

# **KENYA TRAVEL MANUAL**

A Handbook for UW Researchers and Staff Traveling to Kenya

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Congratulations on your decision to go to Kenya to conduct research!

The following is a brief manual that will provide answers to frequently asked questions. Please feel free to contact your mentor for more information.

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## TABLE OF CONTENTS

<b>THE BASICS.....</b>	<b>6</b>
1. Duration of Your Trip.....	6
2. Flight Arrangements .....	6
3. Visa .....	6
4. Money .....	6
5. Housing.....	7
6. Transportation.....	7
7. Communication.....	8
8. What to Bring.....	9
9. Clothing.....	10
<b>SAFETY AND HEALTH.....</b>	<b>10</b>
10. Safety and Security .....	10
11. Health.....	11
12. Traveler’s Insurance.....	12
13. Emergency Information .....	12
<b>BACKGROUND.....</b>	<b>14</b>
14. History.....	14
15. Culture.....	14
16. Language.....	15
17. Health Care .....	15
<b>KENYATTA NATIONAL HOSPITAL AND THE COLLABORATIVE RESEARCH GROUP WITH THE UNIVERSITY OF WASHINGTON.....</b>	<b>16</b>
18. Current Research Projects.....	17
<b>FUN THINGS TO DO.....</b>	<b>18</b>
19. Nairobi .....	18
20. Naivasha.....	19
21. Game Parks .....	20
22. Safari Tips.....	20
23. Kenyan Coast.....	20
24. Other Kenyan Highlights .....	21
25. Reading List.....	21

## THE BASICS

**1. DURATION OF YOUR TRIP:** International research trips can last anywhere from one month to 12 months or more. You may wish to consider adding some of your personal vacation onto the end of your scheduled international trip, although if you do this you should make sure that your insurance will cover you for the additional time.

**2. FLIGHT ARRANGEMENTS:** Flights are expensive from the United States. Expect to pay anywhere from \$1300 to \$1800 for your round trip ticket. Remember to try different resources when purchasing your ticket, such as consulting a travel agent while also checking online fares.

Major airlines serve Nairobi from Seattle, including British Airways and KLM/Delta with stops in either London or Amsterdam. Note: The International AIDS Research and Training Program (IARTP) or Kenya Research Program staff can assist with flight arrangements for those traveling on research grants.

**3. VISA:** It is possible to get a Kenya visa upon arrival. The cost is \$50 for a single entry tourist/business visa that is valid until 3 months after the date of issue. You will need to have \$50 in cash in new bills upon arrival in order to purchase a visa. You may also choose to secure one in advance. The Kenya Embassy in Washington, DC processes visa applications and there is an application form that can be printed out, completed, and then mailed to them. Go to [www.kenyaembassy.com](http://www.kenyaembassy.com) and look for the visa application section.

After 3 months you can extend your visa for another 3 months (this will take several hours of your time at Nyayo House in Nairobi), but after 6 months, you will need to leave Kenya to obtain a new tourist visa for another 5 months. Travel to nearby countries including Uganda, Rwanda, Tanzania, will not qualify you for a new tourist visa, you must leave the East African community in order to qualify. *Note: Additional information may be added to this section regarding how to obtain a pupil's pass which allows you to stay and work in the country for a maximum of 2 years. For now, please check with your mentor and their Kenyan administrator about how to obtain the proper visa and/or pupil's pass. For the pupil's pass you will need to fill out an application once you are in Kenya, and have a copy of your passport stamped "entry" at the airport, copies of academic and professional qualifications or official transcripts, two passport size photos, and a commitment letter from your home institution. The process of obtaining a pupil's pass can take up to 9 months. You may also need to check in with your mentor and their administrator as to whether you should be on a "work" visa instead of a pupil's pass.*

**4. MONEY:** The currency in Kenya is the Kenyan shilling (KES). The exchange rate is approximately KSh 85 to \$1.00 USD. Your bank may provide foreign currency services; check with your bank directly. (AAA also provides this service for an added fee). US cash can be exchanged at the airport upon arrival, or at any number of foreign exchange bureaus in Nairobi. Some Forex bureaus and banks do not accept US bills older than year 2000, because older bills are harder to resell and have a lower exchange rate. Bring your ATM

card as it is the easiest way to exchange money. There is even an ATM at the arrivals hall of the airport once you clear customs. You should also bring your credit card since it is increasingly accepted in urban parts of Kenya. If you use your credit card, you should be aware that more credit card fraud has been occurring in Kenya over the last few years. Thus, it is advised to check your credit card activity online frequently. Travelers are cautioned against doing any financial transactions via the web from internet cafes. Remember to call your banks before you depart to tell them to expect international transactions. Also, bring your US checkbook. If you are unable to get shillings, you may be able to write a check to one of the other UW staff who can then withdraw shillings from their bank accounts. Traveler's checks are more difficult to cash.

There are a few places where you can do your banking:

--Adams Arcade (down Ngong Road) has an ATM machine and a small Forex bureau.

--Yaya Center has ATM machines on the ground floor as well as a foreign exchange office on the second floor.

(Always be careful and aware of your surroundings while obtaining cash from a cash machine).

