

**THE INTERNATIONAL LAW INSTITUTE OF WIDENER
UNIVERSITY SCHOOL OF LAW**
In cooperation with the
UNIVERSITY OF NAIROBI FACULTY OF LAW
2003 Manual



Photograph Provided by Susan Williams-Lewonski, Nairobi Class of 1997

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The beach in Mombasa



On Safari in Maasai, Mara

I. INTRODUCTION

Congratulations on your acceptance into the Nairobi International Law Institute. Karibu! We expect this summer to be an outstanding academic experience for you, and we know you will enjoy the abundant wildlife and beautiful beaches of Kenya. You will have an unparalleled opportunity for personal enrichment and growth. You will get to know a diverse group of Kenyan and American faculty and students who share your interests, and idealistic civil servants and volunteer workers from a variety of different cultures who will challenge your assumptions and expand how you look at the world and yourself.

The program, as the brochure describes, offers international and comparative law classes, a tour of the United Nations facilities outside of Nairobi, and a series of lectures on Kenyan history and culture. However, the most lasting impressions from the summer may well be the friendships you make with Kenyans and your classmates. Many Institute members become lifelong friends — a few have even married. You may also develop a greater appreciation for nature. You may come to appreciate the diversity of culture and perspectives that are a product of history and experience. From this diversity you may see the universality of all humankind.

You will experience the excitement of Kenya's game parks, enjoy its unspoiled beaches, marvel at its sunsets, and admire the friendship of Kenyans and their devotion to their families. However, Kenya is also a developing country with its share of poverty and frustrations. Transportation is less efficient. The telephones do not work well, and public phones are difficult to find. You may find yourself spending a good deal of time and energy learning how to get things accomplished and where things are located. Many things are less expensive in Kenya (food, lodging, crafts), others are more expensive (imported manufactured goods). To put it simply, labor intensive activities are cheap and those requiring advanced technology are costly.

In Kenya, friendships are highly valued, but speedy service is not. People often arrive late for appointments. Lines are long, and service is often slow. This can be frustrating and tiring, but it is part of the process of adjusting to a new lifestyle and a new way of viewing the world. Kenyans use the Swahili phrase "Hakuna Matata" (no problems) to describe an attitude toward life that all problems are temporary, and that there is much to enjoy in the moment. Relax a bit and things will work out fine. In general, be easy on yourself. The very best advice we can give you is to be patient and polite. If you are polite and friendly, people will act in kind. Anger at the facts of life that Kenyans experience will not endear you to Kenyans.

The phenomenon of adjusting to a new culture is often called "*cultural shock*." We recommend you read the material in the Appendix, which discusses cultural shock. It will give you an idea of what you might expect. Whatever it is called, the adjustment takes time, patience, and support. Remember to be flexible. No matter how well prepared you are, things will be different than you expect. We are often not aware of our own assumptions about lifestyle, physical distance, and time. We are conditioned by our own culture and not necessarily aware that others may have a completely different view. For example, time is less important. People

do not rush to be precisely on time in Kenya. Men may hold hands in friendship during conversation, but Kenyan couples do not hold hands. People keep less physical distance in Kenya; they don't have our need for protective personal space. Accept that others have different values, different habits. Give yourself time to relax and experience the country. **You still must be on time for class!** The classroom is still on American time.

You will appreciate the support of others in the program. You might want to contact other students that have signed up for the program and travel to Kenya with them. You may want to arrive early to allow yourself a few days to rest and to acclimate. We will send each of you a list of others in the program so you can coordinate your departures and arrivals. The two flights necessary to get to Kenya, both of which may be overnight, are tiring and you will have crossed eight or more time zones. Take some fresh fruit on board, if possible, and a good book.

When you register at the Bid Apartments, tell them that you are in the Widener University Nairobi program to assure that you get a good price and so that Professor Kelly is able to locate you. You should also find out the room number of Meghan Ward, the program's student assistant, when you arrive. If there are any problems contact Professor Kelly at the YaYa Apartments, the number for the front desk is: 713-360. Or leave a message at the Office of the Dean of the Faculty of Law. If you are not on campus, the telephone number is 742261 or 744284 and ask for the Dean's Secretary and leave a message. Dean Ojwang of the Faculty of Law will also be available to deal with problems if they arise. His office is down the first corridor on the right as you enter the Faculty of Law Building.

The dislocation that results from distance and cultural change may initially lead to brief periods of mild depression. These quickly pass as people make friends, become acclimated and begin to understand how the new place functions. In the final weeks of the program, nearly everyone wants to stay in Kenya longer, and many find ways to extend their stay. Many alumni have returned to Kenya to work or vacation.

The Kenyan people are proud, independent, politically sophisticated, and generally friendly and responsive to Americans. They are often culturally and politically conservative, religious, and they possess a strong moral sense. Treat them with respect. Avoid easy assumptions and stereotypes. Do not assume that they share your viewpoints and values. If you have doubt or questions about how to behave, use common sense, and don't equate the material wealth of the West with moral or cultural superiority. Take time to understand the culture.

Several of the students from previous years have compiled suggestions on how to prepare yourselves for your adventure (See Appendices B, C, D). We have also included, in the Appendices, "A Code of Ethics for Tourists" issued by the Ecumenical Coalition on Third World Tourism. Please take a few minutes to read this advice.

Remember you will be considered wealthy by Kenyan standards. Even as a student, you have far more resources and advantages than the average Kenyan or your fellow students at the University of Nairobi. The average annual income in Kenya is about \$350 per year. Middle

class lawyers, academics, and other professionals usually make more than this, but they do not have the American consumer mentality. Treat your fellow students with kindness and respect. The best experience you have may be to get to know Kenyans - a student at the University, professors, safari guides, or someone you meet.

For each of us the experience is unique. You will meet many different kinds of people in Kenya and make lasting friendships. For African-Americans a trip to Kenya may be a particularly rewarding experience. African-American law students who have made this journey tell us it is both an extraordinarily positive experience and a very challenging one. They report that they experience both a strong bond with Africans and African culture, yet at the same time realize how different, how American, they are. Universally, they report that the experience was far different than they expected. There is an excellent recent book, Native Stranger, by Eddy Harris, the accomplished African-American writer, that describes his year-long travel around Africa. Also highly recommended is the autobiography by the extraordinarily talented Maya Angelou called The Heart of a Woman. Much of this book describes her experiences and perspectives on living and traveling throughout Africa.

When you return, you may be surprised at how much your perspective has been enriched and changed by your experience. Viewing our own culture and habits from the prism of travel and broader experience, it is easier to laugh at our own foibles and American idiosyncrasies. We wish all of you the very best on your personal journey.

II. PREPARATION

A. GUIDE BOOKS

First, you should purchase a guide book and do some background reading. The better prepared you are, by reading material here in the States and following the advice of guide books, the fewer surprises you will have when you arrive.

Some suggestions:

1. The Rough Guide To Kenya, (7th ed., 2002), includes a description of the hotels and restaurants throughout the country. It also provides detailed descriptions of every major town and national park in Kenya, with practical information on how to get around and what to see, a summary of the history of Kenya, and a Beginner's Guide to Swahili.

2. Lonely Planet's East Africa, provides information for traveling on any budget and is also highly recommended. This book will also come in handy if you are planning to travel outside Kenya, as it has information for all the surrounding countries.

