



International Medical Relief

PROVIDING COMMUNITY HEALTH
TO POPULATIONS MOST IN NEED

KENYA



PRE-FIELD BRIEFING PACKET

KENYA

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ABOUT THIS PACKET

This packet has been created to serve as a resource for the KENYA Medical/Dental Team.

This packet is information about the country and can be read at your leisure or on the airplane. The first section of this booklet is specific to the areas we will be working near (however, not the actual clinic locations) and contains information you may want to know before the trip.

The contents herein are not for distributional purposes and are intended for the use of the team and their families. Sources of the information all come from public record and documentation. You may access any of the information and more updates directly from the World Wide Web and other public sources.



BACKGROUND

Kenya, located in East Africa, spans more than 224,000 sq. miles (582,000 sq. Km), making it only slightly smaller than the state of Texas in the United States. Kenya is situated on the equator and is bordered by five countries: Uganda (to the west), Sudan (to the northwest), Ethiopia (to the north), Somalia (to the northeast), and Tanzania (to the south). Along its southeast edge, Kenya's tropical coastline connects the country to the Indian Ocean.

Nairobi, the capital of Kenya, is located in the southwest. Other major cities include Mombasa (situated on the coast), Nakuru and Eldoret (found in the west-central region), and Kisumu (located in the west on the shores of Lake Victoria).

Kenya is blessed with a wide range of topographical features - from the low plains found along the coast, bisected by the Great Rift Valley, to the fertile plateau in the west. The Great Rift Valley is home to a number of lakes, arid and rugged landscapes, and volcanic landforms with areas of active hot springs and geothermal activity.

The highland areas of Central Kenya provide fertile ground for farming, making Kenya one of the most agriculturally productive countries in Africa. The north of Kenya, however, is largely desert land scattered with thorn bush. This contrasts greatly with the Kenyan coast, which features many beaches, coral reefs, creeks and coral islands. The coastal strip is largely flat, giving rise to the rolling Taita hills.

Kenya has a population of more than 38 million people, with about four million residing in its capital city, Nairobi. There are 42 ethnic groups who call Kenya home; each group has its own unique language and culture. Although Kikuyu is the largest ethnic group, the Maasai are the most well known due to both their long-preserved culture and their involvement in Kenyan tourism. Kenya is also home to immigrants of other nationalities, including Europeans, Asians, Arabs and Somalis. Kenya's official languages are English and Swahili.

Game Safaris and wildlife tours are Kenya's biggest attractions, drawing many visitors to the country each year. Kenya manages more than 20 national parks and national game reserves, where visitors can view some of the country's most spectacular wildlife, including the "Big Five" animals. In fact, the "Big Five" are the central focus of the majority of safari tours and wildlife expeditions offered within the parks. Kenya's most popular game park is the Masai Mara, which borders the Serengeti plains in Tanzania. Between July and September, visitors can witness the remarkable annual wildebeest migration which takes place at the Mara



EXTENDING YOUR STAY?

Kenya is an enriching place to travel with its diverse geography, world-class wildlife viewing, culture and heritage. Kenya's two major cities are Mombasa and Nairobi located along the coast of East Africa. The main tourist attraction in Kenya is wildlife with 59 conservation areas, Masai Mara and Amboseli are the most famous, but they all provide abundant adventure opportunities.

David Sheldrick Wildlife Trust Elephant Nursery

The David Sheldrick Wildlife Trust (DSWT) Elephant Nursery in Nairobi National Park provides a safe haven to orphaned baby elephants rescued by the DSWT. The Nursery provides the first stage in the hand-rearing and development of milk dependent baby elephants. Once they graduate from the Nursery, aged 2-3 years, the elephants move to one of the DSWT's Reintegration Centres in Tsavo East National Park, from where they will ultimately return to the wild.



GIRAFFE MANOR / GIRAFFE CENTER



Meet the endangered Rothschild Giraffes in a highly lauded conservation center that adjoins Karen Blixen's home and museum (from *Out of Africa* fame). Walk through a natural giraffe habitat and learn more about these wonderful creatures. Stay overnight here if you have the time!

NAIROBI NATIONAL PARK

Only have a short time to extend your stay? This is a wonderful national treasure right on the outskirts of Nairobi. A short drive out of Nairobi's central business district is the Nairobi National Park. Wide open grass plains and backdrop of the city scrapers, scattered acacia bush play host to a wide variety of wildlife including the endangered black rhino, lions, leopards, cheetahs, hyenas, buffaloes, giraffes and diverse birdlife with over 400 species recorded.

Visitors can enjoy the park's picnic sites, three campsites and the walking trails for hikers. At the same time, visit the **Kazuri Handmade Beads and Pottery Factory** which employs over 300 women, many of whom are single mothers.





AMBOSELI NATIONAL PARK

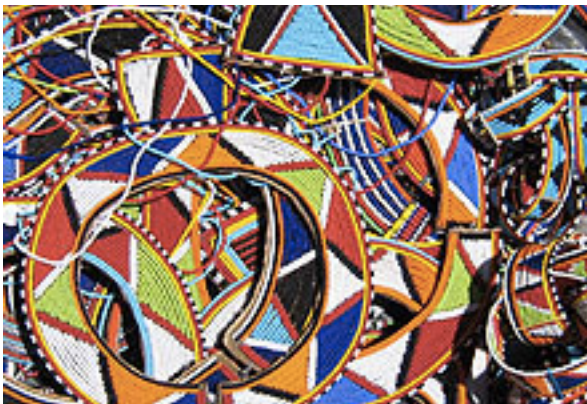
Do you love elephants? Amboseli National Park is in southern Kenya. It's known for its large elephant herds and views of immense Mount Kilimanjaro, across the border in Tanzania. Observation Hill offers panoramas of the peak and the park's plains and swamps. Varied wildlife includes giraffes, zebras, cheetahs and hundreds of bird species. The western section is dominated by vast Lake Amboseli, which is dry outside the rainy season.

NAIROBI NATIONAL MUSEUM

The museum and its surrounds link to the four pillars of Kenya's national heritage - nature, culture, history and contemporary art. The museum precinct includes not only the actual museum, but an art gallery, botanical gardens, snake park and shopping/eating facilities. If you need a day out of the sun or simply love learning about the country you are in, the National Museum is a perfect afternoon experience.



MASAI MARKET



Is it time to shop? The Masai Market is held each day (except Mondays) in a different place in Nairobi. See here for where it is on the day you want to go, and check with your hotel reception. The market is a bustling, colorful, loud and busy experience and is the place to go for truly African pieces to take home for yourself, or as gifts. Buying gifts from locals supports local economy directly, so it's a win-win situation. Many of the vendors are the artists themselves - ask if the goods are handmade by the vendor and take home something you will treasure from your time in Kenya.

PUBLIC HEALTH OVERVIEW

Kenya is one of the 6 countries of the East Africa Community (EAC) and is widely regarded as the business hub for East Africa. The economy is growing, the workforce is strong and capable, the population young and educated, and English being one of the national languages (besides Kiswahili). Together with the economy, Kenya's middle class (44.9% of total population) and the demand for quality healthcare is on the rise.

Kenya has an estimated population of 46 million with an average population growth of 1 million per year, with a median age of 19 years and a high (although declining) fertility rate of 4.4 children per woman. The country is experiencing a population flow from the rural areas to the city centers and currently about 25% of all Kenyans live in an urban setting.

Kenya's burden of disease has historically been mostly focused on communicable diseases. However, recent research shows a large and fast increase in the prevalence of non-communicable diseases such as cancers and cardiovascular diseases. This is mainly attributed to life style changes of Kenyans. In 2010, Kenya adopted a new constitution which created a devolved government which established 47 counties which are governed by their own governments and have a relatively high degree of autonomy when it comes to budget allocations - including for healthcare.

KENYA'S HEALTHCARE SYSTEM

The Kenyan healthcare system can be split into three subsystems, being the Public Sector, Commercial Private Sector, and Faith Based Organizations (FBOs). The Public Sector is the largest in terms of the number of healthcare facilities, followed by the Commercial Private Sector and the FBOs. There is a large disparity among these health facilities, especially in rural areas.

The Total Health Expenditure (THE) has increased over the years by about 33% in a 2 year timeframe to KES 234 billion or USD 2,743 million in 2012/13. Health financing is mixed and receives funds from taxation, the National Health Insurance Fund (NHIF), private health insurances, employer schemes, Community Based Health Financing (CBHF), user fees (out of pocket expenses), development partners and Non-Governmental Organisations (NGOs).

The government spending on healthcare is approximately 6% of GDP which is low compared to other countries in the region. Approximately 25% of the Kenyans are covered by a public, private or community-based health insurance scheme. The amount of Out Of Pocket (OOP) spending remains high, leading a lot of people into poverty and posing a barrier to access healthcare. Especially at the base of the pyramid, people do not save or prepay for healthcare or are not able to do so.

In 2013, the public health services (primary and secondary level) moved from the national government and Ministry of Health (MOH) to the county governments. Since then, the MOH is limited to providing support and technical guidance to the counties and is responsible for regulating the health sector and the counties for providing the health services. The MOH is guided by the Kenya Health Sector Strategic Plan (KHSSP) 2013-2017 which is prepared for every four-year election cycle. In August 2017, Kenya has its national and county election after which the 5 year period will lend a new wave of Public Private Partnerships in the health sector as the public sector acknowledges that they cannot improve the health system without partnering with the private and FBO sector.

Human Resources for Health (HRH) is still managed at national level. Kenya has a high health worker shortage, mostly affecting the rural areas. Most health workers are employed in the private sector, in which the competition for doctors drives the costs of healthcare. Challenges are improving the capacity of training, efficiency of health workers, and reducing the so-called brain-drain where trained health workers look for greener pastures in the private sector and abroad.

<https://www.tfhc.nl/wp-content/uploads/2016/09/2016-Kenyan-Healthcare-Sector-Report.pdf>

Kenya's health care system is structured in a step-wise manner so that complicated cases are referred to a higher level. Gaps in the system are filled by private and church run units.

- Dispensaries and private clinics
- Health centers
- Sub-district hospitals and nursing homes
- District hospital and private hospitals
- Provincial hospital
- National hospital

DISPENSARIES

The government runs dispensaries across the country and are the lowest point of contact with the public. These are run and managed by enrolled and registered nurses who are supervised by the nursing officer at the respective health centre. They provide outpatient services for simple ailments such as common cold and flu, uncomplicated malaria and skin conditions. Those patients who cannot be managed by the nurse are referred to the health centers there.

PRIVATE CLINICS

Most private clinics in the community are run by nurses. In 2011 there were 65,000 nurses on their council's register. A smaller number of private clinics, mostly in the urban areas, are run by clinical officers and doctors who numbered 8,600 and 7,100 respectively in 2011. These figures include those who have died or left the profession hence the actual number of workers is lower.

HEALTH CENTERS

All government health centers have a clinical officer as the in-charge and provide comprehensive primary care. Because of their heavy focus on preventive care such as childhood vaccination, rather than curative services, local council (municipal) and most mission, as well as many private health centers, do not have clinical officers but instead have a nurse as the in-charge.

Health centers are medium-sized units which cater for a population of about 80,000 people. A typical health centre is staffed by:

- At least one Clinical officer
- Nurses
- Health administration officer
- Medical technologist
- Pharmaceutical technologist
- Health information officer
- Public health officer
- Nutritionist
- Driver
- Housekeeper
- Supporting staff

All the health center staff report to the clinical officer in-charge except the public health officers and technicians who are deployed to a geographical area rather than to a health unit and report to the district public health officer even though they may have an office at the health centre.

The health centre has the following departments:

- Administration block where patients register and all correspondence and resources are managed.
- Out-patient consultation rooms where patients are seen and examined by clinical officers.
- In-patient (wards) where very sick patients can be admitted. The wards are divided into male, female and pediatric with newborn units.
- Laboratory where diagnostic tests are done. These laboratories can do the following tests: blood slides for malaria parasites, sputum AFB, urinalysis, full haemogram, stool ova and cysts, blood sugar, Elisa and CD4 counts in comprehensive care centers for HIV/AIDS patients.
- Pharmacy
- Minor theatre where minor surgical procedures are done, e.g., circumcision, stitching wounds and manual vacuum aspiration
- Maternity
- Maternal and child health
- Kitchen and catering
- Student hostels for rural health training centres where students go to get rural experience.
- Sub-district hospitals[edit]
- These are similar to health centers with addition of a surgery unit for Caesarian section and other procedures. Many are managed by clinical officers. A good number have a medical officer and a wider range of surgical services.

NURSING HOME

These are owned privately by individuals or churches and offer services roughly similar to those available at a sub-district or district hospital. They are also believed to provide better medical services compared to public hospitals.