**5. HOUSING:** Talk to your mentor about housing. Options might include staying at the Coptic Guesthouse which is located on the hospital grounds, Gemina Court Apartments, or several nearby apartment complexes. Benefits to the Coptic guesthouse include the location, as well as safety, since there are security guards at the Coptic gate. Alcohol and overnight guests are both prohibited if you stay at the Coptic guesthouse. The benefits to Gemina Court Apartments include easy access to Kenyatta Hospital, Nairobi Hospital, and Coptic Hospital. Many expats live in this apartment complex and can help you get settled. Check with your mentor to see if there are other students, fellows, or residents in Nairobi who need a roommate at one of the apartment complexes. Expect to pay between \$500-\$1,000/month (\$500 if sharing, \$1,000 if alone).

If you decide to arrange housing on your own, be sure to get a place near Ngong Road in the Hurlingham/Kilimani area. The traffic in Nairobi is challenging and your commute will be long if you live greater than a few miles away from the clinic. Also be sure to get a place with a security guard and 24-hour locked gate.

Public laundry mats are very scarce. Laundry is commonly done by hand and hung to dry. You can also hire someone to help with laundry for a small fee. Supplies (detergent, clothes pins, rope) are readily available, though if you are sensitive to detergent you might want to bring your own. Drug stores (e.g., Bartell's) often sells small packets of Woolite in the travel size aisle.

**6. TRANSPORTATION:** If you are in Nairobi for a relatively short time, your best option will be to use the public transport system along with taxicabs. Buses and matatus (shared mini-bus) run along major routes throughout the country, and are cheap (KSh 20-40 per ride). An online matatu map of Nairobi is located here:

<http://www.kenyabuzz.com/lifestyle/other/nairobi-matatu-routes.html>. The Kenya Rough

Guide also contains a list of matatu routes -- though always confirm the route with the conductor. Ask about the price before you get on since people may overcharge you just for being non-Kenyan.

Taxis are also easily available. You can ask the security guard at your apartment to hail one for you. You should also ask fellow staff for the numbers of reputable local companies to call when you need a taxi. You can also ask fellow travelers on taxi driver recommendations. Nothing is metered here so agree on the fare before you get into the taxi.

A few safety tips:

--Don't board an empty matatu or bus. Wait for the next one.

--After nightfall, avoid public transportation and use taxicabs instead.

--Have the taxi drop you off inside the gate, do not open the door until you are safely inside your compound.

Driving in Kenya is chaotic, intimidating and possibly dangerous. That said, under certain circumstances it may make sense to rent a car for a weekend, since it is a good way to explore the country. Concorde Car Hire in Westlands has historically had the cheapest rates by far: <http://www.concorde.co.ke/index.php/about-concorde.html>. You must have an international driver's license (see below).

If you are in Kenya for more than a few months, you may wish to consider purchasing a car for the time you are here. Consider how you will register the car before purchasing one. Reselling a car is reported to be easy and you can usually get your purchase price back. If you use this option, you should bring an international driver's license that can be picked up for \$10 at AAA.

**7. COMMUNICATION:** Having a cell phone is a necessity, and we strongly advise you to get one for your time in Kenya. They can be purchased inexpensively, although you should also inquire about shared phones that may have been left by previous UW researchers/Fellows/ students/ Residents. Once you have a phone you will need a SIM card which will provide you with a phone number, and then phone cards which give you credit. *As soon as you receive your cell phone number, please email us at IARTP/KRP to let us know what it is.* Placing calls costs money, but receiving calls is free. Many people here favor text messages (SMS) since they are cheaper to send. Buying phone cards is easy since there are numerous phone card stands located throughout the city.

International calls on your cell phone may be expensive. You may be able to call at dramatically reduced prices on Safaricom by dialing in a prefix allowing VOIP calling directly from your mobile phone. Skype is also a good option for reducing overseas communication costs, as long as you have internet access. Skype works well with a Bambanet modem.

Mobile phone companies such as Safaricom sell USB 3G connect modems (called "Bambanet" modems) for approximately US\$40 that will give access to the internet from any area in the country where there is a mobile phone signal. They are well worth the

investment. You can buy internet credit using scratchcards the same way that you buy phone credit. If you top up with a larger amount, you can get bonus airtime if you follow instructions.

#### Telephone Instructions

Kenya Country Code: +254

#### Dialing Instructions:

To US from Kenya: From a cell phone: +1, area code, number

Within Kenya: area code, number. Can also include +254, but remove '0'.

Example: 0729 048 847 is the same as +254 729 048 847

Time Zone: East Africa Time (EAT)

Time Difference to Seattle: 10 or 11 hours (depending on Daylight Savings Time)

March-November: 10 hour difference (12:00 noon in Seattle = 10:00pm in Nairobi)

November-March: 11 hour difference (12:00 noon in Seattle = 11:00pm in Nairobi)

Postage stamps must be purchased directly from the post office. There are post office branches at Adams Arcade as well as Yaya Center.

