

KENYA TRAVEL MANUAL

A Handbook for UW Researchers and Staff Traveling to Kenya



K E N Y A

RESEARCH AND TRAINING CENTER
UNIVERSITY OF WASHINGTON

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QUICK REFERENCE CONTACT SHEET

	Telephone	Email/Website	Address
UW International Emergency #	+1 206-632-0153 Skype: uwtravelemergency	https://www.washington.edu/globalaffairs/global-travelers/emergency/travelemergency@uw.edu	N/A
UW Travel Security Officer: Daniel Brencic	+1 206-616-7927	dbrencic@uw.edu travelregistry@uw.edu	22 Gerberding Hall Box 351237
CISI (Cultural Insurance Services International)	Collect: +1 630-694-9794 Toll Free: +1 855-327-1419	medassist-usa@axa-assistance.us	N/A
U.S. Embassy in Nairobi	Emergency: +254 (0) 20-363-6451 After-hours emergency: +254 (0) 20-363-6170 Non-emergency: + 254 (0) 20-363-6000	https://ke.usembassy.gov/kenya_acs@state.gov	United Nations Avenue Nairobi P. O. Box 606 Village Market 00621 Nairobi, Kenya
Local Emergency Contact: Michael Chung	+254-722-579-963	mhchung@uw.edu	#5 Marble Valley, Shanzu Road, Spring Valley, Nairobi

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. If you do this, you should make sure that your insurance will cover you for the additional time.

2. FLIGHT ARRANGEMENTS:

Flights from the United States are expensive. 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. Several major airlines serve Nairobi from Seattle, including British Airways, KLM/Delta, and Emirates with stops in either London or Amsterdam, respectively.

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 probably be reimbursed for this duty if you are required to pay it.

3. VISA:

Travelers to Kenya are required to apply for and receive an eVisa online prior to travel. Once issued, the eVisa can be printed at home and brought with the traveler to be shown to passport control upon arrival in Nairobi. The cost is \$50 plus a \$1 processing fee for a single entry tourist/business visa that is valid for 3 months. Go to <https://account.ecitizen.go.ke/register> to apply for your eVisa.

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 1 to \$1.00 USD. Bring your **ATM card**, as it is the easiest and safest way to get shillings (some have gotten a Charles Schwab checking account for international travel as they have no foreign fees). There are ATM machines and Forex exchange in the Nairobi airport after going through passport control and customs. 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. Your ATM card 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 and are *not* recommended.

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. You may also consult the [KRTC Travel Review](#) to find places where KRTC faculty and students have stayed during prior visits. 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.

Upon your return, please fill out the [KRTC Travel Survey](#) to share your review of your accommodations.

6. TRANSPORTATION:

Buses and matatus (shared mini-buses) run along major routes throughout the country, and are cheap (KSh 20-250 per ride). You can ask around at the matatu stage to find out which matatus are going to your destination. There are rarely scheduled departure times; instead, matatu drivers wait for the van to fill before leaving. Ask other people getting on the matatu about the price before you get on since people may overcharge non-locals. Taxis are also easily available. Nothing is metered, so insist on negotiating and finalizing the fare before you get into the taxi. While in Nairobi and Mombasa, Uber is a safe, easy, and negotiation-free taxi ride option. An online matatu map of Nairobi is located here: <http://www.digitalmatatus.com/map.html>.

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 \$20 at AAA.

7. COMMUNICATION:

The best scenario: if you have a smart phone, check with your carrier if it will work in Kenya (most newer ones do) and unlock it prior to your arrival. If you brought your own unlocked phone, the best opportunity to buy a 4G SIM card (200 Ksh) is from the Safaricom store in the airport (they will request both your original passport and possibly a photocopy of your passport bio page), as well as credits to buy airtime (can be used for either phone airtime or data). Two 1000 KSh scratchcards (one for voice, one for a data plan) should suffice to get you started and last 3+ weeks. The staff in the Safaricom store will install the SIM card for you, load airtime and internet bundle credits, and ensure your phone is working. Once activated, your home phone essentially works as usual. Most people elect to use their phone as a WiFi hotspot for their laptop, but if you plan on using one of the USB 3G modems (provided for you to borrow by our program) to connect your laptop to the internet, you should buy an extra 1000 Ksh and 100 Ksh scratchcard and bring those with you to Nairobi to load 3 GB on the modem. To refill credits, additional scratchcards can be purchased at numerous shops and the major grocery stores in Nairobi. If you cannot bring an unlocked smart phone, no worries, we will provide you with a basic candy bar-style cell phone to borrow.