SUB-COUNTY OR DISTRICT HOSPITALS

Each sub county formally district in the country has a subcounty or district hospital which is the co-ordinating and referral centre for the smaller units. They usually have the resources to provide comprehensive medical and surgical services. They are managed by medical superintendents.

COUNTY HOSPITALS

Kenya has 47 counties, each with a county hospital which is the referral point for the district hospitals. These are regional centers which provide specialized care including intensive care and life support and specialist consultations.

NATIONAL HOSPITALS

There are two national hospitals in Kenya, namely:

- Moi Teaching and Referral Hospital (MTRH); and The National Spinal Injury and Referral Hospital, Parastal.
- Kenyatta National Hospital (KNH).

https://en.wikipedia.org/wiki/Healthcare_in_Kenya

HEALTHCARE WORKER SHORTAGE TODAY

Kenya faces major health care worker shortage, particularly in the rural areas. There are currently 2 physicians per 10,000 people, primarily practicing in the major cities of Nairobi and Mombassa.

A 100 day strike in 2017 helped change physician hours to a 40 hour week from a 24/7/365 call schedule. A new report by the Kenya Medical Practitioners Pharmacists and Dentists Union (KMPDU), which carried out an audit of the number of doctors in public facilities, indicated the number of doctors has dropped to 3,956 serving more than 40 million Kenyans, many of who cannot afford the cost of services in private health facilities. According to the World Health Organization, Kenya should have at least 83,442 doctors in line with the minimum recommended ratio of 230 doctors per every 100,000 people. The report, cpartly attributed the shortage to mass resignations as doctors seek better terms of service in the private sector and other countries.

Political interference, tribalism, nepotism and other administrative anomalies within counties have also fueled the exodus of doctors. At least 2,000 doctors have resigned from public health facilities in the last two years due to frustrations over pay and working conditions.

The report also indicated that the shortage has been heightened by reluctance of many counties to employ doctors despite the biting shortages. They attribute this anomaly to low budgetary allocations from the National Government. Only one third of all doctors registered and practicing in Kenya work for the public service. Most facilities are either managed by clinical officers (doctor assistants) and or nurses who are most often limited in skills and training to deal with various diseases. Few training institutions and inadequate funding of medical training have also contributed significantly to the shortage.

<https://www.standardmedia.co.ke/health/article/2000189494/alarm-as-doctors-shortage-worsens>

BASIC STATISTICS

Basic statistics

Indicators	Statistics	Year
Population (thousands)	44354	2013
Population aged under 15 (%)	42	2013
Population aged over 60 (%)	4	2013
Median age (years)	19	2013
Population living in urban areas (%)	25	2013
Total fertility rate (per woman)	4.4	2013
Number of live births (thousands)	1549.5	2013
Number of deaths (thousands)	366.1	2013
Birth registration coverage (%)	60	2008-2009
Cause-of-death registration coverage (%)	...	
Gross national income per capita (PPP int \$)	2250	2013
WHO region	African	2013
World Bank income classification	Low	2013

... Data from 2007 onwards not available.

Source:
Country statistics and global health estimates
by WHO and UN partners

For more information visit the Global Health Observatory
(<http://www.who.int/gho/en/>)

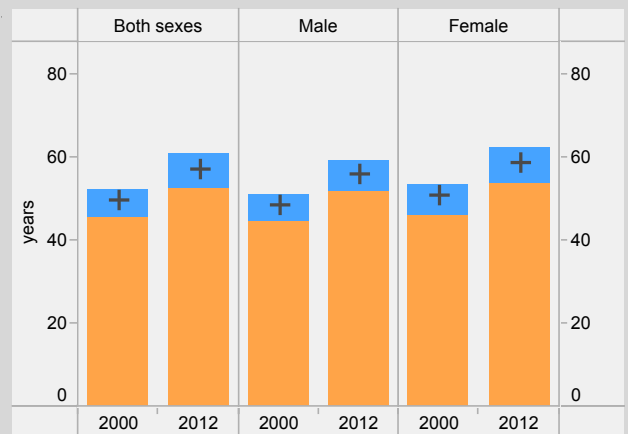
Last updated: January 2015

Life expectancy (years), 2012

		Country	WHO region	World Bank income group
Life expectancy	At birth	61	58	62
	At age 60	18	17	17
Healthy life expectancy	At birth	53	50	53

Life expectancy at birth for both sexes increased by 9 year(s) over the period of 2000-2012; the WHO region average increased by 7 year(s) in the same period.

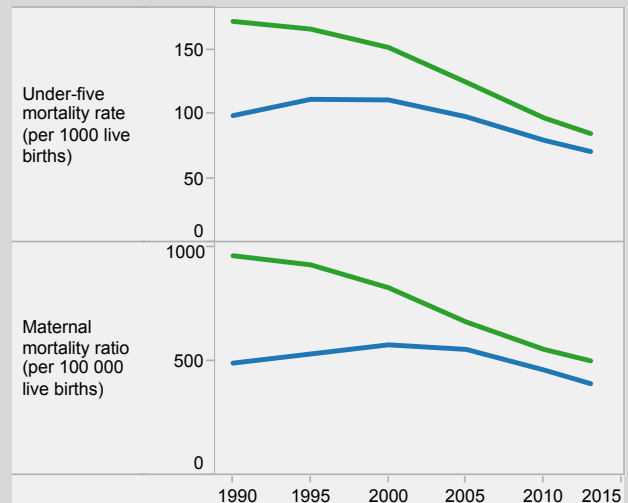
In 2012, healthy expectancy in both sexes was 8 year(s) lower than overall life expectancy at birth. This lost healthy life expectancy represents 8 equivalent year(s) of full health lost through years lived with morbidity and disability.



■ WHO regional life expectancy at birth
 ■ Healthy life expectancy at birth
 ■ Lost healthy life expectancy

Millennium Development Goals (MDGs)

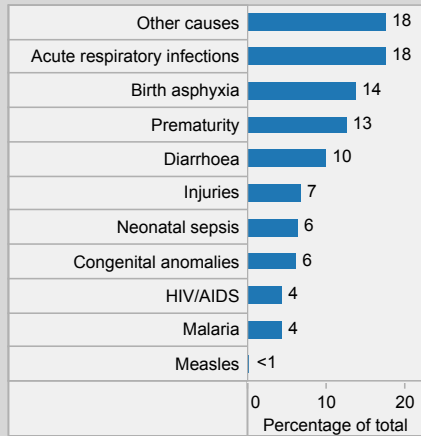
Indicators	Statistics	
	Baseline*	Latest**
Under-five mortality rate (per 1000 live births)	99	71
Maternal mortality ratio (per 100 000 live births)	490	400
Deaths due to HIV/AIDS (per 100 000 population)	383.9	126.3
Deaths due to malaria (per 100 000 population)	36.9	27.7
Deaths due to tuberculosis among HIV-negative people (per 100 000 population)	18	20



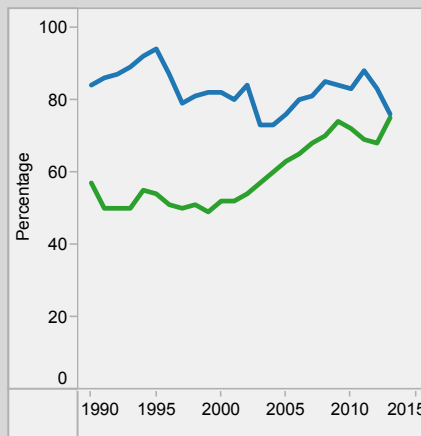


Kenya: WHO statistical profile

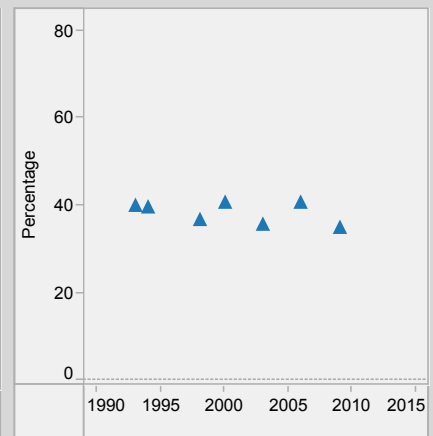
Distribution of causes of deaths in children under-5, 2013



DTP3 immunization among 1-year-olds



Children aged under-5 stunted

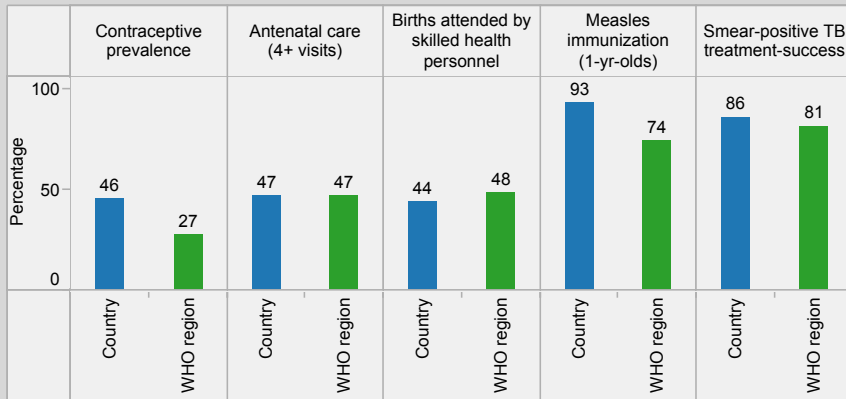


Country
WHO region

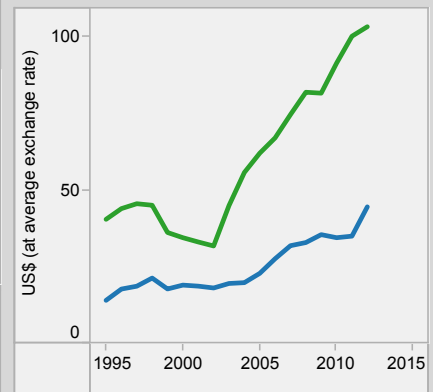
Source: Country statistics and global health estimates by WHO and UN partners
For more information visit the Global Health Observatory (<http://www.who.int/gho/en/>)
Last updated: January 2015

Utilisation of health services*

*Data refer to the latest year available from 2007.

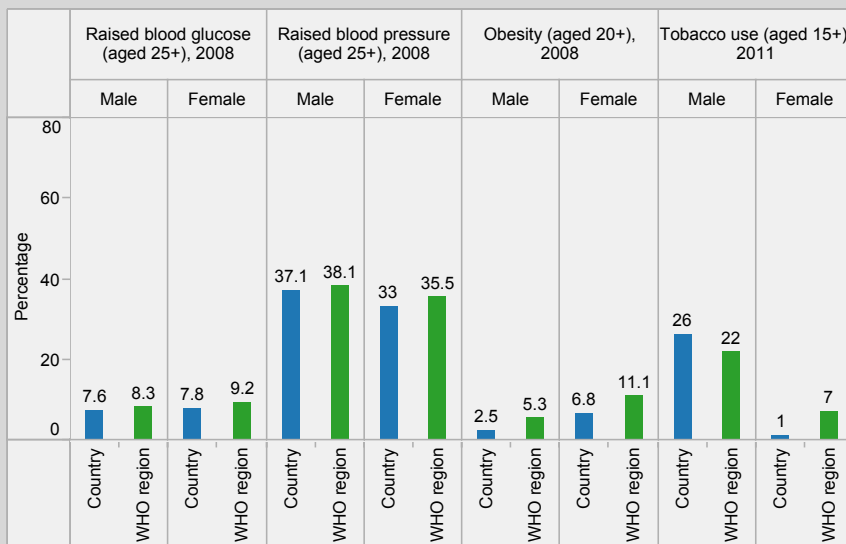


Per capita total expenditure on health

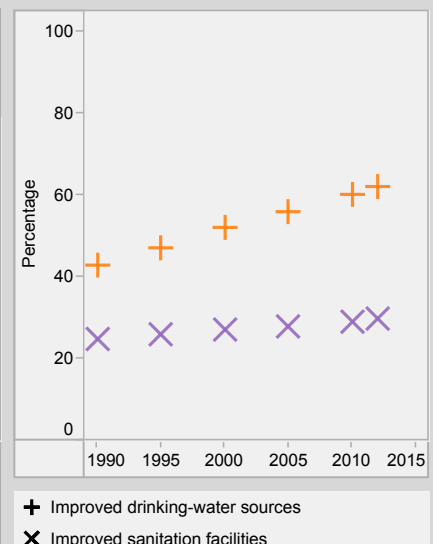


... Data not available or applicable.