#### **8. WHAT TO BRING:** (some of this was mentioned above):

- Yellow vaccination card and copies of your prescriptions
- Check to see if there are any supplies that you can transport from Seattle (IARTP/KRP Office) to Nairobi.
- If you do bring something valuable over for donation, make sure you have a letter from the IARTP/KRP Office stating that you are carrying a donated item that should be allowed through customs. When you arrive at Jomo Kenyatta International Airport, the last step before you exit the airport is customs. You can try to walk past them (sometimes successful) but be prepared to be stopped. Also be prepared to pay duty. Unfortunately the actual amount of the duty fee is arbitrarily decided upon, but you can try to talk the cost down. You will be reimbursed for this duty if you are required to pay it.
- Pocket Swahili dictionary
- Plenty of replacement contact lenses, solution, etc -- things that might be difficult to purchase in Kenya
- DEET sunscreen
- Alarm clock (alternately use your mobile phone)
- Sleeping bag, if you have room in your luggage. Some basic linens might have been left by previous UW researchers/students.
- Comfortable walking shoes (Note: if you are the type of person who commonly rolls off your Dansko clogs, don't bring them. You will put your ankles in great danger while walking on the pot-holed roads and rough sidewalks)
- Camera with extra memory
- Fun reading books. Books are expensive, although there is a well-stocked

bookstore in the Yaya Center on the third floor, as well as several used book stores downtown and one at Adam's Arcade. Note reading list under "Fun Things to Do" Section

- Snacks that you can't live without.

**9: CLOTHING:** You should bring clothing that can be layered. Know that certain clothing is discouraged in most professional settings in Kenya. This includes sleeveless tops or short skirts. The dress code in hospitals and clinics is dressy casual. Men should wear button down shirts with slacks (ties are optional), and women can wear a nice top with pants or skirts that are at least knee-length. Be prepared to dress warmly. Nairobi can be cool in the early mornings and late evenings; even though you are next to the equator you may need a sweater or fleece pullover. March through May is the rainy season, although it can rain any time during the year. Bring a raincoat.

## **SAFETY AND HEALTH**

**10. SAFETY & SECURITY:** There are a number of safety concerns that you should be aware of prior to travel to Kenya.

A. Petty crime: This is especially important in Nairobi, but also occurs throughout the country. Pickpocketing and other petty crimes are common, but seem to occur most often in the downtown Nairobi area. Take basic safety precautions, such as not carrying valuables in a visible or easily-accessible manner. When you are walking around town, don't take a map or a guidebook so as not to attract attention. Finally, if you are approached by a thief, just give them your wallet or whatever they ask. Do not resist.

B. Terrorism: There have been a number of terrorist attacks and kidnappings throughout Kenya in recent years. Kidnappings have mostly occurred along the coast and the Eastern border with Somalia. Grenade attacks have been focused in bus stops and night clubs in Nairobi and Mombasa. It is not advised to travel to the Northeast province or to the Northeastern coastal area, including Lamu. Please visit the US State Department site for updated information: [http://travel.state.gov/travel/cis\\_pa\\_tw/tw/tw\\_5745.html](http://travel.state.gov/travel/cis_pa_tw/tw/tw_5745.html).

Additionally, you are encouraged to register with them during your stay in Kenya, no matter how long or short the trip: <https://travelregistration.state.gov>. IARTP/KRP sponsored students and fellows are required to follow safety guidelines provided prior to departure, including registering with the U.S. Department of State through the Smart Traveler Enrollment Program (STEP): <https://travelregistration.state.gov/ibrs/ui/>

C. Road safety: Roads in Kenya are in poor condition and traffic laws are not enforced, resulting in a high rate of morbidity and mortality related to road safety. There are several ways to avoid high-risk situations. First, travel in private vehicles is safer than in public vehicles. If you are traveling via matatu, avoid sitting in the front seats as they are the most dangerous. Do not drink and drive. Do not ride on motorcycles.

## **UW RESOURCES**

Before you travel either meet with the IARTP program manager (Eileen Seese at [IARTP@UW.edu](mailto:IARTP@UW.edu)) or KRP program manager (Margaret Thompson at [mbarrett@UW.edu](mailto:mbarrett@UW.edu)) to go through the pre-departure checklist.

When you arrive in Kenya, keep the IARTP/KRP Emergency Information card handy. It lists the following important local UW safety contact number (among other numbers). See the Safety Briefing sheet on the KRP website under Kenya Travel Information (<http://www.kenyaresearchgroup.org/>) and also see Section 18 below for other important numbers to call in case of an emergency.

**Local UW safety contact number:** +254-704-206-163

This number is available 24/7, rotated among UW employees living in Kenya (who are listed on page 4 of this manual).

You may also contact Pascal Schuback with the Office of Global Affairs at any time before or during travel if you have questions about security:

Pascal Schuback, International Travel Security Manager, Global Affairs  
Phone: 206 685-3218  
[schuback@uw.edu](mailto:schuback@uw.edu)

**11. HEALTH:** Please visit a travel clinic prior to departure. (The UW clinic-Hall Health-is a good option). There is minimal risk of malaria in Nairobi, but remember to bring prophylaxis if you are planning ANY trips outside of Nairobi (including safaris). The CDC recommends using atovaquone/proguanil (Malarone), doxycycline, or mefloquine (Lariam). Chloroquine is not an effective option. Bring insect repellent containing DEET with you, as well as sunscreen (especially if you are taking doxycycline). You might want to bring a mosquito net too.

Note that yellow fever is a recommended vaccination but not required in order to come to Kenya, but you may need it when entering another country from Kenya, as Kenya is considered an endemic Yellow Fever area. See CDC's Traveler's Health page for more information: <http://wwwnc.cdc.gov/travel/destinations/kenya.aspx>.

