. Please also refer to your Study Abroad Handbook for information regarding safety and what to do in case of physical or sexual assault.

- **Flashy jewelry, watches, or wallets** attract the attention. Leave them at home.
- Avoid listening to music with headphones in the city center.
- Carry your laptop only when you absolutely need it (which may not be as often as you think).
- Wear your money on your person or in a front pouch as opposed to a purse or bag.
- Travel in small groups or pairs until you are familiar with the area.
- Walk quickly and with a purpose. An assertive and confident posture will let people know you’re not a tourist.
- Make it a habit to be at your homestay before dark, especially early in the program.
- Avoid fanny packs or backpacks (unless it’s a local Kenyan brand) – that is a sure symbol of a tourist and you will be noticed.
- Always walk in a group and share cabs at night. Do not use buses or matatus at night.
- If you have to ask directions, go into a shop. Don’t start random conversations with strangers.
- Remain calm if you feel you are in a risky environment. Signs of panic or confusion can label you as an easy target.
- Remember that being intoxicated will increase your vulnerability. You should be alert at all times and excessive drinking will impede your senses.
- Talk with your host parents and Lillian for additional tips and strategies.
WOMEN, PLEASE NOTE

Female participants will receive unsolicited attention from men in town. One former participant explains that the images of American women in Kenya come from the lowest forms of U.S. media. As a result, some Kenyan men see American women as sex objects. Americans, especially Caucasians, seem unusual and exotic to some people. She goes on to say, men will be forward, say things that embarrass you, and even scare you. Women need to know that they can say 'Leave!' If someone is being crude or the situation becomes uncomfortable be prepared to be forceful, say 'NO!' and make your exit. Other students recommend going some places with a male friend regardless of your moral position on equality and women's rights.

If you feel uneasy or you think your intentions are being misunderstood, make sure you are being extremely clear and forceful, even if it may seem to be culturally insensitive. Err on the side of rudeness rather than jeopardizing your personal safety. If you need to seek advice on how to deal with sexual harassment, please speak with Ms. Owiti or another member of the program staff with whom you feel comfortable discussing your concerns.

Men may experience harassment, especially from prostitutes. The following are suggestions for avoiding harassment for both men and women:

- Avoid eye contact
- Avoid large groups, but do walk in small groups, esp. of Kenyans
- Dress like the locals--modestly and simply!
- Keep your eyes open and be alert
- Know your own personal boundaries
- Pay attention to your instincts
- Walk with a fast, purposeful pace
- Be up front and assertive, but avoid acting with hostility or aggression. Many times strong language or obscene gestures will raise the level of hostility and put you at greater risk.
- Use the local language. The more Kiswahili you speak, the less you will appear to be a tourist. Using Sheng will definitely help you gain respect among urbanites, especially the youth.

POLITICAL TURBULENCE
There have been occasions when Kalamazoo students were exposed to political demonstrations in Kenya. Sometimes they have taken the form of student or faculty strikes at the University of Nairobi or riots downtown. In such situations, it is not uncommon for government security forces to be dispatched. Remember the turbulence is not aimed at you. U.S. citizens have not been targeted in the past. As an international visitor, your participation in strikes and demonstrations is not welcomed. One returning student advises that you avoid expressing extreme criticism in discussions with Kenyans about their political system. If they bring it up, however, it would be appropriate for you to ask questions.

If you find yourself in a situation where there is political trouble and/or violence, please do the following:

- Vacate the area immediately.
- Stay home from school if necessary. Ms. Owiti will instruct and update you.
- Pay attention to the news and keep yourself updated on the situation.
- Avoid areas where strikes or riots are rumored to occur.
- Seek the advice of a trusted Kenyan friend or your host family if a situation arises suddenly and you do not have the opportunity to consult with Ms. Owiti.

The best advice is to use your common sense at all times. Be aware of your surroundings and follow your instincts.

EMERGENCIES

► In case of an emergency, you should first contact Ms. Owiti at (011) 254. 0 754-016-462. If she is unavailable, please contact another staff member. If you are outside Nairobi and an emergency arises, try to text Ms. Owiti or your host family.