3. Footprint's East Africa Handbook (7th ed., 2002) is an excellent and complete resource for travel in Kenya, Tanzania and Uganda

Other recommendations: Fodor's publishes a good guidebook which includes both Kenya & Tanzania (also the Seychelles and Zanzibar), Prentice Hall Travel has recently

published a beautiful book on Kenya as part of its "Travel Bug" series and Robert Thorne's Discover Kenya is a Berlitz Publication which is comprehensive, easy to use, and full of detailed information.

All of these guide books are available in larger bookstores (Borders, Barnes & Noble, etc.) or in one of the specialized travel stores. One word of warning: the guide books frequently list prices, but these prices change with both the exchange rate and consumer demand. Just be aware that in all likelihood the prices listed in the books are not entirely accurate.

B. VISAS AND PASSPORTS

Second, you need a passport. You can obtain one through the mail by picking up a passport application at most major post offices. It takes several weeks to get your passport by mail. In a city with a passport office you can obtain one more quickly. You also need a visa. Keep in mind that this is a tourist visa, not a student visa. We have sent each of you a Kenyan tourist visa application. You may also download a tourist visa application online at www.kenyaembassy.com. Because you will not be a regular student at the University of Nairobi, but rather an occasional student in the Institute, there is no need to obtain a student visa. Doing so could take a long time and it has few advantages. You must have a passport to get a visa. You must send the Kenyan Embassy the application form, two passport-size photos, your passport, a certified check, a copy of your air ticket or a letter from a travel agency, and a return stamped envelope. This takes time so begin early. In an emergency, one can usually obtain a visa at the airport in Nairobi. Guide books do not recommend this alternative, although one student who did this in a past program had no problem.

You may wish to visit Tanzania, Uganda, or other nearby countries during the summer. The Tanzanian game parks (Ngorongoro Crater, Serengeti, etc.) are beautiful. If you do not live in Washington, D.C., you may find it easier to obtain these visas in Nairobi rather than from the embassies in Washington. They are fairly easy to obtain in Nairobi.

C. AIR TICKETS

You may spend \$3200 or more for a round-trip ticket to Kenya if you book through an airline or a standard travel agency. You can avoid these high prices by purchasing your tickets through discount travel agencies. The Sunday Travel Section of most large metropolitan papers including the N.Y. Times, Washington Post, and L.A. Times will have ads from a number of discounters. Some are more reputable than others. Be careful if you use such discounters, because some go out of business each year. The larger ones will give you prices from any major city. Fares may depend on the season and when you purchase the tickets. Seats to and from Kenya at discount fares fill up quickly, particularly the return flights in August when many Europeans visit Kenya.

Arthur Frommer in New World of Travel and Richard Trillo in The Rough Guide to Kenya recommend Council/ STA Travel. Council Travel is the travel agent of the Council on

International Educational Exchange. STA Travel is the American Travel Agency of the Australian student travel network. STA purchased Council last year. With its many offices throughout the United States, Council Travel is the closest thing this country has to an official student travel agency. Many students choose to book through Council.

In past years, several students located low fares via the internet. Web sites include: <http://www.ricksteves.com> (check out the Travel Gear area for good deals on moneybelts, internal frame packs, sleep sacks, and travel clotheslines.) Then go to the Online Traveler Resources area where Travelynx provides reviews of other useful travel info sites on the Web). The International Student Confederation is <http://www.istc.org> and it has a huge database of student discounts. The STA Travel Web site is <http://www.statravel.com/>. Council Travel's site is: <http://www.counciltravel.com/>. Many of those who have already purchased their tickets have found great deals through Airline Consolidator.com. Their number is (888) 468-5385. Also, you may want to try Magical Holidays, a consolidator specializing in flights to Africa at (800) 228-2208. Or give Kenya Airways a call at (866) 536-9224.

A couple of other helpful sites include the Student and Budget Travel Guide (<http://www.asa.ugl.lib.umich.edu/chdocs/travel/travel-guide.html>) and Big World Magazine (<http://boss.cpcnet.com/personal/bigworld/bigworld.html>).

There are a number of choices depending on what airline you wish to take and what city in Europe you wish to fly through. All flights to Kenya require a change of planes in Europe. You generally may stopover for an extended stay in Europe for a small fee or, in some cases, no fee at all. In years past, many students spent a week or two in England, Germany, France, Italy, or Israel on their way to Nairobi. Jomo Kenyatta International Airport is served by Air France, British Airways, KLM, Kenya Airways, Sabena, Lufthansa, Swiss Air, and more than twenty other international airlines.

The best course is to compare price, convenience, and carriers, and make your own choice. You are responsible for your flight choices and reservations. Widener University accepts no responsibility for your choice of travel agencies or airlines. Purchasing discount tickets is often frustrating and time consuming. Rates change and seats on the dates you want may fill rapidly. Air France allocates few discount tickets to Africa. We suggest that you make your decision early to avoid disappointment. Someone will always find a cheaper fare, but the risks may be higher. Read the Rough Guide or other guidebooks for more information on air flights and discount air tickets.

D. HEALTH PRECAUTIONS - DOCTORS AND HOSPITALS

Kenya is a growing country with world-class tourist facilities. Each year about 800,000 tourists visit Kenya's game parks, beaches, and other attractions. Very few become seriously ill. In the ten years of the program no one has become seriously ill. Many have had fevers or traveler's diarrhea. The most serious problem we have had was David Concannon's altitude sickness from his climb on Mt. Kilimanjaro (See Appendix E). With adequate precautions and

sensible habits, there is little danger. If you take the necessary precautions, the most significant dangers are malaria, which is avoidable and treatable, and traffic accidents (remember to look to the right rather than the left before crossing the street!). The "Health and First Aid" section of Trekking in East Africa (a Lonely Planet Walking Guide) is particularly recommended.

1. INOCULATIONS

While the Kenyan government does not require shots in order to obtain a visa, the Centers for Disease Control strongly recommends immunization against yellow fever, typhoid, and diphtheria, as well as booster shots for polio and tetanus. Since you will be in Kenya for two months, it is foolish not to protect yourself. You may contact the CDC at the following numbers to obtain more information: (404) 639-3534 or (800) 311-3435 or visit the CDC website at the following address: www.cdc.gov for further information about traveler's health. Also, we have included the CDC information in Appendix H.

Begin your vaccinations now because you must take some vaccines in stages. Consult the health service at your university or your doctor. If you go to a law school without a health clinic, consult the clinic at a large nearby university for less expensive service.

You will be staying in a safe apartment building and in luxury accommodations in the game parks where it is highly unlikely that you will be even exposed to serious tropical diseases. Yet it is wise and I recommend that you get inoculated for yellow fever and typhoid/diphtheria. They are available at many university health centers and major city hospitals. It is also wise to update your tetanus shots.

2. DOCTORS AND HOSPITALS

Nairobi is a sophisticated city with good doctors and good hospitals including the Nairobi Hospital and the Aga Khan Hospital. We suggest that in case of an emergency you take a cab to the Aga Khan Hospital. The Aga Khan Hospital is only a short distance from the Faculty of Law. These hospitals screen their blood for AIDS as do hospitals in the United States. Do not go to the Kenyatta Hospital.