The app WhatsApp is useful for texting your colleagues in Kenya and people back home, so it is advisable to install apps before you leave Seattle. Skype is also useful. Many Kenyans prefer to use WhatsApp rather than standard text messaging (SMS) because it uses less air/data time. Both WhatsApp and SMS are less expensive than phone calls; placing calls costs money, but receiving calls is free. International calls on your cell phone are usually fairly cheap, less than \$0.10 per minute. FaceTime and iMessage are also free of charge (over Wi-Fi) to other iPhone users.

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.

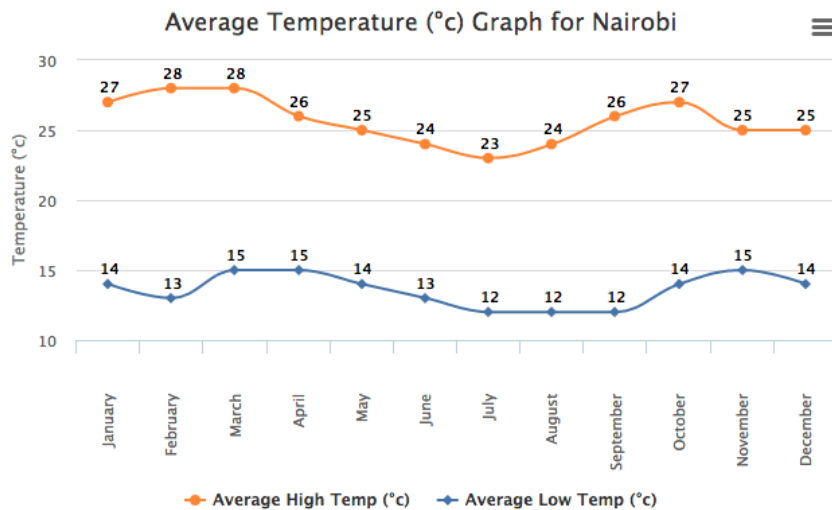
8. PRICES AND TIPPING:

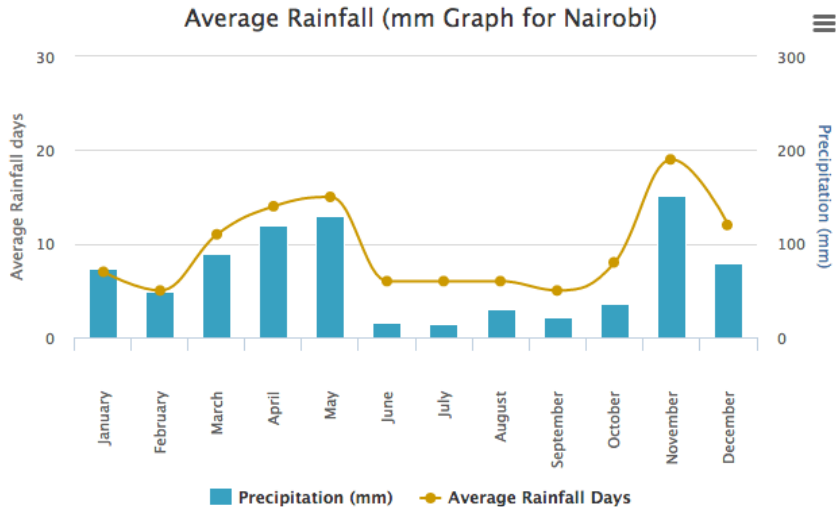
Prices in Kenya can range anywhere from significantly cheaper than the US to significantly more expensive. For taxis, prices are roughly similar to what they would be for equivalent trips in the US. Always agree on the price before embarking. Once a price is agreed upon, there should be no additional charges. Do not pay for gas or a tip. Uber is easy and safe to use in Nairobi. If you get a non-Uber taxi ride – typical prices are as follows: from the airport to central places in Nairobi (ACK guesthouse, Ngong Road) should be around KES 2000. For a 10-15 minute ride, KES 500 is reasonable. For a 30 minute ride, KES 1000 is reasonable. At upscale, touristy or expat-centered restaurants tipping is expected, and a 10% tip is adequate. For more local, cheap spots tipping is not expected.