In case there is an emergency that requires you to get in touch with us in the Center for International Programs, call one of the following numbers:

Center for International Programs

Phone:(269) 337. 7133 | E-mail: cip@kzoo.edu

Margaret Wiedenhoeft, Executive Director, Program Coordinator for Kenya

Cell: (269) 267. 5800 (text or what’s app) | E-mail: mwieden@kzoo.edu
ADVICE FROM PAST PARTICIPANTS

RECOMMENDED THINGS TO DO

“The city is full of life, especially when it comes to the arts - be sure to check out cultural centers, concerts, exhibits, and performances.”

“In Kenya tact is not held as a cultural virtue so at times a student feels offended by a comment that is not meant to offend. The advice I would give to students is to really try to research the psychological adjustments they will have to make in Kenya. Like for me, I had to consciously not take offense when a Kenyan said something that may have offended me in America.”

“Clubs are really hard to join because there’s so little information about them. It is also pretty hard to audit classes – you really have to be proactive about these things. Be relentless! I found clubs/theatre groups/art events outside of the school to be easily accessible and very welcoming.”

“Don’t be put off by the super busy schedules you get at the beginning.”

“Climb Mt. Kenya – it’s hard but absolutely rewarding.”

“Get away from touristy Kenya if possible”

“I heard good things about Kakamega forest”

“We had a great time camping in Naivasha”

“See a football match and some traditional music”

“The most important thing I would encourage students to do is to try to develop friendships with Kenyan university students. A lot of the time the American students only hang out with one another or their host-siblings – and in the beginning this is to be expected. However, developing friendship with Kenyan students can help K-students become more engrained in Kenyan culture. In addition, Kenyan friends are great resources for going out and becoming involved in the Kenyan social scene.”

“I would recommend bringing things to keep yourself occupied in the evening (music, books) as there is not a lot of homework and as soon as it is dark you are expected to be indoors for the night.”
“The elephant orphanage is one of my favorite places in Nairobi and is easily accessible by public transportation.”

“There is no gym on campus or anywhere near the University that is easily accessible for students.”

“Use your university of Nairobi ID for admission discounts.”

“Get involved! Your host family is your greatest resource, and they are honestly glad to have you with them. Allow them to show you their Kenya.”

Explore. I spent a lot of time checking out the conferences at the Sarit Center in Westlands, chilling in Nakumatt (like Walmart, but 100,000,000 times better because they have passion fruit and tree tomatoes) and hunting down bookstores. You’ll find your own favorite things to do. Good Luck!”

**LIVING IN NAIROBI: CULTURE AND CITY LIFE**

“With an overall lack of traffic lights and respect for driving etiquette transportation can be frustration, but is always a trip. The matatus are bumping with loud music and videos and you’ll find that you soon have your favorites, especially when it comes to decor and drivers.”

“The people are friendly and so curious - don’t hesitate to strike up a conversation (and don’t be surprised when everyone claims to be Obama’s cousin)” “With the homestay you really get a chance to immerse yourself in Kenyan culture and life right away, but you’ll find some of the freedoms and independence of college life missing. Be respectful of the family and the rules and try your best to compromise. This is a learning experience for the families as much as for you.”

“Kenya is a huge city. A Majority of Kenyans live in rural homes, which is totally different from metropolitan Nairobi. Nairobi is probably the most important city in East Africa. Many traditions and customs are being challenged or replaced by American media and more modern approaches, especially with regards to gender relations. There are lots of young people in the city – I think it’s the youngest city in the world! Also, there is a huge (and visible) gap between the rich and the poor.”

“In everyday life, women are a little more conservative – although not as much as I expected – in the city.”
Nairobi, Kenya

“Homosexuality is still fairly misunderstood”

“Smoking in the streets is not allowed – they have special places in the city for that”

“The best thing about living in a homestay is that it totally immerses you in the Kenyan culture – from the food you eat, to only having a few TV channels, to learning what it is like to live with full-time house help. The worst thing about living in a homestay is getting used to being there and not knowing the “rules” of the house. Don’t be afraid to ask questions about how laundry is done.”