There are several excellent doctors within walking distance of Bid Apartments. Professor Kelly recommends Dr. Sheth and Dr. Vera Somen, both of whom have offices in the Sarit Centre about 100 yards from Bid Apartments. Also recommended are Dr. David Silverman and Dr. Majid Jaworaa. Both are graduates of the Johns Hopkins Medical School and associated with Nairobi Hospital.

3. TRAVELER'S DIARRHEA

The Center for Disease Control Guidelines (See Appendix H) indicate that traveler's diarrhea is the most frequent health problem. It is caused by food and water borne diseases or just by adjusting to local food. Kenya, unlike the other nations of the region, has an abundance of clean, sanitary hotels and restaurants. The water generally is safe in Nairobi and at major tourist hotels throughout the country. Avoid roadside stands and the water and food in rural bars and hotels. If you travel wisely, you will minimize these problems.

Some stomach upset or diarrhea is likely for most of you as you adjust to a new climate, different minerals in the water, and a new diet. These symptoms, while inconvenient, are generally not serious. The students from last year recommend a variety of anti-diarrhea agents available from your local drugstore. It is also recommended that you buy bottled water at the supermarket in the Sarit Centre. This will also help combat any problems.

4. MALARIA

Malaria is a dangerous, yet preventable and treatable disease that is endemic to many parts of East Africa. If you take proper precautions, the dangers will be minimized. Malaria is caused by a parasite contained in the saliva of infected female anopheles mosquitoes. It has a variable incubation period that ranges from a few days to several weeks. A person who has been infected may begin to experience symptoms well after he or she was bitten. Therefore, it is important to continue to take your malaria pills for several weeks after you leave Kenya. The symptoms are flu-like and easily recognizable: high fever, shivering, and headaches. If you have these symptoms, see a doctor immediately and let him or her know you've been in a malaria zone. Quick treatment can prevent serious complications.

You must take pills to protect yourself from malaria. There is no consensus on the best medication, so consult your doctor for the latest information. See Appendix H, which is material from the Centers for Disease Control website. It contains helpful information on the merits of different drugs. The good news is that there is a new drug, Malarone that is quite effective and side effects are very rare. In addition, anti-malaria pills are available over the counter in Nairobi through chemists (drugstores). Paludrine is generally recommended in East Africa though it may need to be combined with a second drug. However, it is not available in the United States. Lariam is the prophylactic that most students have used in the past. You will likely be required to take a daily or weekly pill as a prophylaxis and a stronger drug if you are stricken.

Although malaria is a potential problem, there are precautions that can be taken to minimize the risk. Since the inception of the program, no student has gotten malaria. Malaria carrying mosquitoes are rarely found in Nairobi because of the altitude (5500 feet) and because of the time of year when you will be there. June, July and August are sometimes called the Kenyan 'winter' because it is colder than other times, but the temperature will be about 70 during the day and 50s at night. There is some risk on the coast where it is in the 80s and other lowland areas. There are two precautions: *first*, avoid being bitten and *second*, take an anti-malarial drug. You are unlikely to be bitten if you put on a mosquito repellent containing Deet at night when outside and wear long pants at night. In order to ensure you will not be bitten, use the air-conditioning in your room on the coast.

5. HEALTH INSURANCE

We strongly suggest that you obtain health insurance if you do not already have it. You should keep in mind that although you may be covered by health insurance in the States, your policy might not cover you abroad. It is wise to contact your health insurance provider to see what its coverage is for travelers. If you are not covered, good, inexpensive approach is to

purchase the insurance that accompanies the International Student Identity Card issued by the Council on International Educational Exchange through either Council Travel or STA Travel. Call CIEE at (212) 822-2600 for a form. The fee is about \$15 for students. The insurance includes sickness (\$100 per day for maximum of 60 days), accident insurance (\$3000 medical reimbursement for each accident), and \$10,000 for emergency medical evacuation.

The Flying Doctor Service of Kenya provides guaranteed emergency treatment and service anywhere in the country. In the event of serious illness or an accident on safari, the doctors will fly to your location and either treat you or fly you to a hospital in Nairobi. You must be a member and pay a fee in advance for this service. If you are interested, the address is in the Appendix.

6. AIDS

AIDS is a very serious problem in Kenya. AIDS is being spread rapidly through the Kenyan homosexual and heterosexual population. It has spread to all sectors of Kenyan society including lawyers and professionals. Kenyan men, even married men, often have numerous partners. Unfortunately, sexually transmitted diseases, including the HIV virus, are rampant. You should assume that anyone may be HIV-positive.

Prostitution is open and casual. Many African men from all sectors of society frequent prostitutes. AIDS is epidemic among prostitutes. In a recent study, 90% of the prostitutes in Nairobi were HIV positive. Just as in the United States, no one knows the percentage of people carrying the antibodies. It would be foolish to have sex with someone who may have the disease.

F. HOUSING

1. BID APARTMENTS

Housing is available at Bid Apartments, a small housing complex in the Westlands area of Nairobi about 100 yards from the largest shopping center, the Sarit Centre. (See Appendix J).

Currently, the rates are as follows:

Studio (“Bedsitter”)	Monthly rate = \$460 USD
One Bedroom	Monthly rate = \$592 USD (\$296 pp shared)
Two Bedroom	Monthly rate = \$789 USD

Keep in mind that exchange rates fluctuate with changes in the local and international economies. The dollar is more likely to strengthen against the Kenya shilling than to decline. As a result, the cost of an apartment in dollars will probably decline slightly. Each studio, one and two bedroom apartment includes a full kitchen with dishes and pans, a living room and dining area, a telephone, television, and maid service. The housing complex is fully gated with security guards. There is a lovely swimming pool and gardens on the grounds. The nearby Sarit Centre includes a large supermarket, pharmacy (chemist), travel agency, cybercafe, hardware store, movie theaters, a food court and numerous restaurants. There are health clubs nearby as well.

In order to reserve an apartment, e-mail Bid Apartments at apartments@bidsgroup.com. Please be sure to include your date and time of arrival, your expected length of stay and your affiliation with the Nairobi International Law Institute. If you choose to stay with a roommate, we will circulate a list of students' names and e-mail addresses, so you may arrange that before arriving. Please be sure to e-mail Professor Kelly and Meghan Ward to let them know your date and time of arrival. E-mail: j.p.kelly@law.widener.edu; meghan.ward@lycos.com. They will confirm your reservations for you when they arrive in Nairobi a few days prior to the beginning of the program.

The Faculty of Law is a one-mile walk from Bid Apartments. The Faculty of Law is known as the *Parklands Road Campus* of the University of Nairobi. Many cabdrivers know it as the former Government Secretarial College. It is *not* on the main campus, which is downtown off University Way. The Faculty of law is on Parklands Road which is parallel to Forest Road. The Nairobi Museum is nearby. The downtown area is only about two miles away from Uhuru Highway. *At night you should take a cab to and from the downtown area.* The road, Uhuru Highway, borders a park and theft is common.

2. SIRONA HOTEL

In past years we have used the Sirona Hotel. We have found that most students would like the option to prepare their own meals and be close to the shops in Westlands and therefore prefer to stay at Bid Apartments. However, the Sirona Hotel is also a viable option and closer to campus. The hotel has comfortable accommodations, a friendly atmosphere, and reasonable rates. There is a patio, a large dining room, a bar area, and a lounge area with CNN on the television. Taxicabs are available at the door.