The water in Kenya is not potable. Bottled water is inexpensive at the grocery store, or you can boil your water before drinking. Remember that the water will boil quickly due to the high elevation. Let the water boil for a full 2 minutes. All fresh produce should be washed with clean water.

Even though many medications can be found cheaply at local pharmacies, bring whatever you anticipate you might need. Suggested items: pain reliever, oral re-hydration salts, pepto bismol, antibacterial ointment, and hydrocortisone cream. If purchasing medicine at a local pharmacy, use a reputable pharmacy.

It is somewhat hard to find alcohol-based hand sanitizer here, so bring some with you. It is helpful to keep a bottle with you whenever you are in a clinic.

If you should become ill...

Travelers' Diarrhea is common and should resolve by itself within 24-48 hours, however if your symptoms also include fevers, sweats/chills, abdominal pains, bloody stool, or vomiting, notify your local UW safety contact and consider visiting the doctor.

## ***12. TRAVELERS' INSURANCE***

***Medical:*** This is recommended. If you have US health insurance, you will be covered. If you are not currently insured, there are a number of companies you can purchase plans through (do a Google search). For a 6- week rotation, the cost is approximately \$200.

***Evacuation/Emergency Insurance:*** Usually your regular health insurance will not cover the cost of medical evacuation, but it is a good idea to check. Talk with IARTP/ KRP to assist with this; they may be about to help you obtain supplemental insurance if it's needed.

- **Information for students:** If you have GAIP insurance, you are covered for medical evacuation and repatriation of remains through the University of Washington through ON CALL International. In addition, HTH Worldwide for enrolled UW students is available. Students must self-enroll in the policy (around \$38/month). Students who would like to use another policy must go through a formal waiver process.
- **Information for staff, fellows, and residents:** UW staff are covered by the UW's ON CALL International policy:

ON CALL International (appointed on UW payroll, automatically enrolled)  
855-464-8971 (Toll Free)  
+1-603-328-1358 (Collect)

HTH International (available for students, must pre-enroll)  
+1-610-254-8771 (call collect)

When calling in an emergency situation, be prepared to provide the following:

- Your name
- Number you are calling from
- Current location
- Name(s) of persons involved
- Description of emergency
- Actions taken
- Assistance needed

## ***13. EMERGENCY INFORMATION:***

### **In case of an emergency**

Minor emergency (e.g., petty theft, minor accident):

Call +254-704-20-61-63, the on-call UW employee will refer you to local resources

Major emergency:

If a medical emergency and you are in Nairobi, go to Nairobi Hospital or Aga Khan immediately

Call local UW safety contact number: +254-704-20-61-63, on-call 24/7

Inform UW PI

Call ON CALL International: 855-464-8971 (Toll Free) or +1-603-328-1358 (collect) or HTH International +1-610-254-8771 (call collect)

National emergency:

Call local UW safety contact number: +254-704-20-61-63 (on-call 24/7)

UW local staff will coordinate activities in the event of a national emergency

Other resources:

UW International Emergency Phone Line: +1-206-632-0153

US Embassy in Nairobi

0203 636 622 non-emergency

0203 636 451 emergency

0203 636 170 emergency off-hours

Email: Kenya\_acs@state.gov

Website: <http://nairobi.usembassy.gov/>

Insurance provider for travel or evacuation assistance

### **U.S. Embassy/Consulate Services**

When you are in a foreign country, you are subject to its laws. If you are arrested, immediately ask to speak to a consular officer at the nearest U.S. Embassy or Consulate. Under international agreements, the U.S. government has a right to provide consular assistance to you upon your request.

The U.S. Embassy/Consulate **can**:

- Provide a list of attorneys who speak English if you require legal assistance
- Assist in contacting your family in the U.S. if you wish it
- Help you obtain money from your family in the U.S.
- Monitor your health and welfare if you're in a hospital or in jail
- If you are a victim of a crime, the embassy/consulate can:
  - \* replace a stolen passport
  - \* contact family, friends, or employers
  - \* help you obtain appropriate medical care
  - \* provide information about the local criminal justice process and the case itself

The U.S. Embassy/Consulate **cannot**:

- Demand the immediate release of a U.S. citizen arrested abroad or cause the citizen to be released
- Represent a U.S. citizen at trial or give legal advice
- Pay legal fees and/or fines

### **Best Practices for Global Travel**

- Provide detailed travel itinerary & contact information to family & sponsoring program
- Make 2 photocopies of passport, visa, driver's license & credit cards
  - \* Leave 1 copy with family at home
  - \* Pack 1 copy separate from original document

### **Other Helpful Websites to Monitor:**

OSAC website: <https://www.osac.gov/pages/home.aspx>

Department of State: [http://travel.state.gov/travel/cis\\_pa\\_tw/pa/pa\\_4787.html](http://travel.state.gov/travel/cis_pa_tw/pa/pa_4787.html)