“Nairobi is different than the rest of the country in that it is so much more developed and built up than other parts of the country. I wouldn’t say there is anything specifically ‘Nairobian’ although people in Nairobi seem much more westernized and prone to speak English than those in the more rural areas of the country.”

“Tipping is not required or a Kenyan thing.”

“While in Kenya, what I missed the most was American Ketchup. Kenyan ketchup doesn’t taste at all the same.”

“Traveling around Kenya and other places is easily accessible but the costs can add up.”

“Your relationships with your professors will open a lot of doors for you–our Kiswahili prof organized a trip to Lake Naivasha for us, and the political science prof got ICRP positions for some of the group.”

COURSES AND ICRP

“The University of Nairobi is a huge school on the edge of the congested, dusty, and friendly city of Nairobi. Your classes will be with other K students but taught by University professors with lots of character and either on or near campus.”

“Professors are not used to small classes – they aren’t very discussion-based.”

“Try to get an ICRP where you can spend as much time as you want there and that you enjoy because you will be doing a lot of work with it.”

“Work load is VERY VERY light and you will rarely have any homework at all.”

FOOD
“The food is cheap and usually greasy - with a few exceptions - but turnover is fast so it’s usually pretty fresh.

You’ll come to love starches and the fries are especially delicious.”

“Your host families will cook up all sorts of food. Try it all more than once. You don’t have to love it”

“Ugali, chapati, and kachumbari were my favorites”

“The food is great but it becomes old after a while. I would encourage people to visit the Java Cafe near campus whenever they need an American pick-me-up as we used to call them.”

“If you are a picky eater or vegetarian I don’t really think Kenya is for you. My family regularly ate goat and it would have been very rude for me to not have any. You need to be open to eating anything and everything especially when someone has invited you into their home and serves you something.”

“Be conscious of what Kenyans around you do and don’t do. Although - it’s really about what you’re comfortable with.”

“It is important to have realistic expectations. When people think of going to Kenya they think adventure and an encounter with the wild. This ‘honeymoon’ only lasts for the first few weeks and then the adventure dies down and one has to live and be productive in the culture/society. So having reasonable expectations is important.”
YOUR RETURN TO THE UNITED STATES

READJUSTMENT

Going home is usually a very exciting prospect. Most students look forward to seeing family and friends they have missed, eating food they haven’t had for so long and enjoying activities that may not have been possible during study abroad.

Remember that returning home is also a transition very similar to your arrival in Kenya. Just like your arrival, you can expect to feel frustration, anxiety and confusion at home, on your campus and with your friends. Craig Storti puts it this way in *The Art of Crossing Cultures*:

“The problem is this word home. It suggests a place and a life all set up and waiting for us; all we have to do is “move-in.” But home isn’t a place we merely inhabit; it’s a lifestyle we construct (wherever we go), a pattern of routines, habits and behaviors associated with certain people, places and objects—all confined to a limited area or neighborhood. We can certainly construct a home back in our own culture—just as we did abroad—but there won’t be one waiting for us when we arrive…In other words, no one goes home; rather we return to our native country and in due course we create a home.”

At the foundation of this transition is the task of determining what to do with the changes that have occurred while you were away and the changes that have taken place within you as a result of your time in Kenya. Life for your family, friends and teachers probably will not be the same as when you departed, but you were not there to gradually adjust to those changes with them. And they have not been able to get used to the things that are different about you.

Hardly anyone avoids the discomfort of this period of growth, but the good news is you will eventually find a way to include your new ideas, skills and outlook in your life back in the U.S. Here are a few questions to consider before your return. Your answers may help you recognize the changes that have occurred during your sojourn.