Adult risk factors



Population using improved water and sanitation



+ Improved drinking-water sources
X Improved sanitation facilities



Kenya: WHO statistical profile

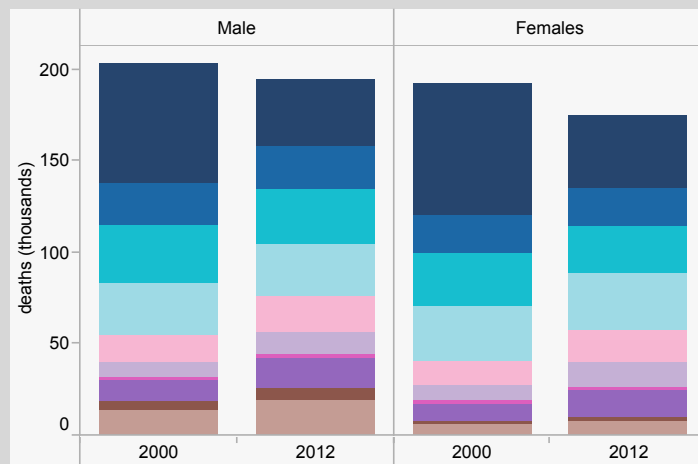
Top 10 causes of death

HIV/AIDS was the leading cause of death, killing 54.5 thousand people in 2012

	No of deaths (000s) 2012	Crude death rate 2000-2012	Change in rank 2000-2012
HIV/AIDS (14.8%)	54.5		
Lower respiratory infections (12.3%)	45.4		
Diarrhoeal diseases (6.3%)	23.4		
Protein-energy malnutrition (4.1%)	15.3		
Birth asphyxia and birth trauma (4%)	14.9		
Stroke (4%)	14.6		
Preterm birth complications (3.7%)	13.5		
Malaria (3.2%)	12.0		
Tuberculosis (2.5%)	9.4		
Ischaemic heart disease (2.5%)	9.2		

Rank decreased increased no change

Deaths by broad cause group



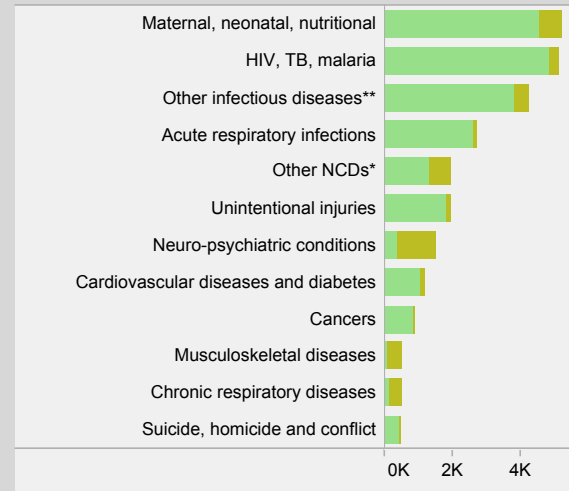
Causes

- HIV, TB, malaria
- Acute respiratory infections
- Other infectious diseases
- Maternal, neonatal, nutritional
- Chronic respiratory diseases
- Other NCDs
- Suicide, homicide and conflict
- Unintentional injuries

Burden of disease, 2012

Disability-adjusted life years (DALYs) are the sum of years of life lost due to premature mortality (YLL) and years of healthy life lost due to disability (YLD).

DALYs, YLL and YLD (thousands) by broad cause group



*Other noncommunicable diseases (NCDs) including non-malignant neoplasms; endocrine, blood and immune disorders; sense organ, digestive, genitourinary, and skin diseases; oral conditions; and congenital anomalies.

** Infectious diseases other than acute respiratory diseases, HIV, TB and malaria.

YLL YLD

Probability of dying, 2012

Probability of dying between relevant exact ages, for a person experiencing the 2012 age-specific mortality risks throughout their life.

Before age 15, all causes	Male	28%
	Female	24%
Before age 70, all causes	Male	70%
	Female	63%
Between ages 15 and 49, from maternal causes	Female	22%
Between ages 30 and 70, from 4 major noncommunicable diseases (NCDs)~	Both sexes	18%

~Cancers, cardiovascular diseases, chronic respiratory diseases and diabetes

Source: Country statistics and global health estimates by WHO and UN partners
For more information visit the Global Health Observatory



Kenya at a Glance

Population: 44,306,000

Per capita income: \$2,890

Life expectancy at birth women/men: 65/60 yrs

Infant mortality rate: 39/1000 live births

[Population Reference Bureau 2014: Kenya](#)



Top 10 Causes of Death

1. HIV/AIDS 15%
2. Lower Respiratory Infections 12%
3. Diarrheal Diseases 6%
4. Protein-Energy Malnutrition 4%
5. Birth Asphyxia & Trauma 4%
6. Stroke 4%
7. Preterm Birth Complications 4%
8. Malaria 3%
9. TB 3%
10. Ischemic Heart Disease 3%

Source: [WHO Country Health Profiles 2012: Kenya](#)

NATIONAL FLAG



The flag of Kenya (Swahili: Bendera ya Kenya) was officially adopted on 12 December 1963. The Kenyan flag is based on that of Kenya African National Union and was adopted on 12 December 1963 as the country's flag. The color black represents the people of the Republic of Kenya, red for the blood shed during the fight for independence, and green for the country's landscape and natural wealth. The white fimbriation was added later to symbolize peace and honesty. The black, red, and white traditional Maasai shield and two spears symbolize the defense of all the things mentioned above.

COUNTRY OVERVIEW



OVERVIEW

Kenya's history dates to the Stone Age, making Kenya one of the countries in the world that possesses a highly complete record of man's cultural development. This is partly because the country's rich varieties of environmental factors are conducive to human survival and development. According to archeological finds in various parts of the country, the prehistoric period can best be described under two categories: the Stone Age period which dates from about 2 million years ago and Neolithic period from about 10,000 to 2000 years ago. Available evidence indicates that man left behind traces of his occupation during the Iron Age through the pre-colonial period and up to the present time. The phases of the various periods are characterized by tools ranging from crude to smaller and more advanced, relevant to the respective lifestyles. The sites for the tools are widespread in Kenya.

Fossils found in East Africa suggest that protohumans roamed the area more than 20 million years ago. Recent finds near Kenya's Lake Turkana indicate that hominids lived in the area 2.6 million years ago. Cushitic-speaking people from northern Africa moved into the area that is now Kenya beginning around 2000 BC. Arab traders began frequenting the Kenya coast around the first century AD. Kenya's proximity to the Arabian Peninsula invited colonization, and Arab and Persian settlements sprouted along the coast by the eighth century. During the first millennium AD, Nilotic and Bantu peoples moved into the region, and the latter now comprises three-quarters of Kenya's population. The Swahili language, a mixture of Bantu and Arabic, developed as a lingua franca for trade between the different peoples. Arab dominance on the coast was eclipsed by the arrival of the Portuguese in 1498. Portuguese domination gave way in turn to Islamic control under the Imam of Oman in the 1600s. The United Kingdom established its influence in the 19th century.

The colonial history of Kenya dates from the Berlin Conference of 1885, when the European powers first partitioned East Africa into spheres of influence. In 1895, the U.K. Government established the East African Protectorate and, soon after, opened the fertile highlands to white settlers. The settlers were allowed a voice in government even before it was officially made a U.K. colony in 1920, but Africans were prohibited from direct political participation until 1944.

The colonization process was met with resistance which was countered with excessive force. Hence, most of Kenya's modern history is marked by rebellions against the British, with the first in 1890 and the last one, known as Mau Mau rebellion, in 1952. The outbreak of the Mau Mau paved the way for constitutional reforms and development in subsequent years. From October 1952 to December 1959, Kenya was under a state of emergency arising from the "Mau Mau" rebellion against British colonial rule. During this period, African participation in the political process increased rapidly. In 1955, a myriad of political parties were formed all over the country after the colonial Government yielded to their formation. The first direct elections for Africans to the Legislative Council took place in 1957, after which racial barriers in the Government began to be lifted. Kenya became independent on December 12, 1963, and the next year joined the Commonwealth.

Founding President and liberation struggle icon Jomo Kenyatta led Kenya from independence until his death in 1978, when President Daniel 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, when the one-party section of the constitution was repealed and several new parties were formed. The ethnically fractured opposition failed to dislodge KANU from power in elections in 1992 and 1997. These elections were marred by violence and fraud, but are viewed as having generally reflected the will of the Kenyan people. 1997 also saw the rise of additional political parties, including the National Rainbow Coalition (NARC). NARC was a multiethnic, united opposition group. President MOI stepped down in December of 2002 following fair and peaceful elections. Mwai Kibaki, running as the NARC candidate, assumed the presidency following a campaign centered on an anticorruption platform. After heavily disputed elections in 2007, violence

erupted and attracted international attention. A coalition brokered by Kofi Annan resolved the dispute and brought about several new positions to the presidential cabinet.

BRIEF HISTORY OF KENYA

NAME

Kenya is named after Mount Kenya- the second tallest Mountain in Africa. The Kikuyu people who lived around present day Mt Kenya referred to it as Kirinyaga or Kerenyaga, meaning mountain of whiteness because of its snow capped peak. Mt Kirinyaga which was the main landmark became synonymous with the territory the British later claimed as their colony. The name Kenya arose out of the inability of the British to pronounce Kirinyaga correctly.

INITIAL SETTLERS

The first people to settle in Kenya were indigenous African communities who migrated from various parts of the continent. Other visitors included traders, explorers and tourists who came in from various parts of the world such as Portugal, Arabia, Roman empire, India and Greece. They visited mainly the East African Coast from as early as the first century A.D. While the majority of the visitors went back to their countries, some settled, and intermarried with the local populations giving rise to a new Swahili culture along the Coast.

The civilization base of craft industries, farming, fishing and international trade gave rise to both Coastal city states such as Siu, Pate, Lamu, Malindi, Gede, Mombasa and Vanga . Islam and Kiswahili language were also introduced. The traders from overseas brought such items as clothes, beads, wines, iron weapons, porcelain and handicrafts. These were exchanged for ivory, timber, gold, copper, rhinoceros horns, animal skins and slaves.

The first major European presence in East Africa started with the arrival of the Portuguese in the East African waters in 1498 when Vasco Da Gamas fleet made its initial forays on its way to the East Indies. On the first voyage his only negotiations were with the ruler of Malindi and, indeed, for the next hundred years this alliance was the foundation of the Portuguese network in the region. Their quest to control and dominate the lucrative Indian Ocean trade, the conquest of several city-states along the coast, and the establishment of their dominance, lasted 200 years. The Portuguese presence was however, hated and resisted and there were many insurrections against them. The Portuguese were finally kicked out of the Coastal towns through a combination of local nationalisms, aided by the Omani Arabs. To ensure the Portuguese did not return, Sultan Seyyid Said of Oman moved his capital to Zanzibar and ruled the entire East African Coastline until the establishment of British rule.

COLONIAL RULE

The scramble for colonies in Africa among European countries reached fever pitch in 1884, when the Berlin Conference was convened to partition Africa amongst European colonial rivals. Among British acquisitions was the land we today call Kenya. A British trading company, Imperial British East Africa Company, was set up and posted to administer Kenya under the name British East Africa Protectorate. When it was realized that the company could not contain Kenya's hostile communities the British declared the country a colony and Protectorate on 1st July 1895 and posted the first Governor, Sir Arthur Hardinge, to establish a formal British administration.

The seventy years of colonial rule in Kenya were characterized by punitive economic, social and political policies. Most outstanding among these policies was racial discrimination. Huge fertile land was alienated for white settlement, and harsh labour laws were enacted to force the Africans to work at low wages on settler

farms and public works. In addition, African political participation was confined to local government. It was against this scenario that African protest movements began in earnest from the early 1920s.

PATHWAY TO INDEPENDENCE

Several political associations, including the Young Kikuyu Association, East African Association, Young Kavirondo Association, North Kavirondo Central Association and Taita Hills Association, were formed to articulate African grievances against forced labour, low wages, heavy taxation, continuing land alienation, and racial discrimination. Between 1944 and 1960 African political activity and pressure were intensified.

In 1944, the first countrywide nationalist party, Kenya African Union (KAU) was formed. And in the same year the first African, Eliud Mathu, was nominated to the settler dominated Legislative Council. Unhappiness with the slow political and economic change led to the breakdown of law and order in the early 1950s, and in 1952 Governor, Sir Evelyn Baring declared a state of emergency following the outbreak of the Mau Mau rebellion, whose major grievances included land alienations, racial discrimination and lack of political progress. The state of emergency, however, intensified political resolve for independence, forcing the colonial government to come up with constitutional proposals.