9. WEATHER:

Nairobi has two distinct rainy seasons, one from March to May (the long rainy season) and one from mid-October to mid-December.

Temperatures are generally mild year-round: Summer months are December through March and Winter months are June through September.





10. WHAT TO BRING:

Travel Items:

- Passport, valid for 6 months beyond your return date to the US (and a copy)
- Travel itinerary with addresses, receipts, copy of tickets
- Credit and debit cards, including the one you used the purchase your airplane ticket
- Yellow fever vaccine card, copies of all your prescriptions

Personal Items:

- Pocket Swahili dictionary
- Extra contact lenses, solution, back-up pair of glasses if needed
- Plenty of sunscreen and mosquito repellent (DEET)
- Medications: can buy almost everything here, but may be convenient to have your own supply of medications you use frequently. *Benadryl is not sold in Kenya, so if you use this regularly, bring your own.*
- Mosquito net
- Headlamp (power outages are common)
- Raincoat
- Warm clothes for cold nights
- Athletic shoes for weekend trips, everyday walking shoes, work shoes
- Digital camera with extra memory
- USB Flash Drive
- Power adapters and voltage converters (British 3 prong outlets)
- Fun reading books
- Snacks you can't live without (granola bars are hard to find here!)
- Camping/fishing gear may come in handy

Work Items:

- This booklet
- Check the [KRTC Travel Spreadsheet](#) to see if there are any supplies that you can transport from Seattle (IARTP/KRTC Office) to Nairobi
- If you do bring something valuable over for donation, make sure you have a letter from the IARTP/KRTC Office stating that you are carrying a donated item that should be allowed through customs

11. 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 on men or skirts above the knees on women. 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. Nairobi and Naivasha can be cool in the early mornings and late evenings; even though you are next to the equator you will need warm layers—bring a sweater or fleece pullover.

January through March are hot, you'll want lightweight clothes and shorts/skirts. March through May is the main rainy season, although it can rain any time during the year, so bring a raincoat no matter when you travel.

Comfortable closed-toe shoes are expected for clinical work. Note, don't bring Danskos or other shoes with heels as you are at high risk of spraining an ankle walking on rough terrain.

SAFETY AND HEALTH

12. SAFETY & SECURITY:

There are a number of safety concerns that you should be aware of prior to travel to Kenya. Overall, follow your instincts.

A. Petty crime: Pick-pocketing and other petty crimes are common. Take basic safety precautions, such as not carrying valuables in a visible or easily-accessible manner. 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 throughout Kenya in the past few years, largely motivated by Kenya's recent military presence in Southern Somalia. The Westgate Terrorist attack in September 2013, claimed by al-Shabaab, was the one of the worst terrorist attacks in Kenya's history. In recent years, kidnappings have occurred along the coast and the Eastern border with Somalia. IED attacks continue to occur in Mombasa, and more recently in Nairobi. It is not advisable to take public transportation (especially buses, matatus are less risky) in these cities.

Please visit the US State Department websites for updated information:

<https://travel.state.gov/content/passports/en/country/kenya.html>

<http://www.state.gov/r/pa/ei/bgn/2962.htm>

Register with the Smart Traveler Enrollment Program (STEP) by the US State Department prior to your departure, so that the US government can more easily assist you in Kenya in case of an emergency.