- What have I learned about Kenyan culture that I did not know previously? In what ways has this changed my view of Kenya?
- By being abroad and able to compare my culture with a different culture, what have I learned about the history, values and traditions that make up my home culture?
- While I was away, what significant events occurred in my country, my family, in my hometown, among my friends and on campus?
How have my personal values changed because of my study abroad experience?
In what ways have my stereotypes or biases changed?
What new skills have I developed (e.g. adaptation skills, second language proficiency, sensitivity, etc) and how might I maintain them?
How can I express these changes to my friends, family and teachers?
What might I do to continue to deepen my understanding of Kenya?

SAYING GOODBYE...

Taking the time to reflect on your experience in Kenya, before you leave your host family, teachers, friends and favorite sites, can help with readjustment to the U.S. A few weeks prior to your departure, the CIP Peer Advisors (seniors who assist the CIP after returning from study abroad) will share a list of things you can do to look back on study abroad and begin to prepare emotionally for your return. For now, here is a short preview of the steps Peer Advisors wished they had taken a month or so before their programs ended--

- Take photos of your campus, living space, neighborhood, and surrounding areas so you can remember them and share them with your family and friends back home.
- Definitely set time aside for thorough ‘last’ goodbyes with friends and host families.
- Enjoy some of your favorite foods that you may not be able to get in the United States.
- Re-visit a place you went to when you first arrived; reflect on how that place feels differently now.

Start thinking of ways to be upfront with your family and friends back home about how you are feeling – write emails or make phone calls to share what you will miss from study abroad and ask them to be patient with you when you have ups and downs as you reintegrate.
Nairobi, Kenya

**TRAVEL CHECKLIST**

You will need to take care of many important details as your program comes to an end.

**As you are preparing to leave, please remember the following:**

- Items made of animal hides or any agricultural products cannot enter the U.S.
- Be sure to set aside some U.S. currency for your return trip to the U.S. and exchange any unwanted shillings before leaving Kenya.
- Write your homestay family a thank you letter when you arrive in the States—they will appreciate it, and they will be more likely to accept students the following year!

Participate in re-entry activities when you return to campus! We want to hear about your experiences.

**CHANGES TO YOUR RETURN FLIGHT TO THE U.S.**

If, while in country, you wish to change your return date, you have two options if the CIP arranged your international itinerary. You may contact Travel Leaders and they can arrange the change on your behalf. Typically there is a change fee (from the airline) and a service fees (from the travel agent). You can reach Travel Leaders by email at, swm@travelleaders.com, and by phone at +269. 925. 3460.

You may also contact the airline’s office in Kenya in person. Again, you can expect a change fee for the change, but there may not be a service fee. Regardless of the option you select, remember that students and their families are responsible for the change and service fees.
WHEN YOU'RE HOME . . . YOUR HEALTH

Some students have experienced prolonged illness after their return to the U.S. Just as your body had to adjust in Kenya, you'll have to re-adjust to the food, water, and different microbes at home. If illness or symptoms persist, consider scheduling an appointment with your family doctor. Make sure you tell the physician of your recent travel history.

Lion and lunch
~ Paloma Clohossey K’11
APPENDIX 1: IMPORTANT CONTACT INFORMATION

Center for International Programs
Phone: (269) 337. 7133 | E-mail: cip@kzoo.edu | Fax: (269) 337. 7400

Margaret Wiedenhoeft, Executive Director
Cell: (269) 267. 5800 | Email: mwieden@kzoo.edu

Lillian Owiti
Institute for Development Studies
University of Nairobi
P.O. Box 30197
Nairobi, Kenya
Office: (011) 254. 20. 318. 262, ext. 28535
Cell/Home: (011) 254. 0-754-016-462
Email address: awuorwenwa@gmail.com

The U.S. Embassy is located on United Nations Avenue in Gigiri, Nairobi at:
United Nations Ave.
P.O. Box 606
Village Market
00621 Nairobi, Kenya
Telephone: (011) 254-20-363-6000
Fax: (011) 254-20-363-3410

Note: In Nairobi, you only need to dial the last six numbers. In Kenya, add the 2, which is Nairobi's city code, in front of the 6-digit number. When calling from the U.S., dial 011, the international access code, then 254, Kenya's country code. If calling from another country other than the US, find out what the international access code is for that country.
APPENDIX 2: K COLLEGE’S KENYA PROGRAM ON YOUTUBE

The following videos might help you get a feel for the city of Nairobi and the program features. Enjoy!