In order to make reservations and get the current rates, you should fax a letter to the hotel with your request. It's best to request a quote for block rates. For example, you'll want to request the rate for one month, versus just getting the daily rate. The full fax number is 011-254-2-375-0599. 011 is the international access code; 254 is the Kenya country code; 2 is the Nairobi city code; and 750599 is the fax number for the Sirona Hotel. [This is not always a reliable fax. You may have to write or call.] The phone numbers of the Sirona Hotel are 374-2730 or 375-1996. The address is: Sirona Hotel; Keiyo Road; P.O. Box 14034; Nairobi, Kenya.

Please specify your date of arrival, your expected length of stay, and your affiliation with the program. If you arrive alone, you may have to pay for a single room until you find a roommate. Please note that the Sirona Hotel will accept credit cards, but a surcharge of 5% will be added to cover the fee that they must pay to the credit card company. Temporary memberships are available at the Parklands Sports Club. Ask about it at the desk.

In the past some students have complained about service at the Hotel - messages were not taken and things had been stolen from the room. The manager has agreed to make several changes and the staff are forewarned. Do not leave valuables out or visible. There are hotel safe boxes available for a small fee. Lock your room whenever you leave. The Hotel has been recently remodeled and is quite adequate.

Students in the past have made expensive calls home from the Hotel before checking on the rate. There is an AT&T access telephone at the Sarit shopping center. Your AT&T phone card will work from there. In the past we had very little success with any of the other telephone long distance access cards, but that may be changing. If you are going to make an international call from the Sirona, be forewarned that you should ask for the rate before dialing! Record the time the call starts and when it is finished to avoid any problems. International calls are expensive.

The Faculty of Law is only a short walk from the Hotel - about two blocks. The Faculty of Law is known as the Parklands Road campus of the University of Nairobi. Many cabdrivers know it as the former Government Secretarial College. It is not on the main campus which is downtown off University Way. The Faculty of Law is on Parklands Road which is parallel to Forest Road. The Nairobi Museum is nearby. The downtown area is only about two miles away down Uhuru Highway. At night you should take a cab to and from downtown. The road, Uhuru Highway, borders a park and theft is common.

3. OTHER CHOICES

The choice of housing is yours. There are a large number of hotels in Nairobi with a wide range of prices and facilities. Guidebooks have extensive lists of accommodations.

The Esperia Hotel is a small, informal hotel backing onto Parklands Road in the Westlands area – a shopping center district 8 or 9 blocks from the Faculty of Law. It has a friendly staff but few facilities, however there are many restaurants nearby. In the past, their rates were lower than the Sirona Hotel, but the facilities are not nearly as nice. Keep in mind also that the hotel is in a noisy area at night, as it adjoins a busy street.

Reservations should be made in advance. There may be fewer than ten rooms available. Their fax number is: 374-6214. Phone numbers: 374-2818 and 374-9775. Or you may write: P.O. Box 14642, Nairobi, Kenya.

There are a number of other hotel choices – some in the vicinity of the Faculty of Law. If you desire, arrive early and shop around. Hotels vary in price, convenience and service. Your choice is your responsibility. In the past, some students have stayed at the Meridian Court between Moi Avenue and River Road, downtown. The rooms are large, but it is noisy and near a high crime area. These students were pleased initially, but they were frequently hassled and did not always receive their messages. Other places that the students have stayed are the Sun Court on University Way near the Main Campus and the Hotel Boulevard on Harry Thuku Road near the Voice of Kenya and the Main Campus. Further contact information for any of these hotels can be found on the following website: destinationkenya.com.

G. TUITION AND FINANCIAL AID

While tuition is due June 2, we realize that there may be a delay before many of you receive your financial aid checks. Government regulations prohibit disbursement of guaranteed financial aid before a certain date to ensure that the money is spent on the proper purposes. If you find yourself in these circumstances, you must make arrangements with our business office. You must pay your tuition before you are eligible to attend class.

If you are having difficulties obtaining financial aid, our financial aid office may be able to work with your law school. We are willing to sign a Consortium Agreement with your institution. Call the financial aid office at (302) 477-2273.

Your tuition includes a student fee that we pay to the University of Nairobi. This entitles you to register as an occasional student of the University and receive an identity card. You will have to fill out several forms for the University of Nairobi during orientation. Please remember to be patient.

H. BACKGROUND READING

You will be better prepared if you have read about Kenya's history, culture, and politics before you arrive. The Rough Guide contains an excellent summary of Kenyan history as well as information about literature, music, and Swahili. While English is the national language, Swahili is the *lingua franca*. A few words of Swahili and a desire to learn will go a long way toward getting to know people. Kenyans are warm, hospitable people.

A list of background books on history and politics, African literature, European literature, and nature guides is in the Appendix. You might have your own list after this summer. Kenya and East Africa are frequently subjects of articles in travel magazines.

I. CLOTHING/CLIMATE

Even though Nairobi is only 50 miles south of the Equator, it has a temperate climate all year round. At the altitude of 5500 feet, Nairobi has an average high temperature in June and July of only 70 degrees. Days are pleasant; nights are cool. You will need sweaters and a jacket for the evenings. My guidebook recommends a wool sweater. I'd recommend a fleece. The temperature in the game parks varies greatly. Maasai Mara is at a high altitude and chilly at night. Samburu in the North can be hot.

There may be functions at which you will need a dress or a sportscoat. In past years, students attended a formal Kenyan Law Society dinner/dance. You should, therefore, bring a variety of clothes for different occasions. If you wish to go camping or plan to climb Mt. Kilimanjaro, you will need a warm sleeping bag. The ones provided by the inexpensive camping safaris or available for rent in Nairobi are not warm enough for most people.

There is excellent hiking near Nairobi. One of the favorites is the two-hour climb of the 9000 ft. Mt. Longonot in the Great Rift Valley near Lake Naivasha. From the top there is a spectacular view of the Valley, the Aberdares Mountains, and the chain of lakes. Bring comfortable walking or hiking shoes. There is a good description of this climb and hiking through the adjoining Hells Gate Gorge in The Rough Guide and also on the Nairobi link on Widener's International Programs website.

J. TEXTBOOKS AND MATERIALS

1. Comparative Family Law – Professors Patricia Kameri-Mbote and Githu Muigai. More information concerning the text & materials for this class will be forthcoming in a separate mailing .
2. Comparative Constitutional Law – Professors James Gathii and Kivutha Kibwana. Text: Comparative Constitutional Law, by Vicki C. Jackson and Mark Tushnet (Foundation Press, 1999, ISBN 1-56662-728-1)
3. International Environmental Law and Trade - Professors Patrick Kelly and Albert Mumma. Text: International Environmental Law & Policy, by David Hunter, James Salzman and Durwood Azelke (Foundation Press, Second Edition ISBN: 1-56662-589-0)

You must purchase your textbooks in advance and bring them with you. *There will be no opportunity to purchase them in Kenya.* You should order the texts through your home school or directly from the publisher. You may also contact Mr. Dave Mastro at the Widener University School of Law Bookstore, Delaware Campus, at (302) 478-0606 to order the materials. Payment for course materials can be arranged while placing orders by phone. Acceptable forms of credit card payment via phone include Visa, MasterCard, American Express, and Discover.

The Widener University School of Law's on line bookstore will be prepared to accept orders via the Internet on or about May 1, 2003. A secure server processes purchase of course material orders via credit card. Materials will then be shipped to the student's choice of address.