Under the Lyttleton constitution of 1954 Africans were allowed to directly elect their representatives to the Legislative Council. The elections were held in 1957, and eight African leaders - Ronald Ngala, Tom Mboya, Daniel arap Moi, Mate, Muimi, Oginga Odinga, Oguda and Muliro, were elected. They stepped up agitation for widened representation and independence. After considerable discussion, it was decided to form a mass organization to mobilize the people for the final assault on colonialism, hence the birth of Kenya African National Union, (KANU). KANU was formed in March 1960, at Kiambu town, and on 11 June 1960, it was registered as a mass political society. But as the objective of freedom became evident, many of the smaller communities feared domination by the larger ethnic groups, and on June 25, 1960 they formed the Kenya African Democratic Union (KADU).

The first election on a broad electoral register was held in 1961, and was won by KANU. In another election in May 1963, KANU captured 83 of the 124 seats in the House of Representatives and formed the Madaraka Administration on 1st June 1963, and the independence Government on 12th December 1963, under Mzee Jomo Kenyatta.

INDEPENDENT KENYA

The first Government of independent Kenya immediately had to deal with some pressing economic and political problems. The priorities were acceleration of growth, Kenyanization of the economy and redistribution of incomes. None of these, however, could be achieved without political stability, and it was first felt necessary to neutralize those elements in the country who supported extreme policies and who was undermining, rather than building confidence in the new nation. Thus, Kenya embarked on the road to peace and stability, which has made it possible for the country to realize great strides in development. Kenya has played a leading role in the quest for peace and stability in the turbulent East African region, because of her stability and general neutrality.

Since independence Kenya has had 4 presidents. The first president mzee Jomo Kenyatta led Kenya since its independence. Upon Kenyatta's death on 22nd August 1978, Daniel Arap Moi took over the leadership until he retired on 30th December 2002- in line with a constitutional provision which limits the presidential term to a maximum 10 years of 5 years each. Mwai Kibaki then took over from Moi on 30th December 2002 to become Kenya's third President through the National Rainbow Coalition (NARC) thus ending KANU's forty year

dominance. Kibaki was re-elected in 2007 and handed over to current President Uhuru Kenyatta on March 2012. President Uhuru was elected on The National Alliance (TNA) Party.

Climate (Average Weather) Data

Statistic	Units	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Average
Temperature Mean Value	F	64.4	65.8	66.9	66.6	64	61.3	60.1	60.6	63.1	65.3	65.1	64.6	64
High Temperature Mean Value	F	77.9	80.1	80.2	77	74.3	72.5	71.6	72.9	77	78.3	75.2	75.9	7.1
Low Temperature Mean Value	F	50.9	51.6	53.8	56.1	53.8	50	48.6	48.4	49.5	52.3	54.9	53.1	51.9
Precipitation Mean Monthly Value	Inches	2.4	2	3.8	9.9	7.8	1.6	0.7	1	1.3	2.5	6.1	4.4	3.6
Relative Humidity Mean Daily Maximum Value	%	75.0	72.0	79.0	86.0	86.0	86.0	87.0	86.0	81.0	80.0	85.0	80.0	81.92
Relative Humidity Mean Daily Minimum Value	%	45.0	40.0	44.0	56.0	60.0	59.0	59.0	55.0	46.0	45.0	56.0	42.0	51.42

<http://www.kenyaembassy.com/aboutkenyahistory.html>

GEOGRAPHY, CLIMATE AND WEATHER

LOCATION

Kenya lies across the equator on the East Coast of Africa. It borders Somalia, Ethiopia and Sudan to the North, Uganda to the west, Tanzania to the South, and the Indian Ocean to the East.

Area: 582,650 sq km

Area - comparative: slightly more than twice the size of Nevada or about the size of Texas

Border countries: Ethiopia 861 km, Somalia 682 km, Sudan 232 km, Tanzania 769 km, Uganda 933 km

Weather and Climate: Kenya's different topographical regions experience distinct climates.

Generally, the hottest time is in February and March and the coldest in July and August.

CLIMATE

The coastal region is largely humid and wet. The city of Malindi, for instance, receives an average rainfall of 1,050 mm (41 in) per year, with average temperatures ranging from 21° to 32°C (70° to 90°F) in January and 20° to 29°C (68° to 84°F) in July.

The low plateau area is the driest part of the country. There, the town of Wajir receives an average annual rainfall of 320 mm (13 in) and experiences average temperatures ranging from 19° to 37°C (66° to 99°F) in January and 19° to 34°C (66° to 93°F) in July.

Nairobi, in the temperate Kenya highlands, receives an average annual rainfall of 790 mm (31 in) and experiences average temperatures ranging from 9° to 29°C (48° to 84°F) in January and 7° to 26°C (45° to 79°F) in July.

Higher elevation areas within the highlands receive much larger amounts of rainfall. The Lake Victoria basin in western Kenya is generally the wettest region in the country, particularly the highland regions to the north and south of Kisumu, where average annual rainfall ranges from 1,740 mm (70 in) to 1,940 mm (80 in). Average temperatures in this region range from 14° to 34°C (57° to 93°F) in January and 14° to 30°C (57° to 86°F) in July.

AVERAGE ANNUAL TEMPERATURES BY MAJOR AREA

Mombasa (coastal): Max 30°C, Min 22°C

Nairobi: Max 25°C, Min 13°C

North Plainlands: Max 34°C, Min 23°C

If you are on safari you can usually see more animals during the dry season as they congregate around the waterholes.

Rainfall occurs seasonally throughout most of Kenya. The coast, eastern plateaus, and lake basin experience two rainy seasons: the “long rains” extends roughly from March to June, and the “short rains” lasts from approximately October to December. The highlands of western Kenya have a single rainy season, lasting from March to September. All parts of the country are subject to periodic droughts, or delays in the start of the rainy seasons. Kenya’s climate has had a profound effect on settlement patterns, as for centuries population has been concentrated in the wettest areas of the country.

Because the weather in Africa is often unpredictable - the rains can sometimes be heavy one season, sometimes they can fail altogether - this information is a rough guideline only. Kenya’s summer is from December to March and winter is from July to September, with long rains from March to May and short rains between November and December.

WEATHER THROUGH THE YEAR

- January: Clear, hot days and warm nights make this high season a popular time for safaris and good for diving and snorkeling.
- February: With the long dry season well established, the grass grazed down and wildlife gathering close to water points, this is still a good time for a safari and good water clarity makes for excellent diving conditions.
- March: Hot, increasingly humid weather - with good diving and snorkelling conditions at the start of the month - gives way to rains and lower rates.
- April: Temperatures drop soon after the rains are established and you’ll often have facilities largely to yourself in this more affordable low - or “green” - season.
- May: While game viewing can be trickier as vegetation runs riot, the colors and light are great for photography at this time of year.
- June: The rains give way to cloudy, cooler weather, making for very comfortable conditions, especially in the highlands.
- July Kenya’s “cool” season sets in, with the highlands sometimes rather grey, but wildebeest, migrating from the Serengeti, start arriving in the Maasai Mara.
- August The Great Migration fills the Mara plains - and school’s out, so the park roads are full of tourists (ask us for advice on avoidance tactics!).
- September The clearing skies signal the start of hot, dry weather with little chance of rain - and fewer visitors - making the latter part of this month a good time for a quieter safari.
- October Still hot, mostly dry and not too busy, this is many people’s preferred month for a safari, and it’s also good for diving and snorkeling.
- November The “short rains” usually start in the second half, so this is low season, with accordingly lower rates and visitor numbers.
- December The rains usually finish by mid-month and landscapes often look their best, under clear blue skies, heralding the start of the peak tourist season.

THE GREAT MIGRATION

Many travelers visit Kenya to see the great wildebeest migration in the Maasai Mara. Linked to annual rainfall patterns and the growth of new grass, this remarkable migration of hundreds of thousands of wildebeest and zebra is a constant movement of huge, nomadic herds. In Tanzania, it can be seen throughout the year: you just need to know where to look. The migrating herds enter Kenya for a much shorter period, roughly from July or August until October - though recent years have seen major arrivals as early as June, and late-stayers still in the Maasai Mara region until November or even later.

DEMOGRAPHICS

Kenya has experienced dramatic population growth since the mid-20th century as a result of its high birth rate and its declining mortality rate. More than 40% of Kenyans are under the age of 15 because of sustained high fertility, early marriage and childbearing, and an unmet need for family planning. Kenya's persistent rapid population growth strains the labor market, social services, arable land, and natural resources. Although Kenya in 1967 was the first sub-Saharan country to launch a nationwide family planning program, progress in reducing the birth rate has largely stalled since the late 1990s, when the government decreased its support for family planning to focus on the HIV epidemic. Government commitment and international technical support spurred Kenyan contraceptive use, decreasing the fertility rate (children per woman) from about 8 in the late 1970s to less than 5 children twenty years later, but it has plateaued at just over 3 children today.

Kenya is a source of emigrants and a host country for refugees. In the 1960s and 1970s, Kenyans pursued higher education in the UK because of colonial ties, but as British immigration rules tightened, the US, the then Soviet Union, and Canada became attractive study destinations. Kenya's stagnant economy and political problems during the 1980s and 1990s led to an outpouring of Kenyan students and professionals seeking permanent opportunities in the West and southern Africa. Nevertheless, Kenya's relative stability since its independence in 1963 has attracted hundreds of thousands of refugees escaping violent conflicts in neighboring countries; Kenya shelters more than 300,000 Somali refugees as of April 2017.

ETHNIC GROUPS

There are over 70 distinct ethnic groups in Kenya, ranging in size from about seven million Kikuyu to about 500 El Molo who live on the shore of Lake Turkana. Kenya's ethnic groups can be divided into three broad linguistic groups: Bantu, Nilotic and Cushite. While no ethnic group constitutes a majority of Kenya's citizens, the largest ethnic group, the Kikuyu, makes up only 20% of the nation's total population. The five largest - Kikuyu, Luo, Luhya, Kamba and Kalenjin - account for 70%. 97.58% of Kenya's citizens are affiliated with its 32 major indigenous groups. Of these, the Kikuyu, who were most actively involved in the independence and Mau Mau movements, are disproportionately represented in public life, government, business and the professions. The Luo people are mainly traders and artisans. The Kamba are well represented in defense and law enforcement. The Kalenjin are mainly farmers. While a recognized asset, Kenya's ethnic diversity has also led to disputes. Interethnic rivalries and resentment over Kikuyu dominance in politics and commerce have hindered national integration.

The principal non-indigenous ethnic minorities are the Arabs and Asians. Almost all the Kenyan Arabs live in Coast Province, more than half of them in Mombasa. Over 99% of the Arab residents have Kenyan citizenship, speak Swahili rather than Arabic, and generally see themselves as Africans. Non-Kenyan Arabs, mainly petty traders from Yemen, are called Shihiri. When Uganda expelled 80,000 Asians in 1972, public pressure intensified in Kenya to force non-Kenyan Asians to depart. Under the Trade Licensing Act, non-citizens were denied permits to own or manage commercial establishments. In reaction, British immigration laws were modified to allow about 3,000 Asians from East Africa into the United Kingdom each year. Kenya has one of the largest European

communities in present-day Africa and hosts many Americans as well. Many Americans work as missionaries or with the official family-planning programs, the Peace Corps or one of many U.S firms operating in the country. With its consistent pro-Western alignment, Kenya has actively fostered cultural, social and economic contacts with the West.

The Kikuyu, Meru, Gusii, Embu, Akamba, Luyha (or alternate spelling of Luyia), Swahili and Mijikenka (which in fact is a group of different ethnic groups) constitute the majority of the Bantu speaking peoples of Kenya. In general, the Bantu have been farmers.



The Kikuyu (or Gikuyu) homeland is around Mount Kenya and it is believed they migrated into the area from East and North East Africa around the 16th century. They were neighbors of the Maasai and although there were raids for cattle between them, there was also a lot of trade and intermarriage. The Kikuyu god, Ngai, resides on Mt. Kenya which they call Kirinyaga. As with other ethnic groups, the traditional healer was held in high esteem. For the Kikuyu, land ownership is the most important social, political, religious, and economic factor. They have a complex system of land ownership that revolves around close kin, The importance of land brought them into conflict with the colonial government when white

settlers and farmers occupied their traditional lands. Today, Kikuyu farmers produce most of the fresh produce that is consumed in Nairobi as well as coffee and tea for export. Many Kikuyu have also been successful in economic and commercial endeavors. Traditionally, the Kikuyu were governed by a council of elders based on clans.