<https://step.state.gov/step/>

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, traveling in private vehicles is safer than public vehicles. Insist on having working seat belts in any vehicle in which you ride – if there is no seat belt, get out and take another vehicle. If you are traveling via matatu, avoid sitting in the front seats as they are the most dangerous. Do not travel at night, as there are no street lights on most roads causing the majority of drivers to use their high beams all the time. Similarly, crossing roads as a pedestrian is very hazardous due to reckless driving and high speeds, so look carefully before crossing the street. **Most dangerous are the motorcycle taxis (called boda bodas), and for that reason, riding on a motorcycle is explicitly forbidden for UW trainees.**

UW RESOURCES

Before you travel meet with KRTC Program Coordinator (Gisella Logioia at kenyares@uw.edu) to go through the pre-departure checklist.

When you arrive in Kenya, keep the IARTP/KRTC Emergency Information card and your CISI Insurance card handy. It lists the following important local UW safety contact number (among other numbers).

See the Safety Briefing sheet on the KRTC website under Kenya Travel Information (<http://depts.washington.edu/kenyares/resources/kenya-travel-information/>) and also see Section 15 below for other important numbers to call in case of an emergency.

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

Daniel Brencic, Global Travel Security Manager, OGA
Phone: 206-616-7927
dbrencic@uw.edu

13. HEALTH:

Please visit a travel clinic prior to departure (the UW Travel Clinic is a great option). There is minimal risk of malaria in both Nairobi and Naivasha due to the altitude (6200 ft and 7000 ft respectively), 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). Remember to bring mosquito nets as they may not be provided.

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. WHO recently revised (June 2016) recommendations for yellow fever vaccine to be a lifelong vaccine rather than every 10 years. 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. This is recommended for drinking as organophosphates and other pesticides are present in the tap water and are not removed by boiling. Should you need to boil water to prevent microbial infection, 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 and veggie wash solutions, which are very mild detergents that can be purchased at the major Naivasha groceries.

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, hydrocortisone cream and anti-diarrheal agents.

If purchasing medicine at a local pharmacy, use a reputable pharmacy.

It is recommended you bring a small bottle of hand sanitizer and a larger bottle from which to refill. Small pocket bottles of hand sanitizer are available at the local groceries, but not large bottles.

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 one of the clinics in Nairobi. Laboratories or the Aga Khan Clinic in Naivasha offer reliable lab tests. For serious illness or injury, you will need to be transported for treatment at either Nairobi Hospital or Aga Khan Hospital, both of which provide care and resources similar to what you would receive in the US.

14. TRAVELERS' INSURANCE

Information for students:

The University of Washington requires students engaged in educational activities abroad – including study, research, internships or community engagement – to purchase UW Student Abroad Insurance. If you are a current UW student, you are required to purchase coverage UW Student Abroad Insurance. The UW Student Abroad Insurance plan provides comprehensive medical coverage abroad; medical, security and natural disaster evacuation services; and travel assistance services. The plan is tailored to the needs of UW students abroad. Its broad coverage and reasonable price makes it the best choice for most students. You are advised to maintain your U.S. health insurance while you are abroad. For further information, look at the UW Website: <http://www.washington.edu/globalaffairs/global-travelers/global-insurance/insurance/>

If you are an RA, and have GAIP insurance, you are covered for emergency and medical evacuation and repatriation of remains through the University of Washington CISI International policy. However, your basic UW domestic health provider may not cover medical procedures abroad. As mentioned above Student Abroad insurance is available through UW. See link above.

Information for staff, fellows, and residents:

UW staff are covered by the UW's CISI International policy:

CISI (appointed on UW payroll, automatically enrolled)

+1 855-327-1419 (Toll Free)

+1-630-694-9794 (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

NOTE: Make sure to verify insurance coverage during personal travel/vacation time while abroad

15. EMERGENCY INFORMATION:

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

Call your local UW contact who will refer you to local resources.

Do not call the national emergency, contact Michael Chung for minor emergencies.