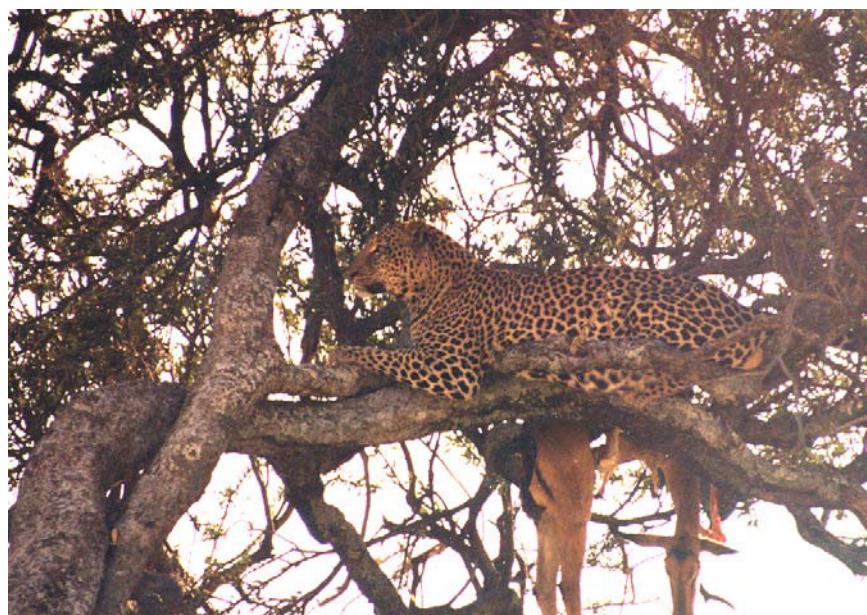
The web address for the Widener University School of Law Online Bookstore is:
<http://www.widenerlawbookstore.com>

For students able to personally visit the Widener University School of Law Bookstore, Delaware Campus, the bookstore is located in building 504, and its hours of operation are as follows:

Mondays & Tuesdays 9:00 a.m. - 6:30 p.m.
Wednesdays & Thursdays 9:00 a.m. - 5:00 p.m.
Fridays 9:00 a.m. - 3:00 p.m.



Nairobi--Class of 2001



Leopard with Gazelle

III. YOUR LIFE IN KENYA

A. ARRIVAL AT THE AIRPORT

The airport is often congested and taxicab drivers besiege you for business. It is a bit of a free-for-all and some of them are less than scrupulous. Many of the taxicabs are literally falling apart, trunks do not lock etc. As you leave the baggage area, go directly to the KENTACO taxi window opposite the doorway from the baggage area. Kentaco Taxi is the government taxi company and has reliable cars (Mercedes) and vans. The price is about the Kenyan equivalent of \$15-\$18 for the 8-mile trip into town. Prices change with inflation and changes in the exchange rate. Do not take the bus. If you are going to the Bid Apartments, remember to tell your driver that the apartments are near Peponi Road behind Sarit Center.

Go directly to your hotel and relax or sleep. If you are staying at the Sirona Hotel make sure the taxi driver knows that you are not staying at the Serena. The Serena is a large downtown hotel that caters to tourists who are staying in Nairobi for a couple of days before leaving on expensive safaris. Tell him to go toward Forest Road, up Museum Hill. The plane trip is a long one and you may be arriving around midnight. If so, make sure your hotel reservation is for the night before and they know when you will arrive. There may be a number of participants in the program who will be arriving early. Look for them at the Hotel and ask about their experiences. You need to develop "street smarts" in a different culture and your fellow travelers are an excellent source of information. Read your guidebooks for practical tips. There is a bulletin board at the Sirona Hotel. Look for Widener notices.

B. IN AND AROUND NAIROBI

If you arrive before the start of classes you may want to get together with other students in the program and explore Nairobi. The National Museum (on Museum Hill) is about one mile from the Sarit Centre. It has an excellent paleontology exhibition with the Leakey family finds, an extensive collection of stuffed animals and birds that you will be seeing in the game reserves, and a fine exhibit about Kenya history and culture.

The weekend before classes is a good time to go to the Nairobi National Park just nine miles from downtown Nairobi. We are planning a short safari the weekend before classes begin (June 14 and 15) to Lake Naivasha in the Great Rift Valley. The freshwater lake has an abundant hippo population and over 300 species of birds. Lake Naivasha also has excellent hiking and mountain climbing nearby. We will be taking a launch to Crescent Island, a private game sanctuary, where we will walk among giraffe, zebra, gazelle and other non-predatory wildlife. After the first week of classes, we are planning a second safari (June 20-22) to Samburu National Reserve. We will travel around the 17,000-foot-high Mt. Kenya and down into the sub-desert region of Samburu where we will encounter leopard, cheetah, ostrich, gerenuk antelope, crocodile and both an abundance of small mammals and birds.

Finally, the weekend following the end of the program, we will organize a safari to the famous Masai Mara Game Reserve, where you may witness the annual migration of wildebeest and zebra. This is a wonderful opportunity to view a world heritage site and to stay in a first class hotel while taking advantage of the economical fee, which we negotiate.

You may also wish to form a group on your own to travel to the Nairobi Game Park. Generally, you can call a safari operator in the early morning or a day in advance and make arrangements. The desk at your hotel will also arrange a safari for you. You will be able to spend several hours in the park in a van for only about ten dollars each. Going in a van provides a more enjoyable safari experience. Some recommended tour operators (your guidebooks will have others):

1. Concorde Safaris, Ltd.; Sarit Centre, 2d Floor; ask for Dina Patel or Teresa Kimani (Telephones: 743304, 743316).
2. Let's Go Travel on Standard Street (Telephone: 340331).
3. Travel Promoters, Ltd.; Sarit Centre (Telephone: 749473).
4. Swan Air Safari's; Vedic House, Mamangina Street (Telephones: 230374, 230377).

NOTE: Concorde Safaris has been very helpful in the past, but you may still want to tell them that you are with our group. The Langata Giraffe Center is worth visiting and can be combined with a tour of the Nairobi National Park.

C. RESTAURANTS AND NIGHTCLUBS

Fortunately, you will have the option of making your own food, if you stay in the Bid Apartments. Since each apartment is equipped with a kitchen, it is not necessary to go out for every meal. However, there are many good, inexpensive restaurants in Nairobi. There are restaurants serving every type of ethnic food you can imagine. Finding a place to eat is never a problem, but trying to choose just one may be.

A favorite for Italian food is the Trattoria at the corner of Wabera and Standard Streets. Mamma Ruffo serves homemade pasta, pizza, and ice cream at very reasonable prices. The mango or coffee ice cream are home-made and very good. The Blukat is inexpensive and tasty. There is also La Scala which is a very smal restaurant hidden in town. It is a local favorite and serves everything from pasta to mashed potatoes. It will definitely remind you of home cooking. An Indian favorite is the Hotel Supreme. It is in the River Road area, which is a higher crime area, so take a cab and go in a group. It is great for a relaxing lunch.