The Akamba (or Ukambani) migrated into their present homeland, which is east of Nairobi towards Tsavo national park, about 200 years ago. They were exceptional traders participating in commerce from the coast to Lake Victoria all the way up to Lake Turkana. Their main trade items were ivory, beer, honey, iron weapons, ornaments, and beads. Because they settled on arid land, they also traded for food with their neighbors the Maasai and the Kikuyu. During colonialism, the British respected them for their intelligence and fighting skill. Many were drafted into the Army and fought in World War One. However, the British did not respect their land or right to own cattle. The British tried to restrict the number of cattle the Akamba could own and confiscated cattle above the set amount. In response, the Akamba created the Ukamba Members Association that led a peaceful march and protest to Nairobi. Like many other ethnic groups, the Akamba have a series of age sets and the men are initiated into adulthood at around age 12. Elders were responsible for administrative and judicial functions as well as overseeing religious rituals and observances.

The Luyha's traditional homeland is around Kakamega in western Kenya. They are Kenya's third largest ethnic group after the Kikuyu and the Luo. The Luyha suffer from high population density which effects their farming economy as cultivation occurs on plots that get smaller with each generation. They are important producers of sugar-cane.

The Meru are actually eight different groups of people. They migrated to the North East side of Mount Kenya around the 14th century from the coast, probably displaced by Somalis. Until 1974, the Meru were governed by a chief called the mogwe. But in 1974, the chief converted to Christianity and the practice was abandoned. Also farmers, the Meru produce tea, coffee, pyrethrum, maize, potatoes and miraa, a stimulant popular with Muslims.

The Embu are well known for their honey and also for dancing on stilts which is performed by men wearing long black coats and white masks.

The Swahili are not really one ethnic group. The term Swahili refers to different peoples who share a common link, the Swahili language, although it is spoken with different variations and dialects up and down the coast. Sub-groups of the Swahili include Bajun, Siyu, Vumba, Pate, Mvita, Shela, Fundi, Ozi, and Amu who live in Lamu. They have a long-standing trading civilization. They traded with people as far away as the Chinese for porcelain. They possess excellent ship building skills (their dhows trade up and down the east African coast), as well as renown wood carving skills. Around the 7th century, Islam became the predominant religion.

Nilotic ethnic groups include the Luo, Masai, Turkana, Samburu, and the Kalenjin. The Luo are the second largest ethnic group in Kenya and they live for the most part on the shores of Lake Victoria. The Luo migrated from the Nile region of the Sudan around the 15th century. Originally, the Luo were pastoralists, but when rinderpest decimated their herds, they became fishermen and farmers. The Luo also played an important role during the independence struggle and many leading politicians have been Luo including Oginga Odinga, Tom Mboya, and Robert Ouko. In Luo music, they use a one stringed-lute, the orutu, and an eight-stringed instrument, the thum, to produce haunting melodies. The Luo have a different puberty rite than their neighbors. It involves extracting four or six bottom teeth. This is no longer widely practiced. The Kalenjin are actually the name the British gave to several different ethnic groups that speak the same language but different dialects. Some of the ethnic groups that comprise the Kalenjin are the Kipsigis (who have produced some of Kenya's best runners), Nandi, Tugen, and Elyogo. Kenya's current president, Daniel Toroitich arap Moi, is a Tugen. Because of his political power, the Kalenjin have become politically powerful. They mostly live in the Rift Valley and probably migrated from the Sudan about 2,000 years ago. Although mainly pastoralists, the Kalenjin have taken up some agriculture and also produce honey.



The Maasai, Samburu and Turkana are probably the most well known ethnic groups outside of Kenya. The Maasai migrated to Kenya from what is today the Sudan about 1,000 years ago and constitute about 2% of the total population. Their comparatively small number does not equate with their reputation and fame outside of Kenya as stoic and brave lion hunters and warriors. In spite of pressure from the Kenyan government to modernize, the Masai have fiercely maintained much of their traditional culture and way of life. They are nomadic cattle and goat herders, and for them cattle is the most important social, economic, and political factor. Cattle are a sign of wealth, social standing as well as a food source. Milk and blood, tapped from a cow's jugular vein, is a staple. Their traditional homeland is southern Kenya and northern Tanzania in an area that has the most visited game parks. Thus many tourists come in contact with the Maasai morani (warriors) clad in red blankets, red ochre covering their heads and carrying spears and clubs as well as Maasai women wearing colorful beads. The Maasai help to manage and maintain the Maasai Mara National Park and receive a percentage of the park fees.

The Samburu are closely related to the Maasai and their traditional homeland is around Maralal in Northern Central Kenya. Like the Maasai their morani prefer red blankets, use red ochre to decorate their heads and the women wear beaded jewelry. They also tend cattle and goats, but it is cattle which is the center of Samburu social, political, and economic life. The Samburu are still nomadic people and when pasture becomes scarce in this semi-arid land, they pack up their manyattas (small settlements) on camels and move to better pastures.

The Turkana are closely related to the Maasai and the Samburu. They have a reputation as fierce warriors. Although they keep goats, sheep and camels, cattle is the most important component of Turkana life. Their diet consists mainly of milk and blood. The Turkana live in Northern Kenya, near Lake Turkana on arid land. Like many other ethnic groups in Africa, Turkana men have several wives. However, the Turkana have a three year wedding ceremony that ends after the first child is weaned.

The Maasai, Samburu and Turkana practice cattle rustling. Law enforcement officials tend to stay clear of disputes arising between and within groups. Disputes are settled by elders and often the guilty person is fined cattle, goats, camels, or sheep.

Cushitic speaking people comprise a small minority of Kenya's population. They include the following ethnic groups: Somali, El Molo, Boran, Burji Dassenich, Gabbra, Orma, Sakuye, Boni, Wata, Yaaka, Daholo, Rendille, and Galla. The Somali tend large herds of cattle, goats, sheep, and camels in the dry, arid lands of Northern Kenya. They are politically well organized and are united by both family allegiances and political treaties. The Somali also produce exquisitely carved headrests and woven artifacts.

<https://www.africa.upenn.edu/NEH/kethnic.htm>

LANGUAGES

There are a total of 69 languages spoken in Kenya, The Kenyan official national language is English, and it is widely spoken. It was inherited from Kenya's British colonial past and is used for international trade, education and jurisprudence. Swahili, also known as Kiswahili, is the national language of Kenya. Swahili is a unifying African language spoken by nearly 100 percent of the Kenyan population. Even illiterate Kenyans know some basic Swahili. The purest form of Kiswahili is spoken along the coast where native Swahili people live. Swahili is one of the most common African languages and it is spoken in many countries other than Kenya, such as Tanzania, Burundi, Uganda and Zaire. Both languages are taught throughout the country. a reflection of the country's diverse population that includes most major ethnic, racial and linguistic groups found in Africa.

42 distinct languages are spoken in Kenya and many children in the rural areas continue to use their mother tongue as the first language of communication. Languages in Kenya have important implications in the passage of culture and oral traditions, which are the basis for community identity, interaction and integration. Local languages in Kenya are still on the decline, especially in their written form. Efforts by renowned Kenyan authors such as Ngugi wa Thiong'o to promote ethnic languages remain a dream.

Urban Kenyans are, however, so creative that they have come up with a slang known as Sheng that has spread in usage from urban youth to all sectors of society. Sheng is a combination of English and Kiswahili and has borrowed from a majority of the ethnic languages spoken in Nairobi. It evolves rapidly, making words that are fashionable today, 'old' tomorrow. It is part of popular street culture in Nairobi and many other large towns. The use of Sheng by music artistes in their lyrics has made its growth much more rapid in recent years.

<https://softkenya.com/kenya/kenya-language/>

ORIGIN OF SWAHILI

The Swahili language, is basically of Bantu (African) origin. It has borrowed words from other languages such as Arabic probably as a result of the Swahili people using the Quran written in Arabic for spiritual guidance as Muslims. The word "Swahili" was used by early Arab visitors to the coast and it means "the coast". Ultimately it came to be applied to the people and the language.

It is an undeniable truth that Arab and Persian cultures had the greatest influence on the Swahili culture and the Swahili language. To demonstrate the contribution of each culture into the Swahili language, take an example of the numbers as they are spoken in Swahili. "moja" = one, "mbili" = two, "tatu" = three, "nne" = four, "tano" = five, "nane" = eight, "kumi" = ten, are all of Bantu origin. On the other hand there is "sita" = six, "saba" = seven and "tisa" = nine, that are borrowed from Arabic. The Arabic word "tisa" actually replaced the Bantu word "kenda" for "nine". In some cases the word "kenda" is still used. The Swahili words, "chai" = tea, "achari" =

pickle, "serikali" = government, "diwani" = councillor, "sheha" = village councillor, are some of the words borrowed from Persian bearing testimony to the older connections with Persian merchants.

The Swahili language also absorbed words from the Portuguese who controlled the Swahili coastal towns (c. 1500-1700AD). Some of the words that the Swahili language absorbed from the Portuguese include "leso" (handkerchief), "meza" (table), "gereza" (prison), "pesa" ('peso', money), etc. Swahili bull-fighting, still popular on the Pemba island, is also a Portuguese legacy from that period. The Swahili language also borrowed some words from languages of the later colonial powers on the East African coast - English (British) and German. Swahilized English words include "baiskeli" (bicycle), "basi" (bus), "penseli" (pencil), "mashine" (machine), "koti" (coat), etc. The Swahilized German words include "shule" for school and "hela" for a German coin.

SWAHILI SPREAD

For centuries, Swahili remained as the language for the people of the East African coast. Long-time interactions with other people bordering the Indian Ocean spread the Swahili language to distant places such as on the islands of Comoro and Madagascar and even far beyond to South Africa, Oman and United Arab Emirates. Trade and migration from the Swahili coast during the nineteenth-century helped spread the language to the interior of particularly Tanzania. It also reached Uganda, Rwanda, Burundi, Congo, Central African Republic, and Mozambique.

Christian missionaries learned Swahili as the language of communication to spread the Gospel in Eastern Africa. So, the missionaries also helped to spread the language. As a matter of fact the first Swahili-English dictionary was prepared by a missionary. During the colonial time, Swahili was used for communication with the local inhabitants. Hence the colonial administrators pioneered the effort of standardizing the Swahili language. Zanzibar was the epicenter of culture and commerce, therefore colonial administrators selected the dialect of the Zanzibar (Unguja) town as the standard Swahili. The Unguja dialect (Kiunguja) was then used for all formal communication such as in schools, in mass media (newspapers and radio), in books and other publications. Now Swahili is spoken in many countries of Eastern Africa. In Kenya, it is the national language, but official correspondence is still conducted in English.

INTERNATIONAL PRESENCE OF SWAHILI

Thus, Swahili is the most widely spoken language of eastern Africa and many world institutions have responded to its diaspora. It is one of the languages that feature in some world radio stations such as, the BBC, Radio Cairo (Egypt), the Voice of America (U.S.A.), Radio Deutschewelle (Germany), Radio Moscow International (Russia), Radio Japan International, Radio China International, Radio Sudan, and Radio South Africa. The Swahili language is also making its presence in the art world - in songs, theatres, movies and television programs. For example, the lyrics for the song titled "Liberian girl" by Michael Jackson has Swahili phrases: "Nakupenda pia, nakutaka pia, mpenzi we!" (I love you, and I want you, my dear!). The well-celebrated Disney movie, "The Lion King" features several Swahili words, for example "simba" (lion), "rafiki" (friend), as the names of the characters. The Swahili phrase "hakuna matata" (No troubles or no problems) was also used in that movie.

The promotion of the Swahili language is not only in its use but also deliberate efforts are made throughout the world to include it in education curriculum for higher institutions of learning. It is taught in many parts of the world.

http://www.askislampedia.com/en/wiki/-/wiki/English_wiki/Swahili+Language/pop_up.jsessionid=B6F25414C67B8A5C332A0A4F8BC4F398

ECONOMY

OVERVIEW

Kenya is the economic, financial, and transport hub of East Africa. Kenya's real GDP growth has averaged over 5% for the last eight years. Since 2014, Kenya has been ranked as a lower middle income country because its per capita GDP crossed a World Bank threshold. While Kenya has a growing entrepreneurial middle class and steady growth, its economic and development trajectory could be impaired by weak governance and corruption. Although reliable numbers are hard to find, unemployment and under-employment are extremely high, and could be near 40% of the population.

Agriculture remains the backbone of the Kenyan economy, contributing one-third of GDP. About 75% of Kenya's population of roughly 44.2 million work at least part-time in the agricultural sector, including livestock and pastoral activities. Over 75% of agricultural output is from small-scale, rain-fed farming or livestock production.