Major medical or national emergency:

1. Notify local contact(s) and faculty (see below)
2. Call CISI: +1 855-327-1419 (Toll Free) or +1 630-694-9794 (Collect)
3. Notify UW Emergency: +001 206-632-0153
Optional:
4. Notify UW Security Officer Daniel Brencic to help coordinate: +1 206-616-7927
5. Notify UW Mentor(s), program staff and faculty
6. Notify domestic insurance for medical emergencies
7. Notify friends and family

Other resources:

Michael Chung, Local National

Emergency Contact

US: +1 206-543-4278

Kenya: +254-722-579-963

Email: mhchung@uw.edu

#5 Marble Valley, Shanzu Road,
Spring Valley, Nairobi

US Embassy in Nairobi

Emergency: +254 (0) 20-363-6451

After-hours emergency: +254 (0) 20-363-6170

Non-emergency: + 254 (0) 20-363-6000

Email: kenya_acs@state.gov

Website: <https://ke.usembassy.gov/>

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: <https://travel.state.gov/content/travel/en.html>

BACKGROUND

16. 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 18th 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.

In March 2013, presidential elections were again held. Kibaki was not allowed to run due to term limits. There was a wide field of candidates, but the two main players were Uhuru Kenyatta, son of Jomo Kenyatta, the first president, and Raila Odinga, who ran previously in 2007. Uhuru won by a slim margin, however, his victory was tainted by the fact that he and his running mate, Ruto, were recently on trial at the Hague on charges of inciting ethnic violence in the 2007 elections.

In an effort to decentralize power away from Nairobi and the national government, a new constitution was enacted in 2010, which created 47 counties (similar to American

states) in a process termed Devolution. The counties are now assuming responsibility for their own health centres (previously these were managed centrally by the Ministry of Health). This restructuring has far-reaching implications for government hospital operations, most visibly in availability of funds, payment and promotions of staff (frequently late or completely absent, leading to at least an annual healthcare workforce strike that includes doctors) and supply chain interruptions and stock outs.

17. 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.

18. 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.

19. HEALTH CARE:

Medical education in Kenya follows the European system, which goes like this:

- Undergrad + Medical School: 6 years (Degree conferred is MBChB, or Bachelors of Medicine and Surgery)
- Internship: 1 year
- Medical Officer: Automatic title after completing internship
- Registrar (or Residency): 3-5 years (Degree conferred is 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 (COs) and nurses assume a large portion of clinical responsibility in various facilities throughout the country. COs are midlevel providers similar to our nurse practitioners or physicians' assistants. They have not attended formal medical school but are trained in two years of school and have a required internship year as CO interns (COIs) before entering independent practice. Although the COI year is predominantly inpatient and very similar to the MO intern (MOI) year, COs are intended to practice mostly in outpatient settings and are authorized to prescribe standard medications. At NSCH, COIs work alongside MOIs on the inpatient wards.

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 COs and registered nurses. Complicated cases are referred from there to sub-county hospitals, which are the first referral level where patients are seen by medical doctors. These are also equipped with pharmacies, laboratories, radiology services, and social workers.

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, Osoti, 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 and Training Center (KRTC) within the Department of Global Health. The KRTC is directed by Dr. Carey Farquhar and co-directed by Dr. Scott McClelland. Faculty include Drs. Kristin Beima-Sofie, Sarah Benki-Nugent, Bhavna Chohan, Michael Chung, Alison Drake, Susan Graham, Brandon Guthrie, King Holmes, Grace John-Stewart, David Katz, Sylvia LaCourse, Christine McGrath, Aliza Monroe-Wise, Patricia Pavlinac, Barbra Richardson, Keshet Ronen, Alison Roxby, Jennifer Slyker, Jennifer Unger and Judd Walson. KRTC 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://depts.washington.edu/kenyares/> 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 KRTC, 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: <https://womenshealthprojectmsa.org/>

There are also training programs headed by Drs. Susan Graham, Carey Farquhar and Scott McClelland including the International AIDS Research and Training Program, the Afya Bora Consortium Fellowship in African Global Health Leadership, and the UW Internal Medicine Global Health Pathway.

20. Current Research Projects:

Please visit the KRTC website for the most current list of research projects (<http://depts.washington.edu/kenyares/>)

- 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. **Bring US dollars to pay for entrance to the national parks.**

21. 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 Wi-Fi 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.