The African Heritage Café has a fine mix of African and Indian cuisines, served in cafeteria style, and surrounded by superb arts and crafts from around Africa. It is attached to The African Heritage Shop that specializes in African art and crafts from around the continent. The Norfolk Hotel veranda serves good hamburgers and is a perfect place to "people watch," as is the Thorn Tree Café at the New Stanley Hotel at the corner of Kenyatta Avenue and Kimathi Street. Another lunch favorite is the Supermac on Kimathi Street opposite the Thorn Tree Café. The

Supermac is on the mezzanine floor of the shopping centre. It draws locals rather than a tourist clientele. There is a wide choice of excellent Indian, Chinese, Indonesian, Japanese, and even TexMex restaurants in Nairobi. We know you will explore and compare notes during the seven weeks of the program.

As a treat, the Carnivore, a large restaurant and disco complex out of town on Langata Road, is a must. The local bands are excellent and play until the wee hours. At the Carnivore you can start your evening with dinner and then walk next door to the Simba Saloon, where you can dance away all you ate. The Carnivore serves a variety of game meat such as wildebeest, zebra, ostrich, crocodile and many others. It is quite an experience to go to Carnivore. It is a must on your checklist of things to do and see.

For culture the National Theater opposite the Norfolk Hotel offers a variety of plays and other events. Check the papers for National Theater plays and other cultural events. The French Culture Center has speakers and French movies. There are a number of movie theaters.

D. NECESSITIES

The Uchumi supermarkets found in a number of locations in Nairobi are an excellent source of food, toiletries, and almost everything. You can purchase a wide variety of snack foods and drinks for your apartment. They have a selection of fruit juices in cartons, many kinds of yogurt, and toiletries like shampoo, toothpaste, etc. There is an Uchumi in the Sarit Centre, which is across the street from the Bid Apartments. Everything can be found at Westlands from a bakery to televisions, from photo copiers to coin operated rides for children. There are Chinese, Thai, and Greek restaurants in Westlands.

E. MISCELLANEOUS TIPS

1. LAUNDRY

Near Westlands on Mpaka Road is Mbuni Laundromat, a good place to have your clothes cleaned. Get three or four students together with laundry, take a cab to Mbuni in the early morning, leave it with them and pick it up at the end of the day. It will cost only \$3 or \$4 for a large load washed, dried, and folded.

2. NEWSPAPERS

The International Herald Tribune, a joint venture of the New York Times and the Washington Post is available daily in Nairobi at the large hotels or at newsstands near the New Stanley Hotel. It is flown in daily and is expensive, about \$1.50. There are a couple of good local newspapers—The Daily Nation and The Standard. They are great sources of information about the political situation in the country.

3. TRAFFIC

"Forget Ebola virus, terrorism, drowning, AIDS, and Parisian waiters. The most grievous threat to U.S. travelers abroad—barring their own medical conditions—is the everyday

motor vehicle." (Conde Nast Traveler, April 1996, p. 42). This is particularly true in Kenya. Your greatest risk is being hit by a car. Kenyans drive on the left in the British fashion. The natural tendency is to look the wrong way and not see the huge bus coming toward you. Each year someone is nearly run over because he or she looked the wrong way. Look both ways. Do not trust your instincts; never assume anything. People in Kenya tend to drive too fast and unpredictably. There is little respect for pedestrians.

As you move about the city you will learn about the Kenya Bus Company (KBC) routes, the negotiable fares for the taxis, and the matatus. A matatu can be any privately-owned vehicle but usually they are a colorful and motley collection of minibuses. The advantage is that they are cheap. The disadvantage is that they are always overcrowded, dangerous, and driven by suicidal drivers. While they may appear to be an amusing adventure, each year there are many tragic accidents in Kenya involving packed matatus. They are definitely not recommended.

4. ELECTRICAL VOLTAGE

Electrical voltage is 240 volts in Kenya. Electric hair dryers and shavers will not work unless they have a voltage switch (110-220) and you have an appropriate adapter. Adapters are available in Nairobi at appliance stores. You may also purchase a hair dryer locally for around \$10-15.

5. MAILING ADDRESS

Your mail should be sent to you c/o Dean's Office, Faculty of Law, University of Nairobi, P.O. Box 30197, Nairobi, Kenya. The mail is slow and not everything arrives. Do not have anything valuable mailed. It will not arrive or will never get through customs. See below on how to wire money. The Post Restante (general delivery) to the post office is not that reliable, takes considerable time, and is inconvenient.

6. TELEPHONES

The telephone at Bid Apartments will save you aggravation and money. If you call while touring, ask the hotel how much they charge. Several years ago the government removed all international phone lines from companies such as AT&T and MCI. As a result, to make an international call you have to go through a Kenyan operator to call the U.S. and it may cost you as much as \$5 per minute. Be patient. Remember Kenya is 7 hours ahead of Eastern Daylight Savings Time.

7. INTERNET ACCESS

Internet access is easy to find in Nairobi. There is a cybercafe in the Sarit Centre.

8. MONEY MATTERS

The unit of currency in Kenya is the Kenya shilling (Ksh). At the time of this writing, the exchange rate was 1.00 USD = 76.61 Ksh. However, the exchange rate may fluctuate several times during any given week. The result is that some goods will be more expensive this year than last year and everything is subject to change. Food prices have gone up. The rampant inflation has been very hard on the wananchi (common people).

In previous years, visitors were required to declare foreign currency including travelers' checks when they arrived. This was not true last year. The Foreign Currency Declaration Form, if it is required, should be kept with your passport and presented for signature whenever you exchange money at a bank. Barclays Bank has a huge network of ATM's in both Nairobi and most major towns. However, you may want to also bring travelers' checks. They are safer, and there is a higher exchange rate for traveler's checks than for cash. Some places give a higher exchange rate for large bills than small.

Credit cards are useful. You can use them to pay your bills at the hotel, with most safari companies, and to obtain travelers' checks in some circumstances. The Hotel Sirona and many other places charge extra for the use of a credit card in order to cover the fee the credit card company charges them. Visa, Mastercard and American Express are widely accepted in Nairobi, but not in the outlying areas. Barclay's Bank is the Visa agent in Nairobi and will give you cash advances or travelers' checks on your Visa card. There is an agent for American Express downtown on Standard Street near Bruce House. You can use your American Express card there to receive travelers' checks.

Another note from students who have done the program in previous years: "We found that U.S. currency in small denominations was particularly helpful for tipping service people and assisting with difficult safari negotiations."

Until you get used to the value of a shilling, it is wise to make a cheat sheet on the exchange rate and each size bill to take with you. Also, a calculator is an invaluable tool, in keeping people honest. Sometimes when bargaining or eating out your final bill will not what be what you ordered or agreed to and in these instances it is useful to have a pocket calculator. This is also useful for dividing large bills at a restaurant among the whole group – while this isn't necessary at home, we can add and subtract in dollars and cents, it is much more difficult with a huge group and shillings.

Do not bring Kenyan shillings into the country or take them out. It is illegal, unnecessary and a poor investment. There are foreign exchange windows at the Nairobi airport, both inside the area you pick up your baggage and just outside. You get a good rate at the airport.

9. CRIME

Crime is a problem in Nairobi and sensible precautions must be taken. You should, however, keep it in perspective. It is no more prevalent than the petty crime in London or Paris and is far less violent than the crime in commercial districts of the United States. Working class and middle class Kenyans are honest, hard working people. Over the last 20 years there has been a population explosion in Kenya. The land and the commercial economy cannot support the increase and unemployment is high.