Inadequate infrastructure continues to hamper Kenya's efforts to improve its annual growth to the 8%-10% range so that it can meaningfully address poverty and unemployment. The KENYATTA administration has been successful in courting external investment for infrastructure development. International financial institutions and donors remain important to Kenya's economic growth and development, but Kenya has also successfully raised capital in the global bond market. Kenya issued its first sovereign bond offering in mid-2014. Nairobi has contracted with a Chinese company to construct a new standard gauge railway connecting Mombasa and Nairobi, with completion expected in June 2017. In 2013, the country adopted a devolved system of government with the creation of 47 counties, and is in the process of devolving state revenues and responsibilities to the counties. Inflationary pressures and sharp currency depreciation peaked in early 2012 but have since abated following low global food and fuel prices and monetary interventions by the Central Bank. Drought-like conditions in parts of the country have pushed March 2017 inflation above 9%. Chronic budget deficits, including a shortage of funds in mid-2015, hampered the government's ability to implement proposed development programs, but the economy is back in balance with many indicators, including foreign exchange reserves, interest rates, and FDI moving in the right direction. Underlying weaknesses were exposed in the banking sector in 2016 when the government was forced to take over three small and undercapitalized banks.

In 2016, the government enacted legislation that limits interest rates banks can charge on loans and set a rate that banks must pay their depositors. This measure led to a sharp shrinkage of credit in the economy. Tourism holds a significant place in Kenya's economy. A spate of terrorist attacks by the Somalia-based group al-Shabaab reduced international tourism earning after their deadly 2013 attack on Nairobi's Westgate mall, which killed 67 people, but the sector is now recovering. In 2016, tourist arrivals grew by 17% while revenues from tourism increased by 37%.

EDUCATION

LITERACY STATISTICS (2015 est.)

Literacy: age 15 and over can read and write
total population: 78%
male: 81.1%
female: 74.9%

EDUCATION

In Kenya, Primary education is in essence the first phase of formal education system. It usually starts at six years of age and runs for eight years. The main purpose of primary education is to prepare children to participate fully in the social, political and economic well being of the pupils. The new primary school curriculum has therefore been designed to provide a more functional and practical education to cater for the needs of children who finish their education at the primary school level and also for those who wish to continue with secondary education.

Prior to independence, primary education was almost exclusively the responsibility of the communities concerned or non governmental agencies such as local church groups. Since independence the government has gradually taken over the administration of primary education from local authorities and assumed a greater share of the financial cost in line with the political commitment to provide equal educational opportunities to all through the provision of free primary education.

Almost all primary schools in the country are now in the public sector and depend on the Government for their operational expenses. The Government provides teachers and meets their salaries. Government expenditure on school supplies and equipment are minimal as these are financed by fees levied on parents by Parent Teacher Associations. In addition responsibility for the construction and maintenance of schools and staff housing is

shouldered by the parents. Indeed almost all primary schools built and equipped after independence have initially been the result of harambee or self-help efforts.



There has been a remarkable expansion in primary education, both in terms of the number of schools established and in the number of children enrolled, over the past three decades. At independence, there were 6,056 primary schools with a total enrollment of 891,600 children. At the same time, trained teachers numbered 92,000. In 1990 there were over 14,690 primary schools, with an enrollment of slightly over five million children and with nearly 200,000 trained teachers respectively.

In addition to the expansion in the number of primary students enrolled, there has been a significant improvement in the participation of girls in education. At independence, only about a third of the enrolment in primary schools were girls. By 1990 the proportion of girls had risen to nearly 50 per cent. Educating women contributes significantly to many other desirable objectives, such as reducing the rate of population growth.

The government of Kenya recognizes that provision of universal primary education as an important milestone to economic and social development. In particular it has been established that by providing primary education to women, a society is able to hasten its development. The government, since January 2003 has managed to implement free primary school education program that has seen a tremendous increase in the number of children attending school.

The Government has also increased its budgetary allocation to education as well as introducing a Constituency Bursary Fund for efficient facilitation of education at the grassroots level. The implementation of the Universal Free Primary Education, as part of the Millenium Development Goals (MDGs), has earned Kenya the prestigious Education Award

SECONDARY SCHOOLS

Secondary school education usually starts at fourteen years of age and, after the introduction of the 8 4-4 system of education which replaced the 7-4-2-3 system, runs for four years. The current secondary education program is geared towards meeting the needs of both the students that terminate their education after secondary school and those that proceed for higher education. In this context, the new secondary school curriculum lays greater emphasis on job-oriented courses, such as business and technical education. There are two categories of secondary schools in Kenya, namely public and private schools.

The public secondary schools are funded by the Government or communities and are managed through a Board of Governors and Parent Teacher Associations. The private schools, on the other hand, are established and managed by private individuals or organizations.

There has been a tremendous increase in both the number of secondary schools and in student enrollment in response to the rapidly increasing number of primary school leavers seeking entry to the secondary level. In 1963 there were only 151 secondary schools, with a total enrollment of 30,120 students. Today there are nearly 3,000 secondary schools with a total enrollment of 620,000 students. Of this total, slightly over 40 per cent are

girls. The rapid expansion at the secondary level has been the result of the vigorous harambee movement that has led to the establishment of numerous community secondary schools.

POST SECONDARY

These are institutions that are involved in training high school leavers in various vocational subjects e.g. carpentry, accounts, welding, mechanics, catering and teaching, leading to certificates or diploma awards.

UNIVERSITY

The first step towards the introduction and development of university education in Kenya was taken in 1961 when the then Royal College, Nairobi was elevated to university college status. The College entered into a special arrangement with the University of London, which enabled it to prepare students for the degrees of the University of London. With the establishment of the University of East Africa in 1963, the Royal College became the University College, Nairobi. The other constituent colleges of the University of East Africa were Makerere in Uganda and Dar-es-Salaam in Tanzania. The University of East Africa continued operating until 1970 when the University College of Nairobi attained university status.

Apart from the establishment of Kenyatta College as a constituent college of the University of Nairobi in 1970, the latter remained the only university in the country until the mid-eighties. Since then there has been a tremendous expansion in universities, in response to the high demand for university education in Kenya. The country currently has five public universities, with the most recently established universities giving greater emphasis to technology and science-oriented degree programs. In addition to the four public universities there

are ten private universities in the country offering a range of degree programs They are supervised and controlled by the Commission for Higher education.

<http://www.kenyaembassy.com/aboutkenyaeducation.html>

RELIGION

The Kenyan Constitution guarantees freedom of religion. A large proportion of the Kenyan population is Christian, found mainly outside the coastal and eastern provinces. Muslims make up some 30% of the population found in the coastal areas and in the eastern side of the country - the rest is a combination of other minority religions such as Hindus, Buddhist and those who follow their ancestral tribal beliefs.

Christianity

Christianity was first brought to Kenya in the fifteenth century by the Portuguese and spread rapidly during the nineteenth century, when it experienced a revival. Today, the main Christian denominations in Kenya are Protestant confessions, which make up 45% of the country's religious composition. The Roman Catholic Church represents 33% of the population. Other statistically significant non-Catholic movements include the New Apostolic Church, Seventh-day Adventist Church, Jehovah's Witnesses, United Pentecostal Church International, and Branhamism.

TRADITIONAL AFRICAN RELIGIONS

African religions are typically based on natural phenomena and reverence to ancestors. The dead are presumed to merely transform into another state of being and capable of bringing good fortune or calamity to the living. Most religious rites are therefore centered on appeasing the dead through sacrifices and proper burial rites. The dead's wishes must also be followed to the letter.

The Kikuyu believe Ngai resides on Mt. Kenya and say their prayers facing the mountain. The Mijikenda have their holy shrines in the forests where they offer sacrifices and pray.

The spread of Christianity has largely eliminated many of the traditional and tribal beliefs held by the people of Kenya, prior to contact with Europeans.

Tribes who most closely continue to live in their traditional ways, are the ones who also still hold their old beliefs. Christianity has not made much headway among the Samburu, Turkana or the Masai tribes, particularly. Overall, about 10% of the population still follow their African religion in Kenya.

For the most part, each tribe has its own set of beliefs, usually tied somewhat to their territory. Tribes that lived near Mount Kenya, for example, often believed that God lived at its peak.

Like Christians, Kenyans originally believed in a single creator God. "Ngai" or "Were" are common names for God, though not the only ones. Each tribe had its own creation myth, which usually attributes their tribe as being directly created by God.

Even Kenyans who identify themselves as Christian may continue to hold beliefs based on their traditional spirituality. Various superstitions, particularly about ancestral spirits or even witchcraft still exist. Even mainstream churches sometimes follow a blended form of religion in Kenya, in order to bring in more converts.

ISLAM

Islam is the religion of approximately 10% of the Kenyan population. However, although a large majority of Kenyans are Christian, estimates for the percentage of the population that adheres to Islam and indigenous beliefs vary widely. Muslims are mostly Sunni. Muslims are concentrated mainly in the North Eastern Province and Coast Province. Nairobi has several mosques and a notable Muslim population. Most Muslims are ethnic Somali immigrants.

Religious Shari'ah courts, called Kadhi courts, are given jurisdiction over certain civil matters such as divorce and inheritance under the constitution of Kenya. Muslims have complained that they are targeted and discriminated against by the government, particularly since the 1998 United States embassy bombings in Nairobi and elsewhere. The religions subsiding in Kenya do not display the distinctions between the 42 cultures. They mainly display the traditions of the larger "umbrella" cultures.

HINDU

A significant number of Hindus live in Kenya. The numbers are estimated to be around 1% of the population. They are mainly located in the capital of Kenya, Nairobi, and other areas such as Mombasa, Eldoret, Kisumu, etc.

BAHA'Í FAITH

Present in Kenya from 1945, the religion grew to an estimated of 308,000 in 2005 or about 1% of the population. In the 1990s the Bahá'ís in Kenya participated in a nation-wide community health project including vaccinations, maintaining latrines and developing clean water sources

POVERTY

Poverty seems a paradox in a country that has one of the best-developed economies in eastern Africa.

Kenya has relatively advanced agricultural and industrial sectors and substantial foreign exchange earnings from agricultural exports and tourism. Yet it is a low-income country and ranks 128th among 169 countries in the United Nations Development Program's Human Development Index, which measures development in terms of life expectancy, educational attainment and standard of living.

About 79 per cent of Kenya's population lives in rural areas and relies on agriculture for most of its income. Nearly half the country's 40 million people are poor, or unable to meet their daily nutritional requirements. The vast majority of poor people live in rural areas. Although in some respects conditions have improved since the early 1980s, the poverty rate has remained steady at about 48 per cent.

The rural economy depends mainly on smallholder subsistence agriculture, which produces 75 per cent of total agricultural output. Most Kenyans live in areas that have good to high potential for agriculture, comprise about 18 per cent of the country's territory and are located in the centre and west. However population density in high-potential areas is more than six times the country's average of 55 people per



km² and constitutes an overwhelming pressure on resources. The poorest communities are found in the sparsely populated arid zones, mainly in the north. Kenya's poor rural people include:

- smallholder farmers and herders
- farm laborers, unskilled and semi-skilled workers
- households headed by women
- people with disabilities
- AIDS orphans

Reasons for the persistence of poverty are various. Kenya has one of the world's fastest population growth rates. Over the past 30 years, the population has more than tripled, greatly increasing pressure on the country's resources. Together with a widening income gap, this has eroded gains in education, health, food security, employment and income.

There are strong linkages between poverty and environmental degradation, particularly poor water management, soil erosion, declining soil fertility and land degradation. In addition, the effects of climate change are undermining an already fragile resource base and have contributed to declining agricultural yields over the past decades. In recent years, drought has become a perennial problem in parts of Kenya. Episodes in 2009 and 2011 generated food emergencies, while flooding in 2010 affected parts of the country severely.

Tribal affinities are a source of considerable conflict within Kenya, with the diverse ethnic groups competing since independence for land, financial resources and political power.

HIV/AIDS is most prevalent among young and middle-aged Kenyans, the most productive segment of the population. The illness leaves orphans and households headed by women that are even more vulnerable to poverty. The burden of waterborne diseases, malaria and HIV/AIDS weighs heavily on both the country and Kenyan families, affecting income, food security and development potential. Life expectancy fell to 46 years in 2006, but has since risen to over 55.

Rural women are a particularly vulnerable category because they do not have equal access to social and economic assets. Subsistence farming is the primary – and often the only – source of livelihood for about 70 per cent of these women.

CULTURE

FOOD

Different communities have their own native foods but staples are maize and other cereals including millet and sorghum eaten with various meats and vegetables. The foods that are universally eaten in Kenya are ugali, sukuma wiki, and nyama choma. Sukuma wiki, a Swahili phrase which literally means "to push the week," is a simple dish made with greens similar to kale or collards that can also be made with cassava leaves, sweet potato leaves, or pumpkin leaves. Its Swahili name comes from the fact that it is typically eaten to "get through the week" or "stretch the week." Nyama choma is grilled meat - usually goat or sheep. It is grilled over an open fire. It is usually eaten with ugali and kachumbari.