*Making New Friendships on Study Abroad*  
http://www.youtube.com/watch?v=tJLvVYGFXys

*Kenya Program Curriculum*, with Lillian Owiti  
http://www.youtube.com/watch?v=uReSoSpWj5c

*Matatus and Tea*, with Megan Bauer  
http://www.youtube.com/watch?v=mmFMyjKb8Rs

*Homestay*, with Saskia Boggs  
http://www.youtube.com/watch?v=Xih8DqvsA2g

*Self-Discovery and Growth*, Mimansa Patel, Megan Bauer, Saskia Boggs  
http://www.youtube.com/watch?v=g1uwt40XqWI

*Food, Health & Safety*, with Saskia Boggs  
http://www.youtube.com/watch?v=hyxhlHyY5rw

*On Being White in Kenya*  
http://www.youtube.com/watch?v=06tICL1jcuI

*Impressions of K Students*, with Lillian Owiti, Roseanne Njiru, Francis Muiruri and Judith Bahemuka  
http://www.youtube.com/watch?v=j1qhwRLbs_Y

*Special thanks* go to the 10/11 Kenya students for sharing their experiences and Olga Bonfiglio for filming and editing each of the videos.
Nairobi, Kenya

APPENDIX 3: KENYA HOMESTAY AGREEMENT

The Kalamazoo program in Kenya selects and provides a host family for each student. Upon arrival at the airport, your host family will pick you up and take you to your new home. This is a way of immersing you into the Kenyan way of life, thereby giving you an opportunity to gain insight, greater knowledge and appreciation of the Kenyan culture.

Being in a host family will be a major part of your experience in Kenya, as it will provide you with an opportunity to interact with Kenyans at a very personal level. The host family will provide you with a bed, bedding, and other basic necessities and will explain the norms of the family, which should not contradict those established in this document.

The following housing norms are established by the Kalamazoo Program in Kenya to facilitate a good relationship between the host family and visiting students. Please read them carefully and sign them.

I, ________________________________ hereby agree that I will:

(Please print Legal Name legibly)

- Respect the customs of the host family.
- Consult the family about the rules and norms within the home and observe them.
- Bring my own bath towels, wash cloths and personal items such as comb, brush etc.
- Practice daily personal hygiene.
- Wash my own undergarments.
- Make my bed and keep my room tidy every day.
- Take responsibility for the security of any valuable items I bring.
- Receive the family’s consent before inviting guest to my homestay or having get-togethers.
- Not invite guests to sleep over in my bedroom.
- Not invite friends to eat in the home without prior consent of the family.
- Advise the family in good time whenever I am going to be late or when I am not going to be returning at all that night or through the weekend.
- Inform the family where I can be contacted when traveling out of town.
- Only be able to receive international calls in the home but will not be able to make long distance calls from the family’s telephone.
- Not smoke in the home, as it is not culturally proper for the youth to smoke in front of elders.
- Be conservative in my mode of dress and strive to dress appropriately (as suggested in the cultural guidebook).
• Understand that while I may be able to maintain a vegetarian diet on my own, I agree to be culturally sensitive and flexible regarding food and will not make my personal dietary choices an issue while on the Kenya Program.
• Refrain from interfering in the internal dynamics of the host family.

I agree to comply with the homestay norms established by the Kalamazoo Program in Kenya. I also understand that I may contact the program administrators to express any concerns or difficulties with regard to the norms established in this document or other circumstances.

Signature: ____________________________ Date: ________________
Kalamazoo College
Center for International Programs
1200 Academy Street
Kalamazoo, MI 49006  USA
Phone: 269.337.7133 | Fax: 269. 337.7400 | Email: cip@kzoo.edu
Web: http://reason.kzoo.edu/cip/