## **BACKGROUND**

**14. HISTORY:** Kenya's early prehistory was characterized by large migrations of various nomadic people, including the Cushitic and the Bantu, who arrived around 1000 AD. Additionally, Islam arrived along Kenya's coast in around 1000 AD, creating the Swahili civilization. *Swahili* refers both to the language that is still shared along the East African region from Tanzania to Somalia, and to the Islamic culture that became established there in the first century AD. Europeans first arrived in East Africa in 1498, followed by Arabic explorers in the early 18<sup>th</sup> century. As the slave trade grew prominent along the Tanzanian coast, British colonials took increasing interest in the region, eventually establishing Kenya as their colony in 1890. The colonial state continued until the mid-1950s, when the Mau Mau rebellion began an organized anti-colonial movement coordinated between multiple different Kenyan ethnic groups. Pressure against colonization continued, and Jomo Kenyatta emerged as a leader of the new Kenyan African Movement. Independence was won in 1963, and Kenyatta (now of the Kenya African National Union, or KANU) was elected president. Upon his death in 1978, Vice President Daniel Moi assumed the Presidency. His 24-year tenure in the position was fraught with corruption and he effectively established an autocracy by banning opposition parties and arresting both opposition leaders and journalists. In 2002 he voluntarily retired power, and Mwai Kibaki (National Rainbow Coalition, or NARC) was elected.

In 2007 a general election was held in which the primary candidates were Kibaki (for re-election) and Raila Odinga, the main opposition leader. Leading up to elections Odinga held the lead with public opinion polls showing a strong advantage. However, Kibaki was declared the winner, although multiple third-party observer groups revealed illegalities and malpractices in the election. The results of the elections incited riots throughout the Rift Valley, Western Highlands and Nyanza province. Violence was largely ethnic, with Kikuyus supporting Kibaki and Luos supporting Odinga (see below). Over 600 people

died, with areas of violence in Eldoret, Nakuru and Naivasha. The next Presidential elections will take place March 4, 2013.

**15. CULTURE:** Kenya is home to over 30 different ethnic groups, each of which comprises its own individual identity. Many Kenyans feel more drawn to their ethnic heritage than to their Kenyan nationality. The largest groups are the Kikuyu (17%), Luhya (17%), Kalenjin (13%), Luo (10%) and Kamba (10%). Non-Africans, including Arabs, Indians, and Europeans comprise a total of about 1% of the population.

The majority of the population is of various Christian denominations, while those along the coast are largely Muslim (around 30% of the population). There are several staple foods that you will find in most restaurants (and homes): *nyama choma*, or “barbecued meat,” usually goat; *ugali*, or maize porridge, and *sukuma wiki*, or vegetable stew. Kenyans are crazy about soccer (called football), and you will find people playing everywhere you go. Music is also ubiquitous, and there are numerous Kenyan artists whose styles range from traditional African folk to modern hip-hop.

**16. LANGUAGE:** There are significantly more languages spoken in Kenya than there are distinct ethnic groups. Each group named above has its own language; in addition, national languages are Swahili and English, both of which are taught in school. Although English is a national language, people speak it with varying degrees of fluidity. As such, it is helpful to have a fundamental understanding of Swahili prior to arrival. It is a good idea to buy a Swahili-English dictionary and familiarize yourself with the basics.

**17. HEALTH CARE:** Medical education in Kenya follows the European system, which goes like this:

- Undergrad + Medical School: 6 years (Degree conferred is MBChB, or Bachelor’s of Medicine and Surgery)

- Internship: 1 year

- Specialty training: 3-4 years (Degree conferred is MMed, or Master of Medicine)

There are four medical schools in Kenya, two public and two private. The public schools are Moi University and University of Nairobi. Both accept students on government scholarship in addition to students paying full tuition, which is quite expensive. It is much more difficult for students to be accepted into the program on scholarship than it is for paying students. The majority of physicians in Kenya have been trained at University of Nairobi. Two new universities are offering medical programs outside of Nairobi: Egerton University in Nakuru and Kenyatta University in Kahawa.

In addition to medical doctors with MBChB degrees, Clinical Officers and nurses assume a large portion of clinical responsibility in various facilities throughout the country. Clinical officers, or COs, are midlevel providers similar to our nurse practitioners or physicians’ assistants. They have not attended formal medical school but are trained and authorized to prescribe standard medications.

Kenya's national health care system is a tiered referral structure organized by region. Dispensaries, or small clinics, are the first point of contact for many rural Kenyans and are staffed by registered nurses. Complicated cases are referred from there to Health Centres, which typically serve populations of about 80,000 and are staffed by clinical officers. District hospitals are the first referral level where patients are seen by medical doctors. These are also equipped with pharmacies, laboratories, social workers, and emergency medical services.

## **Kenyatta National Hospital and the Collaborative Research Group with the University of Washington**

The Kenya AIDS/STD Collaborative Research Group is an international collaborative research program based in the Department of Medical Microbiology at the University of Nairobi which was initiated in 1980. In 1984, the group was designated a W.H.O. Collaborating Center for Research and Training in STDs. Kenyan leadership for the Kenyan STD/AIDS project is provided by Dr. Walter Jaoko, current Chairman of the Department of Medical Microbiology. In 1985, the University of Washington became a collaborating institution through the involvement of Drs. King Holmes and Joan Kreiss. A formal inter-institutional collaborative agreement between the University of Washington and the University of Nairobi was signed in 1988 and renewed in 1995 and 2006. The University of Washington established the International AIDS Research and Training Program (IARTP) with funding from the NIH Fogarty International Center. Through this program, over 120 Kenyan and US research fellows have received training in Seattle and conducted research in Kenya.