22. NAIVASHA

- Boat Safari/Crescent Island Walking Safari: Easy to arrange from any one of numerous local boat operators. Most residents use the public beach (make a right at the yellow "Boat Safari" sign on South Lake Rd, just past Karagita. Boats here are KSH 2000-3000 with captain and life vests, you can put up to 6 people in a boat.) Usually takes a few hours, including a walk on Crescent Island, entry fee is \$25 USD. Because there are no predators on Crescent Island, you can walk around amongst the animals. Takes about a half-day. Matatu ride from town is about Ksh 50, taxi is Ksh 600.
- Hell's Gate National Park: Excellent wildlife, scenery, and birding. Most people rent bikes (Ksh 700, make sure you test it thoroughly first) at the front gate, bike in, and then hike the gorge with a guide (KWS guides cost Ksh 1000-2000 and are hired at the ranger station at the gorge entry point). Tomb Raider 2 was filmed here, and the scenery of the Lion King is based upon its topography. Also takes about half a day. Think carefully before doing the Buffalo Circuit, which is a long, hot climb. Matatu ride to Hell's Gate from town is Ksh 100, taxi is Ksh 1200. Entry fee is \$30 USD. You can also camp overnight for \$20-35 USD, and the views of some of the watering holes and sounds of hyenas at night make it well worth it.
- Longonot National Park: Mt. Longonot is an active volcano and excellent for hiking. It's about an hour to the top, then 2-3 hours to go around the crater ring (or you can just go back down). Bring lots of water and a jacket, rain and hail are common. Beautiful views on a clear day. Matatu ride here from town is KSH 100, roundtrip taxi is KSH 3000. Entry fee is \$30 USD.
- Crater Lake Sanctuary: Part of Lake Naivasha National Park. About 1 hr drive from town. Great day hike around crater, moderately strenuous, ~2-3 hours, with some nice views. Can also do a short game drive (entry KSH 1000-4000). Crater Lake lodge/resort has a pleasant restaurant with view of lake/flamingos, but the food is overpriced and bland. Better to stop here for a beverage after your hike and eat elsewhere.
- Sanctuary Farm: Privately owned farm on the lake with camp ground. Popular for horseback riding (with zebras and giraffes, and in the shallows of lake), KSH 3000 for 1 hour, 5000 for 2 hours.
- Lake Nakuru: About one hour's drive north of Naivasha, this lake is famous for thousands of pink flamingoes on the lake, rhinos, lions, and beautiful landscape. Nice views from the baboon cliffs. Cost is \$80 USD per person to enter. Residents have used the taxi driver Paul in the past, who will drive you the whole way, safari and all for KSH 8000-12000 depending on your negotiating skills. Pack a lunch or, stop at Java House, near the park in Nakuru town.

23. GAME PARKS/SAFARI

- Maasai Mara: The best animal park in Kenya. Crowded in July through September during the Great Migration, when thousands of wildebeest migrate from Tanzania followed by their predators. However, any time is a good time to visit. Recent residents have thoroughly enjoyed taking safaris with Izzo (+254 721 605 395), 3 days all-inclusive room and board for \$350-400 USD. Residents have used DK Grand Safaris in the past (info@dkgrandsafaris.com, www.dkgrandsafaris.com). Cost is ~\$800 + park fees for a 3 day luxury tent camp, food and transport to/from Naivasha included. Another excellent option is Shiques Africa Safaris Limited (contact: Cleo Gichuki, cleopatra@shiquesafrica.com, 0720 644 873, around ~\$750 for 3 day trip in luxury lodge (not tents). If you have your own transport, the Aruba Mara Camp (0723 997 524) is a great deal—the luxury tent (~\$150/night) includes all your meals and game drives. Park fees are \$80 USD per person.
- Mount Kenya (climbing Mt. Kenya is relatively inexpensive and takes about 3-6 days. Not a “technical climb” (porters can carry your gear) although you should probably be in relatively decent shape. Residents have used Mt. Kenya Guides and Porters Safari Club (mtkguidesp@wananchi.com, www.mtkenyaguides.com, +254 (0)20 3524 393). Popular 5-day Sirimon-Chogoria traverse is around \$700 including food and park fees, not including transport to/from Naivasha. 4-day treks also available.
- Aberdares: Close to Naivasha (take the Kinangop road, just south of where Kenyatta Ave meets the new highway). Beautiful mountains and waterfalls, lots of wildlife, including elephants, bongos, and jaguars. Fun to stay in the Fishing Lodge or Tusk Camp Bandas, but call early as these book up well in advance. Requires a 4x4, roads not passable in rainy season. There is some decent fly-fishing for brown trout.
- 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. Can be very dusty if there is a drought.
- Merrueshi Ranch: Close to Amboseli National Park, Merrueshi is a small village off-the-beaten-path with daily walking safaris lead by Maasai warriors and hundreds of wildlife including zebra, wildebeest, ostrich, giraffe, and the more illusive leopards, lions and cheetahs.