Most crime is of the grab and run variety. Therefore, do not keep valuables visible. Watch your money and don't flash it. You are a wealthy tourist in most Kenyans' eyes even though you are a student. Kenyans will assume you are wealthy because you can afford the air

ticket to get here. There is much petty theft from careless tourists. One student left her purse at a table three years ago and it was gone when she returned. Another student took an overcrowded bus from the airport and had her pocket picked. Another left his wallet on a tray at the Hotel Sirona. Be very careful of your money when traveling, particularly on crowded buses. Do not leave things unguarded or rooms or cars unlocked.

Over the last two years there have been fewer such instances in our program, because people were better prepared. Do not carry a purse or wear jewelry particularly the kind that might look expensive, including earrings. They may be snatched. We recommend that you purchase a fabric, around-the-neck pouch for your passport and money. In this way, you do not have to carry your purse against your chest or worry about the bulge from your wallet.

TAKE TAXIS AT NIGHT. Taxis are relatively inexpensive in Nairobi especially if you travel in a group. Do not walk to town at night. It is very easy to catch a taxi at the Sarit Centre. We also strongly recommend that you take taxis back to the Hotel at night.

Avoid parks or poorly lit areas. They are invitations to grab and run behavior. Unemployment is high in Kenya and a number of people are suffering. Most Kenyans are honest and friendly, but "wealthy" tourists are a temptation for the less scrupulous.

Nairobi, like most capital cities of the world, has its share of street scams. The two most prevalent are "schoolboys" asking for school fees with sponsorship forms listing contributors and "refugees" with long stories. Some are true; many are not. If you wish to give money, look at it as charity unrelated to the merits of the story. There is another scam listed in the Rough Guide that has been tried on our students. A "student" requests money. Then phony police say that you have contributed to a terrorist or subversive group and must pay a large fine. Go straight to the police and the scam artists will disappear.

There are many different scams as there can be in any other metropolitan area in the world. There is no need to be paranoid, but use your common sense and think twice if someone appears with a suspicious story.

Nairobi has many street boys, called "totos," short for watoto, who live a difficult hand-to-mouth existence. Their plight is pitiable, but they will grab things from your person or out of your car just as "gypsy" children do in Paris. Be careful. There is a children's shelter for them to go to. And much of the money that you would give to them goes to purchasing glue that they sniff to get high. During the last program, students who wanted to help these children, brought food with them into town and when the children asked them for money, the students were able to give food instead. It was a way to know that at least for that day, the children would have something to eat.

10. SAFARI ETIQUETTE

When traveling in the game parks, be courteous to other tourists. Try not to make a lot of noise while others are observing animal behavior or enjoying the serenity of the parks. Americans have a reputation for being loud and insensitive to the wishes or concerns of others.

Wild animals have their own way of dealing with tourists who try to create the perfect photo scene by feeding or poking them or creating a loud disturbance. No matter how cute, friendly, or docile animals may seem, they are wild and potentially dangerous. Unwary tourists have been mauled by lions, attacked by baboons or had their van crushed by irate elephants.

When staying at game lodges or tented camps, please be respectful of the needs of others. There are usually a large number of people in a small space enjoying the beauty and tranquillity of the experience. For many people the safari is the expensive trip of their lifetime. Try to go to bed early and keep the noise down after 9:00 PM. Wake up calls for the early morning game runs start at about 5:30 AM. Most people leave by 6:30 AM, because the early morning game run is the most important run of the day. It is the time when you are most likely to see the shy, rare animals, the nocturnal animals, or see lions, cheetah, and leopard hunting. Please do not disturb those who go to bed early, so everyone can enjoy the complete safari experience.

11. U.S. EMBASSY

A new, modern embassy building has been built since the incident in 1998. The exact location of the Embassy will be provided when you arrive. U.S. citizens are encouraged to register with the Embassy, where they may obtain updated information on travel and security within Kenya. Security updates are e-mailed to all registered Americans on a monthly basis. You may complete a registration form on-line at: <http://usembassy.state.gov/nairobi/wwwcon3.html> or may request one via e-mail at: kenya_acs@state.gov. You may also call the embassy in Nairobi, should there be a need at:

363-6000 (during normal business hours); after hours phone numbers are: 537-809 and 0722-514-246. Travel updates are also available at: <http://travel.state.gov>. (See Appendix I)

12. POLICE AND NATIONAL RESPECT

If you are robbed, report it immediately to the police for insurance purposes. Many Kenyan police are competent, good people. However, they are underpaid and lack the automobiles and other resources to adequately do their jobs. Many will not do anything without being paid. It is important to be polite and respectful at all times, particularly if you are the subject of suspicion. Civil liberties and other rights do not affect police behavior. Remember you are in another country as a guest. You must follow their laws and act with respect toward their institutions. You have few rights as a foreigner. You can be deported at anytime for poor behavior.

The Rough Guide quite properly gives the following warning and advice; failure to observe it can get you arrested:

"Stand in cinemas during the national anthem. Stand still when the national flag is being raised or lowered. Do not take photos of the flag or the President. Pull off the road completely when a police convoy comes into view. It may be the President or an important official with armed guards. Never tear up Kenyan currency. It will be seen as disrespect for the country."

IV. THE NAIROBI INTERNATIONAL LAW INSTITUTE

A. ORIENTATION

Classes are held at the Faculty of Law Campus (Parklands Road campus), not the main campus, of the University of Nairobi. It is located on Parklands Road 1 miles west and north of the Main Campus of the University.

Professor Kelly will be hosting an informal orientation meeting will be held at the Bid Apartments on Sunday June, 15th to discuss “street smarts” and to answer any questions. In addition, first day, Monday, June 16 will be “Orientation Day.” It will include a convocation at which you will meet the faculty, register with the University of Nairobi. There will be a registration meeting beginning at 10:00 a.m. at the Faculty of Law. There will be signs to direct you to the appropriate room. At the Orientation you will meet the faculty and officials from the University of Nairobi. You will receive course syllabi, and other materials. You must settle your tuition and pay your course materials fee at this time. Please be on time as a courtesy to these officials. There will be two parts to the registration. You will register as an occasional student of the University of Nairobi filling out their necessary forms. You will also check your registration with the Widener University Nairobi Institute. It is your opportunity to change your courses, pay late tuition and materials fee.

B. STUDENT REQUIREMENTS AND RIGHTS

1. COURSE ATTENDANCE

Student and course requirements for the Institute are the same as those for the Widener University School of Law. The student honor code applies. Courses must meet the requirements of the American Bar Association for attendance and length of classroom time. Compliance with ABA requirements is necessary for the credits to be applied toward your law degree at your home institution.

Classes are held Monday through Thursday each week except the week of July 6-13, which is your personal time. Class requirements are fully equivalent to your classes at home. Class starts on time. Attendance will be taken in all courses. The ABA requirement that a student attend 80% of class hours is enforced. Any student not attending 80% of classes will be given an "F" in the course. There is no refund for poor attendance and no credit will be given for the course. In exceptional cases, a student who receives an "F" for excessive absences may petition the Associate Dean for Student Affairs for relief. Upon a showing of extraordinary circumstances beyond the student's control, the Associate Dean for Student Affairs may withdraw the "F" and grant a "W" or withdrawal in the course.