In 1987, the University of Washington was awarded a grant from NICHD to establish a prospective study of perinatal HIV-1 transmission. This was followed in 1992 by a grant to study breastfeeding transmission of HIV-1. This led to development of a perinatal HIV-1 collaborative team that has involved Joan Kreiss, Ruth Nduati, Dorothy Mbori-Ngacha, Grace John-Stewart, Carey Farquhar, James Kiarie, Elizabeth Obimbo, Phelgona Otieno, Dalton Wamalwa, Rose Bosire, Irene Inwani, and John Kinuthia. Drs. Nduati, Mbori-Ngacha, John-Stewart, Farquhar, Kiarie, Obimbo, Otieno, Wamalwa, Bosire, Inwani, and Kinuthia all received MPH training in Epidemiology as part of the University of Washington IARTP program. Since 1992, Dr. Julie Overbaugh has been an active collaborator and her laboratory, now based at the Fred Hutchinson Cancer Research Center, became the Reference Retrovirology Laboratory for University of Washington/ University of Nairobi collaborative projects. Since 1999, we have conducted immunologic studies in collaboration with Drs. Sarah Rowland and Barbara Lohman Payne.

Since 2007, Faculty at the University of Washington have formalized what is now known as the Kenya Research Program (KRP) within the Department of Global Health. Faculty include Drs. Grace John-Stewart, Carey Farquhar, Barbara Richardson, Scott McClelland, Michael Chung, Judd Walson, Barbara Lohman Payne, Susan Graham, Jennifer Slyker, Rob Choi, Brandon Guthrie, Alison Roxby, Sarah Benki-Nugent and King Holmes. The KRP provides an academic forum to support both trainees and investigators in the

planning, implementation, analysis, and presentation of research conducted in Kenya. We currently have ongoing research projects taking place in Nairobi many of which are listed on our website. Please refer to our website: <http://www.kenyaresearchgroup.org> for more information about the program and current projects in Kenya. The research has now expanded beyond HIV to include many other topic areas.

Other researchers from the University of Washington and the IARTP and KRP, including Drs. Scott McClelland and Susan Graham, continue to be involved with projects in Mombasa focused on a cohort of female sex workers. For more information regarding these projects, please see their website: <http://www.womenshealthprojectmsa.org/>

## **18. Current Research Projects**

- A Kenya Free of AIDS (KeFA)
- Afya Bora Consortium Fellowship in Global Health Leadership
- Antiretroviral Therapy and HIV-1 Infectivity in Women
- Characterization of HIV Antibody Responses in Chronically Infected Women
- Coptic Hospital/University of Washington Collaborative HIV-1 Care Program
- Early Infection in Women Exposed Mucosally to HIV-1
- ERIN CRC: Molecular Basis of Nontyphoidal Salmonella Emergence
- Evaluating the Readiness of the Educational Systems in Rwanda, Kenya, and Ethiopia
- Global Health Strategic Analysis and Research Training Program, START Program
- Home-based Partner Education and Testing: A randomized control trial of home-based HIV testing and education for partners of pregnant women
- HIV/AIDS National Program Capacity through a Training Program in Management, Health Economics, and Monitoring, and Evaluation/Informatics in the Republic of Kenya
- Impact of Cryotherapy versus Loop Electrosurgical Excision Procedure (LEEP) on Recurrence of Cervical
- Impact of Suppressive Antimicrobial Therapy on the Vaginal Microbiota and BV
- Intraepithelial Neoplasia and HIV-1 Cervical Shedding among HIV-positive Women
- International AIDS Research and Training Program
- Latent TB Detection and Implications in HIV-1 Infected Women and Their Children
- Leadership for HIV/AIDS Clinical Trials Networks - Microbicide Trials Network
- Mechanisms and Cofactors of HIV Transmission to Women
- MEPI: Linked-Strengthening Maternal, Newborn and Child Health Research Training in Kenya
- MEPI: Programmatic-Strengthening Medical Education for Improved Health Outcomes in Kenya
- Optimizing Pediatric HIV Therapy (OPH)

- Parallel Comparison of Tenofovir and Emtricitabine/Tenofovir Pre-Exposure Prophylaxis to Prevent HIV-1 Acquisition within HIV-1 Discordant Couples (PrEP)
- Pediatric HIV Vaccine Program
- Pediatric HIV-1 in Africa: Pathogenesis and Management
- Protective Cellular Immune Responses in HIV-1 Discordant Couples (CAT)
- Reproductive Health Decisions and HIV Infection Risk
- Strengthening Care Opportunities through Partnership in Ethiopia, SCOPE
- STI Etiologic Surveillance Among HIV-infected Adults in Care Programs
- The Role of Antibodies in Mother to Child HIV Transmission
- The Role of HIV-1 Neutralizing Mucosal IgA and IgG and Genital Shedding of HIV-1
- Training HIV Program Managers for Kenya
- Urgent Versus Post-Stabilization ART in HIV-1 Infected Children with Severe Co-infection
- UW Center for Global Integrated Health of Women, Adolescents and Children (Global-WACH)
- UW/FHCRC Center for AIDS Research
- Vertical CMV transmission in the setting of maternal HIV-1 infection in Kenya
- Women's Lifecourse Events & HIV Transmission Potential: A Multidisciplinary Study

## **FUN THINGS TO DO**

This is in no way a complete or thorough guide! Check any guidebook or talk with locals for more information and suggestions.