24. SAFARI TIPS

- 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). 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.

- Safaris are relatively easy to arrange on short notice, with the exception of going to the Maasai Mara in August, when many camps/resorts may be full. Several local taxi drivers can help you arrange transport and even lodging.
- 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.

25. KENYAN COAST

- Lamu: On US State Dept. list of places US citizens should not be traveling. A beautiful old Swahili town with rich history. Famous for great beaches, tasty seafood, no vehicles (just donkeys). Many people stay in Shela, which is calmer than Lamu town. 90-minute flight from Nairobi, usually around \$350. Camille and family stayed at Diamond Beach Village, a little pricey (~\$150/night for dbl) but highly recommended.
- Malindi: Beautiful costal town, usually very quiet, with white sand beaches and turquoise water. Flights are ~\$300 round trip. Residents have stayed at White Elephant Sea Lodge (~\$100/night for double), which is rustic-luxe, and right on the beach.
- Mombasa: Old town at night is on US State Dept. list of places US citizens should not be traveling. Old town during the day is an interesting visit, especially the old spice Marketi. The best place to buy Kikoys, Kenyan clothes, and beaded Maasai sandals. 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. Amazing ocean side restaurant at the Mtwapa ruins for fresh seafood, spectacular views, and a peaceful swim during a long lunch.
- Near Diani: Likoni ferry is on US State Dept. list of places US citizens should not be traveling. Mbuyu cottages has thatched bandas near the beach and is simple and well run for about \$55 USD per night. Baobobs is an affordable all-inclusive resort on the beach about \$75 USD per night

26. OTHER KENYAN HIGHLIGHTS

- Lake Victoria
- Lake Turkana in Northwest Kenya (not a good idea to go here alone)
- Kakamega Rain Forest

27. READING LIST

- *Out of Africa*, Isak Dinesen, 1972. The famous tale of a naive young woman who leaves Denmark for East Africa. *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.
- *Facing Mount Kenya: The Tribal Life of the Kikuyu*, Jomo Kenyatta, 1965. Written by Kenya's first president, this book is a central document in anthropological literature, an invaluable key to African society and the nature of the African mind. It is both a formal study of life and death, work and play, sex and the family in one of the greatest tribes of contemporary Africa and a work of great 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. A 1930's journal of his hunting safari in Kenya. Great for lovers of Hemingway but also a wonderful tale of what it's like to hunt big game on foot. A great book you read while in your tent at night.
- *Unbowed: A Memoir*, Wangari Maathai, 2006. Maathai 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, Hemingway, the Leakeys, Beryl Markham, Churchill, Evelyn Waugh, and Theodore Roosevelt are among the many writers in this 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 cover-ups. 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*.

- *I Laugh So I Won't Cry: Kenya's Women Tell The Story Of Their Lives*, Helena Halperin, 2005. Covers marriage, childrearing, work, and getting by when there is no work, women's self-help groups, genital cutting, ethnic tensions, and the new government that has promised huge reforms. Shows the full panorama of women's struggles in sub-Saharan Africa.
- *Petals of Blood*, Ngugi wa Thiong'o, 1977. Tells the story of an investigation of a spectacular triple murder in upcountry Kenya. As the intertwined stories of the four suspects unfold, a devastating picture emerges of a modern third-world nation whose frustrated people feel their leaders have failed them time after time. Thiong'o was imprisoned without charges by the Kenyan government when the novel was first published in 1977.

SAFARI SALAMA!