Among the Kikuyu of Central Kenya, a lot of tubers, ngwaci (sweet potatoes), ndūma (taro root) known in Kenya as arrowroot, ikwa (yams), mianga (cassava) are eaten as well as legumes like beans and a Kikuyu bean known as njahi. Other communities such as the Luo and the Coastal community have fish and sea food for their staple food as available in such areas. In semi-arid areas like Turkana foods made from sorghum are more staple food. As you move towards the city- food eaten by working families vary according to preference. Rice and stew is more common with working families and other dishes like chapati (parantha), chicken stew etc.

NATIONAL DRESS

Apart from the national flag, Kenya is yet to have a national dress that transcends the diverse ethnic divisions. Kitenge, a cotton fabric made into various colours and design through tie-and-dye and heavy embroidery, is generally accepted as the African dress. Though used in many African countries, Kitenge is yet to be accepted as an official dress as it is only worn during ceremonies and non-official functions. The Maasai wear dark red garments to symbolise their love for the earth and also their dependence on it. It also stands for courage and blood that is given to them by nature. The Kanga (Khanga, Lesso) is another cloth that is in common use in practically every Kenyan home. The Kanga is a piece of clothing about 1.5 m by 1 m, screen printed with beautiful sayings in Swahili (or English) and is largely worn by women around the waist and torso.

In the village, in general, women wear dresses or skirts - no jeans or trousers (though this is changing). They do not drink or smoke, unless they are prostitutes or women of low repute.

In Nairobi, gender roles and values are very much in line with Western cultures, and trousers, drinking and smoking are common among females.

MUSIC

Kenya is home to a diverse range of music styles, ranging from imported popular music, afro-fusion and benga music to traditional folk songs. The guitar is the most popular instrument in Kenyan music, and songs often feature intricate guitar rhythms. Popular music in the 1980s and 90s in Kenya could be divided into two genres: the Swahili sound and the Congolese sound. There are varying regional styles, and some performers create tourist-oriented "hotel pop" that is similar to western music. In the recent past, newer varieties of modern popular music have arisen which are mostly local derivatives of western hip-hop. Two sub-genres have emerged: "[Genge](#)" and "[Kapuka](#)" beats. This has revolutionized popular Kenyan music and created an industry dominated by the youth. There is also underground Kenyan hip hop that gets less radio play than Kapuka or Genge because it is less club oriented and more focused on social commentary. Many Kenyan performers mix languages in any single song, usually English, Swahili, their tribal language or [Sheng](#) (a hybrid of Kenyan languages and English/Swahili).

ARTS & CRAFTS

Most art and craft production is for the lucrative tourist market. There are arts and craft markets and shops throughout the main tourist centers - each with a great diversity of items offered and quality available.

Items produced for the tourist market include sisal baskets, elephant hair (not real elephant hair) bracelets, Maasai bead jewelry, musical instruments, and silver and gold jewelry, soapstone sculptures, wooden carvings, tribal masks and Maasai figurines. paintings, prints and sculptures, batik cloth, and kangas—women's wraparound skirts with beautiful patterns, and often Kenyan proverbs printed on them and kikoiis - type of sarong for men that comes in many different colors and textiles.

GROUP ORIENTATION

Kenyans are group-orientated rather than individualistic. "Harambee," (coming from the Bantu word meaning "to pull together") defines the people's approach to others in life. The concept is essentially about mutual assistance, mutual effort, mutual responsibility and community self-reliance. This principle has historically been practiced by every ethnic group with its roots in cooperative farming or herding. Harambee took on a more political resonance when used at the time of independence by Jomo Kenyatta as a way to bring people together.

GENDER ROLES

- Women are expected to do the majority of the work, especially in rural areas. It is a very patriarchal society, and women still have very traditional, subservient roles, especially in the village. They do most of the work - farming, cooking, cleaning, chopping, caring for children, etc. They are the caretakers of the household.
- In more old fashioned areas, women generally do not give instructions to men. Older men may view this as unacceptable, making it difficult for a working woman (Kenyan or Western) to communicate with older male co workers. Often men will indicate that they are happy to comply with a woman's requests, but then privately resolve not to carry them out. Things are changing as society modernizes.

THE ROLE OF THE FAMILY

As you might expect in a group-orientated culture, the extended family is the basis of the social structure. It includes relatives on both sides of the family as well as close friends. Quite often the husband's parents will live with the nuclear family when they get older and can no longer care for themselves. When people marry, they join their families, thus ensuring that there will always be a group to turn to in times of need.

Ancestors

Like most Africans, Kenyans place a large emphasis on the respect and reverence of their deceased ancestors. This is not ancestor worship per se, but rather a belief that when someone dies their spirit lives on and must be acknowledged. The belief is that the person only really dies completely when their relatives no longer remember them.

One's ancestors are thought to be able to influence events in life since they are in a limbo state and closer to God than the living. Therefore, they may make offerings to them or name a baby after one so that his spirit can live in the child. Demonstrating respect towards ancestors is believed to maintain harmonious relationships within the family, extended family, and clan or tribe.

MEETING AND GREETING

- "Jambo?" ("How are you?") is usually said immediately prior to a handshake. Handshakes are required, regardless of how many people you are greeting. For example, if you enter a room with 30 people gathered for a meeting, it is usually expected that you will take the time to greet each individual with a handshake. Handshakes among friends can be almost comically effusive; old mamas will swing their arm from behind their body to smack and grab their friend's hand in mid-air, amidst verbal greetings and laughter. The most common greeting is the handshake.
 - When greeting someone with whom you have a personal relationship, the handshake is more prolonged than the one given to a casual acquaintance.
 - Close female friends may hug and kiss once on each cheek instead of shaking hands.
 - When greeting an elder or someone of higher status, grasp the right wrist with the left hand while shaking hands to demonstrate respect.
 - Muslim men/women do not always shake hands with women/men.
 - The most common greeting is "Jambo?" ("How are you?"), which is generally said immediately prior to the handshake.
 - After the handshake it is the norm to ask questions about the health, their family, business and anything else you know about the person.
 - To skip or rush this element in the greeting process is the height of poor manners.
 - People are generally addressed by their academic, professional or honorific title followed by their surname.
 - Once a personal relationship has developed, you may be able to address a person by their title and first name, first name alone, or nickname. Wait for the Kenyan to determine that your friendship has reached this level of intimacy.
 - Women over the age of 21 are often addressed as "Mama" and men over the age of 35 are often addressed as "Mzee". Children generally refer to adults as Aunt or Uncle, even if there is not a familial relationship.

PERSONAL SPACE

- Conversation generally takes place at arms length after shaking hands. However, it is common to see men who know each other well, walking and talking whilst remaining hand in hand. This is accepted and in no way seen as strange or homosexual behavior (homosexuality is illegal). It is less common to see men and women/couples hand in hand or displaying any affection in public.
- Touching when speaking is kept to a minimum for business contacts and is usually reserved for close friendships. Good friends, including those of the same sex, will converse with an intimate amount of touching, hugging, stroking - mostly in a nonsexual way but with great affection for the other person.
- Kenya is an extremely open and friendly society, so if you know someone well, touching a shoulder or arm in conversation is common, as is plenty of laughter.
- Many Kenyans, particularly those from the village, grow up in often crowded households and have very few personal possessions - everything is shared - so they don't necessarily have concern for another person's belongings or space.

TABOOS

Losing ones temper and shouting is considered highly rude. Most disputes are resolved by using humor, or they might simmer under the surface for long periods without confrontation. It's best to remain polite and smiling, even if frustrated.

Kenyans tend to dress in a conservative manner with an emphasis on appearing smart and well dressed as a matter of pride. To look sloppy or wear revealing or damaged clothes would mean that a foreigner would instantly lose a degree of respect amongst Kenyans.

GIFT GIVING

- In general, Kenyans give gifts for events of significance in a person's life or days of religious significance.
- Gifts need not be expensive. In fact, practical gifts are preferred. Kenya is a poor country and a gift of something that the person cannot generally afford is always welcome.
- It is customary to give small gifts to servants, trades people, and service workers at Christmas.
- If invited to dinner at a Kenyan's home, bring pastries, flowers, or sweets for the hostess. In rural areas, gifts of sugar or tea are quite common.
- Gifts should be nicely wrapped, although there are no prohibitions concerning the colour of paper.
- Do not bring alcohol unless you know that your host drinks.
- Gifts should be given using the right hand only or both hands. Never use the left hand.

DINING ETIQUETTE

- Kenyans table manners are relatively formal.
- Dining patterns vary tremendously according to ethnicity, location and socio-economic position of the host.
- The best course of action is to behave formally. When in doubt, watch what others are doing and follow their lead.
- Except for formal functions, there is generally not a seating plan. However, there may be a special place for the most honoured guest.
- Guests are expected to wash their hands before and after the meal. In some homes, a washing basin will be brought to the table. If so, hold your hands over the basin while water is poured over them.
- The honoured guest is usually served first, followed by the men, children, and women.
- Servants often bring the courses to individual guests who are expected to take what they want.
- Do not begin eating until the eldest male has been served and started eating.
- It is a good idea to take a small amount the first time the platters are brought so that you may take second helpings when urged.



- Beverages are not generally served with meals since Kenyans think it is impolite to eat and drink at the same time. They are generally served at the completion of the meal.
- It is considered polite to finish everything on your plate, although it is not mandatory

COMMUNICATION STYLE

- Direct and frank communication is not the norm in Kenya. Kenyans will always attempt to qualify what they say so that the message is delivered in a sensitive way. This comes down to wanting to protect people's face and the relationship. If the relationship is intimate the communication style will become more direct. For newly established and more formal relationships, diplomacy will be of utmost importance.
- Kenyans will rarely be direct when speaking with anyone except the closest of friends. They prefer to hide their true feelings, especially when speaking on financial matters.
- Kenyans prefer to maintain peace than to confront someone about a problem they are having.
- In their attempt not to cause problems, Kenyans often use metaphors, analogies and stories to make a point. They are uncomfortable with blunt statements. If you are from a culture that prizes directness, you may wish to moderate your delivery style. It is also up to you to read between the lines and decipher what may really be said. With this in mind, criticism should be delivered in private and given in a circumspect manner.
- Kenyans may gesture for emphasis when speaking. Loud voices are generally only used during disagreements in business situations, although in rural areas, louder speaking tones are the norm. Showing anger is considered a sign of mental instability. Kenyans pride themselves on their emotional control and expect the same in others.
- Since maintaining honor and dignity are paramount, Kenyans may offer what they believe is the expected response rather than say something that might embarrass the other person. They often go out of their way to keep from doing something that could bring shame to another person. They expect business colleagues and superiors to inquire about their family before beginning a business discussion.
- Conversations tend to be polite, beginning with 'How is your work?' 'How is your home?' 'How is your family?' and is often injected with good doses of humor and laughter. The communication style is usually non-confrontational and polite.

TIME

- 'Africa Time' is very flexible. It is common to be late or for services to fail to run completely. Kenyans generally take this with good faith, accepting delays as just part of life and beyond their control. Westerners often find it hard to adjust and can come across as demanding and impatient in comparison.
- In a work situation, employees will usually arrive on time, often early, having left more than ample time for their journey as they will be factoring in unseen delays with public transport and along the always bad roads. Heavy rain can slow things down to a standstill.

MEETING AND GREETING (BUSINESS)

- Handshakes are the most common greeting in business.
- When being introduced to someone for the first time, the handshake is short, while handshakes among people with a personal relationship are longer.
- It is a sign of respect to lower your eyes when greeting someone of a higher status or someone who is obviously older than you.
- Men should wait for a woman to extend her hand first.
- To rush a greeting is extremely rude. Take the time to inquire about the other person's general well-being, family, and business in general.
- Titles are important. Use the honorific title plus any academic or professional title and the surname.
- Wait to be invited before moving to a first name basis.
- Business cards are exchanged without formal ritual.
- Present and receive business cards with two hands

<https://www.commisceo-global.com/country-guides/kenya-guide> http://guide.culturecrossing.net/basics_business_student_details.php?id=30&CID=107

USEFUL SWAHILI PHRASES

www.omniglot.com

Key to abbreviations: sg = singular (said to one person), pl = plural (said to more than one person), inf = informal, frm - formal.