### ***19. NAIROBI***

- National Museums of Kenya, Nairobi Museum: varied natural history and art collections in a recently renovated building on Museum Hill. Extensive collection of Kenya's bird life (stuffed) and includes famous fossils unearthed by the Leakey family and other anthropologists in Kenya.
- Nairobi National Park: a huge game park right on the edge of town. All of the big five can be viewed except for elephants. Many people dismiss this park and it is not as good as parks in other parts of Kenya but is still a wonderful experience. There are locations for picnics, including one on a hill overlooking the Athi Plains. Animals are more plentiful at dawn and just before dusk. You should have your passport handy, in case the cashiers wish to check it to establish your park fee (it is more expensive for foreigners). Just outside the national park is a small animal orphanage requiring a separate entry fee. The most popular activity here is petting the wild cheetahs.
- Markets: there are many curio markets in the city. The biggest one is called the Masai Market, and the best day to shop is on Friday when it is located at a large outdoor shopping center called the Village Market. You will need a cab to get there. On Sundays, a smaller version of the Masai Market takes place in the parking lot of the Yaya Center. You are expected to haggle at these markets. The

- initial quoted prices are usually astronomical. A good starting point for haggling is half (or even a quarter) of that amount.
- Giraffe Center: a nice place to spend an hour or so. This is a rehabilitation center for the endangered Rothschild's giraffes. The center allows you to pet and feed the giraffes and also has a small exhibit explaining their mission.
  - Elephant Orphanage - located in Karen, alongside the Nairobi National Park, and only open between 11 am and noon each day. Officially called the "David Sheldrick Wildlife Trust."
  - Karen: a suburb of Nairobi, famous for the Karen Blixen Museum.
  - Ngong Hills: beautiful views of Nairobi and the Rift Valley. May be dangerous, so ask your mentor about the safety situation. You may want to hire a police escort when you get there. They are supposed to be armed. Tell your mentor if you are a runner -- a number of Kenyan marathoners run in the Ngong Hills every Saturday and your mentor can likely connect you to other runners.
  - Slum tours: this might not sound like fun, but it is an incredible eye-opening experience into how many Nairobi residents live. Do not go alone. Ask around to see if someone might be willing to take you through the slum. Finally, ask your mentor about research projects occurring in the slums. You may be able to tag along with a research team during one of their visits.
  - Walking/Running: Jaffrey Academy in Lavington is Nairobi's equivalent of Green Lake. There is a nice paved oval around a cricket pitch. There is also a great gym here.
  - Kenyabuzz.com has movie and event listings for Nairobi, as well as restaurant reviews and classified ads.
  - Bars: Havana, Bacchus, Black Diamond and Gypsy in Westlands are popular evening spots. Casablanca, on Lenana Road is an exotic lounge-style place.
  - Breweries: There are several microbreweries operational in Nairobi. Brew Bistro near the Junction is a popular place with excellent food and multiple good beers. Sierra Brasserie in the Yaya Centre also makes excellent beer (which you can buy in grocery stores throughout the city) as well as great food.
  - Cafes: Artcaffe is a chain of nice cafes. They have wifi and welcome you to park and work in their cafes. There is one in Westlands and one in the Junction. Java House has decent coffee, in addition to sandwiches, etc. They have multiple locations throughout Nairobi, including Yaya Center, the Junction, and the airport.
  - Indian: Haandi in Westlands, Chowpaty (south Indian), Spice Roots (Sikh, BBQ, and north Indian), Angithi (N. Indian)
  - Sushi: Onami in Westgate is good, as is Misono on Lenana Road
  - Italian: Mediterraneo, Osteria, Salumeria
  - Lebanese: Cedars on Lenana Road
  - An evening wandering around Diamond Plaza in Parklands is not to be missed. It contains many restaurants and a number of interesting Asian shops.

## **20. NAIVASHA**

- Lake boating trips: Easy to arrange from any one of numerous local outfitters, usually in the range of \$10 to \$20 for a few hours. Lots of wildlife including hippos and birds.
- Crescent Island: A game reserve in the middle of Lake Naivasha. You can easily do a day boat trip through the lake to Crescent Island. Because there are no predators in Crescent Island, the animals are tame and you can walk around them.
- Hell's Gate National Park: Very close to Naivasha. Excellent wildlife, scenery, and birding. One of two Kenyan National Parks where camping is allowed. Tomb Raider 2 was filmed here, and the scenery of the Lion King is based upon its scenery.
- Longonot National Park: Mt. Longonot is an active volcano and excellent for hiking
- Lake Nakuru: About one hour's drive north of Naivasha, this lake is famous for thousands of pink flamingoes on the lake, rhinos, and beautiful landscape.

## ***21. GAME PARKS/SAFARI***

- Masai Mara: considered the best animal park in Kenya. It is essentially the northern extension of the Serengeti in Tanzania. The best time to go is in July or August, when thousands of wildebeest migrate from Tanzania. However, any time is a good time to visit.
- Amboseli: famous for elephants and beautiful views of Mt. Kilimanjaro. In the high season, elephants are everywhere but in the low season they are difficult to spot. For this reason a high season trip is recommended. Can be very dusty if there is a drought.
- Other less frequently visited game parks include Tsavo East/West, Aberdares, Samburu, and Meru.

## ***22. SAFARI TIPS***

- Do some research in advance to decide on which game parks are of the most interest to you.
- Contact a travel agent in Nairobi for planning your trip. We recommend going to a good reputable travel agent such as the Bunson Travel Agency or Lets Go Travel. ([www.letsgosafari.com](http://www.letsgosafari.com)).
- Understand that for a large proportion of your safari time, you will be sitting in a safari van. There is very little ambulatory activity. For this reason, you may decide on a shorter safari (i.e. less than one week).
- Camping safaris are obviously cheaper, but you might need to bring along your own gear (although some companies will provide it). It also might not be comfortable in the rainy season. Lodge safaris, on the other hand, include three hot meals a day (usually all-you-can-eat feasts) in nice hotels but do not provide an actual African bush experience. Tented camps are a nice alternative, and can range from quite basic to luxurious.
- There is a lot of downtime during a safari. Bring a book to read, or just enjoy gazing at the landscape. A good pair of binoculars is highly recommended.

## ***23. KENYAN COAST***

- Lamu: Not currently recommended for travel. It is a 90 minute flight from Nairobi. A beautiful old Swahili town with rich history that has become a magnet for rich Europeans. Famous for great beaches, tasty seafood, no vehicles (just donkeys), and the ability to spend several days doing absolutely nothing. Many people stay in Shella, which is calmer than Lamu town. Also a great place to pick up hand-carved wooden objects, from small jewelry boxes to safari chairs.
- Mombasa: Kenya's second largest city and the largest port town.
- Watamu to the north of Mombasa and Diani to the south have some of the most unspoiled beaches in Kenya but lack the rich cultural/historical experience of Lamu.

#### **24. OTHER KENYAN HIGHLIGHTS**

- Lake Victoria
- Lake Turkana in Northwest Kenya (not a good idea to go here alone)
- Mount Kenya (climbing Mt. Kenya is relatively inexpensive and will result in life long memories)
- Kakamega Rain Forest

#### **25. READING LIST**

- *Out of Africa*, Isak Dinesen, 1972. The famous tale of a naive young woman who leaves Denmark for East Africa. First published in 1937 and now a perennial bestseller, *Out of Africa* draws us into life on a struggling coffee plantation with its lyrical tone. Profoundly introspective and romantic in tone, it's a moving tale inspired by affection for Kenya and its people.
- *I Dreamed of Africa*, Kuki Gallman, 1991. A highly personal account of tragedy and magic in Kenya. Italian-born Gallman tells of her move to Ol Ari Nyiro, a ranch set in the highland plain in the shadow of Mount Kenya. Wistful in tone and romantic, this is nonetheless a powerful book, vivid in its detail of life in Africa. It is now a major motion picture.
- *Facing Mount Kenya: The Tribal Life of the Kikuyu*, Jomo Kenyatta, 1965. Written by Kenya's first president, this book is a central document of the highest distinction in anthropological literature, an invaluable key to the structure of African society and the nature of the African mind. It is not only a formal study of life and death, work and play, sex and the family in one of the greatest tribes of contemporary Africa, but a work of considerable literary merit.
- *The Flame Trees of Thika*, Elspeth Huxley, 1987. This is an account of the author's childhood on a Kenya farm at the turn of the century.
- *Green Hills of Africa*, Ernest Hemingway, 1935. Hemingway's 1930's journal of his hunting safari in Kenya. An amazing book for the lovers of Hemingway's work but also a wonderful tale of what it was like to hunt big game on foot. This is a book you read while in your tent at night.
- *Unbowed: A Memoir*, Wangari Maathai, 2006. Maathai discusses her life from childhood until she was awarded the [Nobel Peace Prize](#) in 2004. She discusses her childhood, education in the United States and her return to Kenya, moving on to her life as an environmentalist and political activist, culminating with the victory of the opposition in the 2002 elections against the ruling KANU party and her election to

- parliament, followed shortly after by the Nobel Prize. Maathai stresses the connection between environmental conservation and good governance.
- *Nine Faces of Kenya*, Elspeth Huxley, 1992. Drawing on her knowledge of Kenya and its literature, Huxley presents a fully rounded portrait of a nation, its peoples and wildlife, history and landscape, and the men and women who made their mark upon it. Isak Dinesen, Ernest Hemingway, the Leakeys, Beryl Markham, Winston Churchill, Evelyn Waugh, and Theodore Roosevelt are among the many writers in this classic anthology.
  - *Born Free*, Joy Adamson, 1960. The true story of a woman who raises a wild lioness, the very famous Elsa. Another amazing story that should be on every Kenya traveler and animal lovers must read list.
  - *West With the Night*, Beryl Markham, 1983. A direct, stylish and engrossing story of a marvelous life well lived. Markham describes her childhood in Kenya and her experiences as a bush pilot in the 1930s -- evoking the landscapes, people and wildlife in rich detail.
  - *Imperial Reckoning: The Untold Story of Britain's Gulag in Kenya*, Caroline Elkins, 2005. Winner of the 2006 Pulitzer Prize for General Non-fiction, this book relates the gruesome, little-known story of the mass internment and murder of thousands of Kenyans at the hands of the British in the last years of imperial rule. Elkins exposes the hypocrisy of Britain's supposed colonial "civilizing mission" and its subsequent coverups. A profoundly chilling portrait of the inherent racism and violence of "colonial logic," Elkins's account was also the subject of a 2002 BBC documentary entitled Kenya: White Terror.

## **S A F A R I S A L A M A !**