English	kiSwahili (Swahili)
Welcome	Karibu (sg) Karibuni (pl)
Hello (General greeting)	Habari (inf) Hujambo (sg) Hamjambo (pl)
How are you?	Habari (inf) Hujambo (sg) Hamjambo (pl)
Reply to 'How are you?'	Nzuri (<i>reply to Habari</i>) Njema (<i>reply to Habari</i>) Sijambo (<i>reply to Hujambo</i>) Hatujambo (<i>reply to Hamjambo</i>)
What's your name?	Jina lako ni nani?
My name is ...	Jina langu ni ...
Where are you from?	Unatoka wapi?
I'm from ...	Natoka ...
Pleased to meet you	Nafurahi kukuona Nimefurahi kukutana nawe
Good morning (Morning greeting)	Habari ya asubuhi
Good afternoon (Afternoon greeting)	Habari ya mchana
Good evening (Evening greeting)	Habari ya jioni
Good night	Usiku mwema Lala salama (<i>sleep well</i>)

Goodbye (Parting phrases)	Kwaheri
Good luck!	Kila la kheri!
Cheers! Good Health! (Toasts used when drinking)	Maisha marefu! Afya! Vifijo!
Have a nice day	Nakutakia siku njema!
Bon appetit / Have a nice meal	Ufurahie chakula chako (sg) Furahieni chakula chenu (pl) Chakula chema
Bon voyage / Have a good journey	Safari njema!
I understand	Naelewa
I don't understand	Sielewi
I don't know	Sijui
Please speak more slowly	Tafadhali sema polepole
Please write it down	Waweza kuiandika?
Do you speak English?	Unazungumza Kingereza?
Do you speak Swahili?	Unazungumza Kiswahili?
Yes, a little (reply to 'Do you speak ...?')	Ndiyo, kidogo tu
How do you say ... in Swahili?	Unasemaje ... kwa Kiswahili?
Excuse me	Samahani nipishe (to get past) Samahani (to get attention or say sorry)
How much is this?	Hii ni bei gani?
Sorry	Samahani
Please	Tafadhali
Thank you	Asante Asante sana (sg) Asanteni (pl)
Reply to thank you	Asante kwa kushukuru

No thanks	Hapana asante
Where's the toilet?	Choo kiko wapi?
This gentleman/lady will pay for everything	Mtu huyu atalipia kila kitu
Would you like to dance with me?	Tucheze ngoma? Utapenda kudansi?
I love you	Ninakupenda
Get well soon	Ugua pole
Help!	Msaada!
Fire!	Moto!
Stop!	Usifanye hivyo!
Go away!	Nenda zako!
Leave me alone!	Usinisumbue!
Call the police!	Mwite polisi!
Christmas and New Year greetings	Krismasi Njema Heri ya krismasi Heri ya mwaka mpya
Easter greetings	Heri ya Sikukuu ya pasaka
Birthday greetings <i>Swahili birthday song</i>	Nakutakia mema katika siku yako ya kuzaliwa! Sikukuu njema ya kuzaliwa! Furaha katika siku yako ya kuzaliwa! Heri katika siku yako ya kuzaliwa!
My hovercraft is full of eels <i>Why this phrase?</i>	Gari langu linaloangama limejaa na mikunga
One language is never enough	Lugha moja haitoshi

SAFETY

Traveling to a foreign country such as KENYA can offer the experience of a lifetime. However, in the midst of all this excitement you must also be cognizant of your surroundings and take certain precautions to ensure your safety. Like many of the countries in Africa and around the world, KENYA has certain neighborhoods you might be wise to avoid, and the country is currently experiencing a higher than average crime rate due to an increase in gang activity in certain regions of the country.

To help you safely enjoy all that KENYA has to offer, below we have outlined a few travel safety tips you may want to keep in mind while visiting the country.

TRAVEL IN GROUPS

As the old saying goes, “there is safety in numbers.” Truer words have never been spoken. As you make your way through beautiful KENYA, en route to the various sites and attractions you’ve mapped out on your itinerary, always try to travel with at least one other person (even more if you can). Research shows that criminals are less likely to approach you when they feel outnumbered.

MAKE COPIES OF ALL YOUR IMPORTANT DOCUMENTS

Documents can easily be misplaced or even stolen in the hustle and bustle of foreign travel, creating a nightmarish situation you just don’t need. This is why you should make copies of all your important papers. This includes copies of your passport, visa, driver’s license, social security card and medical insurance card. Travel experts suggest you keep one copy of these documents on your person at all times, and at least one other copy locked in the hotel safe.

BEWARE OF THE NIGHT

Sightseeing is an activity that should be limited to the daylight hours, as unsavory types tend to be hard at work during the nighttime, often preying on unsuspecting tourists. Enjoy your hotel during the nighttime hours, and if you must go out, try to stay in the immediate area.

WATCH THE STRAYS

KENYA has many stray dogs and cats roaming the streets, many of which are feral and quite dangerous. Even if the animal looks friendly, resist the temptation to pet him/her, as many of these strays are infected with diseases, including rabies.

GET VACCINATED

Although only people who have traveled to certain regions of the world are legally required to be vaccinated (for yellow fever) prior to entering KENYA, you may want to be on the safe side and receive certain vaccinations anyway. Check with your doctor regarding the vaccinations that would be appropriate when traveling to KENYA and don’t let a serious illness of some type ruin your long-awaited getaway.

FOOD

Milk is pasteurized and dairy products are safe for consumption. Local meat, poultry, seafood, fruit and vegetables are generally considered safe to eat. In KENYA City, many of the restaurants are of an exceptionally high standard and their hygiene standards match; however, if you are eating at one of the seafont restaurants where there are many excellent seafood places, try to pick one which looks busy and popular to ensure that the fish is very fresh.

When buying street food and snacks in more rural areas of KENYA, take the usual precautions: don't buy meat unless you can see it being cooked right in front of you. If you find yourself buying snacks out of a bus window, avoid anything with meat in it and try to go for fruit that you can peel.

COMMUNICABLE DISEASE

While a Yellow Fever vaccination is not required for KENYA, there have been instances of the disease in the Darién province, the San Blas islands and the east of KENYA, so if you plan on visiting any of these areas it is as well to be up to date with the vaccine. Vaccinations against tuberculosis and hepatitis B are also sometimes recommended.

Malaria and dengue fever are also fairly common to some regions of KENYA, so taking precautions against mosquito bites by using DEET and covering arms and legs in the evenings is wise.

An estimated 0.9% of the population of KENYA live with HIV; travelers should take the usual precautions against infection.

CURRENCY

ATMs: if you have a Visa Card you can withdraw at most of the ATMs only there may be charges attached to the transaction and the charges may vary from one machine to another, so, if you can, it is worth checking the charges before taking out the money.



For Master Card Masteo the CFC Stanbic Bank allows the withdrawal of up to KES 10000 per each withdrawal and the number of withdrawals per day that you can make is as per the limit on your card. Charges tend to be quite reasonable.

It is also possible to withdraw cash at Pesa Point but be aware that high charges are high for using this service.

You can exchange your money at any bank. If you wish to visit the bank you will need to take your passport. Bank staff in Kenya are not the most helpful people and most of the time do their utmost to be difficult, so you it may take some time to change your money.

Try and avoid the banks at 9am when they open unless you are there at 8.50am to join the queue with the locals: When the banks open it is a mad rush for the counters so be prepared for that. Also try and avoid the period from 12-2pm as this is the time locals take their lunch and queues are long at this time of day. The banks shut at 3pm from Monday to Friday. On Saturday they are open from 9am-11am.



Most of the High St. banks have ATMs but, again try and avoid the 12-2 timeslot. Don't leave getting that extra money out of your account until a Friday afternoon or a Saturday morning, as you find that most ATMs will have

been emptied of all their cash, and you will be left without access to any money. Get any cash that you need to keep you going over a week end on a Thursday.

Also note that banks can be very busy and there can be LONG queues at ATMs at the end of the month when teachers, other civil servants etc. are paid. This busy time at the banks and ATMS may extend into the first few days of each new month as well.

Take care when using the ATMs and the banks. Remember you are in a very poor country and, being a tourist, most locals will assume that you are very rich regardless of the fact that you may have saved up for a year or more for this two week holiday.

There are security and police in the banks and at the ATM machines, but when you walk away from them, you are on your own so be vigilant and tuck your money away out of sight, get a taxi to the bank, have the driver wait for you and then drive yo straight to your hotel where you should secure your cash in a safe as soon as you possibly can.

FOREX BUREAUX: can be found in many locations and do not charge commission or bank charges. In some bureaux, rates can be negotiated where larger amounts of money are being exchanged.

The best rates have been at Avenue Forex Bureau on Moi Avenue opp Safaricom Customer care, tel: 0712 677 700. They also have a branch in Mwtapa, tel: 0706 600 001 and LEO Forex at the Nkrumah Road, in the TSS Building. Although these rates have been the best, obviously, it is wise to check locally as they may not always offer the best deals.

If you are bringing U.S. currency, check your bills to make sure that the bills were printed after the year 2000. Several banks offer substantially lower exchange rates for \$100 bills printed before 2000. Smaller denomination notes can also attract a lower exchange rate.

Another method of withdrawing cash in case ATMs are out of service (or to send money to Kenyans) direct to phone wallet is through Paypal and MPesa. Visit <http://tuma-pesa.com> for details. As of 11/23/2013, MPesa has suspended operations due to local government regulations the site states. Travelers cheques: You can still cash traveler's cheques at some banks, especially the larger ones in the cities, but not everywhere, and you can spend them almost nowhere. This being the case, they are not really a recommended form of currency to rely on. If you must carry traveller's cheques, they should certainly be in US dollars as they won't be accepted in any other form; American Express traveller's cheques are best. You will also be charged a fee to change traveller's cheques, usually about 1% of the transaction price.

Banking hours:
Mon-Fri 0800-1500, Sat 0830-1200.

CURRENT CONVERSATION RATE

<https://themoneyconverter.com/USD/KES.aspx>

IMR RECOMMENDATIONS ON PERSONAL FUNDS

- Please bring the amount that you are comfortable spending on gifts or small personal articles, including snacks.
- To determine if the currency of the country you are visiting is traded in the United States, please visit www.travelex.com. Travelex has offices in all major airports and cities and you may change money before the trip for a small fee.
 - Trading in the United States is the easiest way for you to trade money.
- Kenyan shillings are currently traded in the United States.
- You must bring currency newer than 2006 and in perfect condition - no tears, folds, old bills.
- New bills are preferred by the international banks, as are denominations larger than \$20. The best rate is obtained trading \$100 bills.
- If you are joining us from another country, please check the trading rules of your home currency.
- Credit cards may not be accepted outside of major cities, hotels, and large restaurants.
- IMR does not pay for alcohol. If you intend to purchase alcohol, you are required to obtain and pay with a separate bill. Please have local currency for these transactions.

TIME IN KENYA

 <p>Time Zone</p> <p>EAT (Eastern Africa Time) UTC/GMT +3 hours</p>	 <p>No DST</p> <p>No Daylight Saving Time in 2017</p>	 <p>Difference</p> <p>10 hours ahead of Denver</p>
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Also known as: EAT - East Africa Time

Areas with same time currently (UTC +3).

Eastern Africa Time (EAT) is 3 hours ahead of Coordinated Universal Time (UTC). This time zone is in use during standard time in: Africa, Indian Ocean.

EMBASSY INFORMATION

EMBASSY LOCATION

U. S. Embassy KENYA

American Embassy KENYA
United Nations Ave, Nairobi, Kenya

Hours: Open today · 7:15AM–4:30PM

Phone: +254 20 3636000

Ambassador: Robert F. Godec

NOTE: For your safety, this information is also available on the back of your IMR badge.

WEBSITES

The following websites provide information on the country you are visiting. IMR highly recommends and encourages you to view these sites prior to departure. They are frequently updated and are a tremendous resource:

- ❖ Embassy of the United States for KENYA: <https://ke.usembassy.gov/embassy/nairobi/>
- ❖ State Department Travel Warnings: <https://travel.state.gov/content/passports/en/country/kenya.html>
- ❖ CIA publication: <https://www.cia.gov/library/publications/the-world-factbook/geos/pm.html>
- ❖ Travel Health online: <http://www.tripprep.com/>
- ❖ World Health Organization: <http://www.who.int/>
- ❖ Center for Disease Control: <http://www.cdc.gov/travel/>
- ❖ CDC Travel Medicine for KENYA: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>
- ❖ Weather Report: <http://www.cnn.com/WEATHER>
- ❖ Official KENYA Tourism Site: <http://www.magicalkenya.com/>
- ❖ Lonely Planet: <https://www.lonelyplanet.com/kenya>
- ❖ Wikipedia: <https://en.wikipedia.org/wiki/kenya>