2. EXAMINATIONS

Due to the compressed schedule of the Summer Law Institute schedule, there will be no take home exams. Exams may not be deferred except in the case of documented extreme medical or similar extreme personal emergency. In such case, notify Professor Kelly. The Honor

Code applies to all examinations. Discussing an exam, looking at another's paper, or any attempt to gain unfair advantage will result in an "F."

Permission to defer an examination must be obtained prior to the scheduled examination day, unless the cause for deferral occurs on the examination day, and the cause is beyond the student's control. Permission to defer can only be granted by the Director, Professor Kelly. If permission is granted for a deferred exam, a new examination will be given. The Institute has anonymous grading. You will be given each of you a sticker with your anonymous number on it. You place that number on each of the blue books. Do not share your number with anyone.

3. COURSE SELECTION

Course selection will normally be done through the mail prior to arrival at the Widener University Summer Law Institute. Students should make every effort to finalize their course plans at this time. Students will, however, be allowed to add or drop courses at Registration on June 15. During the first week but no later than Thursday 12:00 noon on June 18, students may exchange one class for another, but they will be required to pay the materials fee for both courses. After this period students may not add or switch courses. Students withdrawing from a course after this period will receive a "W" indicating withdraw on the transcript to be sent to their home institution. No refund will be granted for withdrawals.

4. GRADING

Course instructors will use the Widener University grading system. Courses will be graded on an A-F basis with plus and minuses. These grades will be reported to your home law school. Each law school determines whether to accept the letter grade or to change it into a pass or fail. While home institutions may change grades into pass or fail, students may not on their own take courses at the Widener University Summer Law Institute on a pass\fail basis. In past years, at least one student has failed. Keep up with your studies. It is not a summer vacation, but a serious educational opportunity that is taken for credit toward your degree.

5. SUBSTANCE ABUSE

Students are responsible for ascertaining and obeying all laws regarding drugs and alcohol in the countries in which they are residing or traveling during the length of the Widener University Summer Law Institute. Any infraction of such laws will also be considered an infraction of Widener University Substance Abuse Policy. Any student who violates this policy may be disciplined, suspended, or expelled.

6. SEXUAL HARASSMENT

Students are responsible for adhering to Widener University Sexual Harassment Policy which is reprinted as follows:

SEXUAL HARASSMENT POLICY OF WIDENER UNIVERSITY

Section 1. Human Rights Policy.

It is the policy of Widener University not to discriminate on the basis of sex, physical handicap, race, age, color, religion, national or ethnic origin, marital status or sexual or affectional preference in its educational programs, admissions programs, employment practices, financial aid, or other school administered programs. This policy includes, but is not limited to:

- a. recruitment and employment of applicants who possess the necessary qualifications and/or experience for appointment to the Faculty;
- b. renewal of faculty appointment, promotion, tenure and separation from the University;
- c. sabbatical leave or other leave with or without pay; Faculty development programs, grants and awards;
- d. establishment of salary, benefits, workload, and other rights belonging to a Faculty member.

Moreover, it is the policy of the University that no employee shall discriminate against another employee on any of these grounds.

Section 2. Discrimination and Harassment

Widener University seeks to create and maintain an academic environment in which all members of the community are free from unlawful discrimination and harassment.

- a. Definition of Sexual Harassment. Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature constitutes sexual harassment when
 - (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment or academic rating; or
 - (2) submission to or rejection of such conduct by an individual is used as the basis for employment and/or academic decisions affecting such individual; or
 - (3) such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or academic performance, or creating an intimidating, hostile or offensive work or classroom environment.
- b. Sexual harassment in academe includes the use of authority to emphasize the sexuality or sexual identity of a student in a manner which prevents or impairs that student's full enjoyment of educational benefits, environment or opportunities.
- c. Any faculty member, staff member or student who believes himself or herself to have been injured because of a violation of these policies should make a prompt, written report to the Associate Dean's office. Any reports of

sexual harassment or discrimination will be promptly investigated and referred to the appropriate body for disposition.

C. **OTHER MATTERS**

Since you may not all stay at the same place and each class will have a different group of students, communications will be somewhat difficult. Announcements will be posted on the Faculty of Law Bulletin Board near the classroom. You may also contact Professor Kelly at the YaYa Apartments or Meghan Ward at the Bid Apartments for assistance. The Law Faculty Dean may also be helpful. You can also leave a message at the Dean's office. Your mail will also be available at the Dean's office. Ask the Dean's secretaries, for assistance.

Please be aware that the group will not have computer access at the University. If you choose to bring a laptop, keep in mind that you may not be able to plug it in in the classroom and that you will also need an electrical converter.

There will be a tour of the United Nations Environment Programme and its Global Environmental Monitoring System (GEMS) early in the program. As part of our Speaker Series, prominent people will be invited to talk to us. These programs will be announced both in class and on a bulletin board. This will be announced once they have been arranged.

Something that you should bear in mind is that things will change. Several years ago a tour of the Kenya Law Courts had to be cancelled and rescheduled at the last moment because of political concerns at the High Court. Some students were upset by this. But such changes are inevitable. It is important to be flexible and to realize that public institutions, including the University, operate on different assumptions and priorities in other parts of the world. The government has substantial control over the institutions in Kenya including the University. If you realize this and use your time well, there will be less frustration.

V. **GAME PARKS/BEACHES/ACTIVITIES**

There are an enormous variety of outdoor activities in Kenya including wildlife safaris to the many game parks and game reserves, trips to the unspoiled beach resorts on the Indian Ocean, excellent hiking and mountaineering, and a plethora of lovely lakes for relaxing, camping, walking, and nature viewing.

There are a variety of different types of safaris and accommodations to suit everyone's budget and tastes. These include basic camping safaris traveling by truck to the game parks to hiring a driver to go to expensive, luxurious lodges. June is the off-season and rates are low until about mid-July. Low rates are available at the coast until about August 1 at some places. Shop around for the best prices.

Classes are to be held from Monday to Thursday. This will give you four days to work hard and three days each week to tour the country, visit friends, or take day trips. Three-day

safaris to any of the game parks can be arranged. You can also take the train to the beaches North and South of Mombasa and return in three days. There are trains with a sleeping car that leave Nairobi each evening at 5 p.m. and 7 p.m. and arrive the next morning in Mombasa. A sleeper ticket is not expensive. Buy your ticket in advance; the trains fill up quickly. Travel agents may arrange to get the tickets for you. You may find anything less than first or second class unacceptable for an overnight trip. The later train is faster and fills up more quickly. See Tourist Kenya for most recent schedule and tariffs.

There is a full range of hotels both north and south of Mombasa at very reasonable prices. Many have rooms available in June and July at \$15-30 per person right on the beach. The new Rough Guide lists many inexpensive hotels south of Mombasa. Shop around and avoid the big tourist hotels. Quoted prices often include three meals. There are also beach houses on the South Coast (Diani Beach) that can be rented by 6 to 8 people inexpensively. The South Coast has a wide expanse of pure fine white powdery sand and more privacy. Tiwi Beach is less expensive than Diani Beach.

There are also nice beaches around the picturesque town of Malindi though the beach is laden with seaweed some parts of the year. The Malindi Marine Park is an excellent place to snorkel on the coral reef. The Watamu Marine Park and surrounding resorts are about 10 miles South of Malindi. There are many inexpensive accommodations in town. [Note from the 1995 students: "Check out the Turtle Bay Club/Hotel. You won't be sorry."]

Two hundred miles north of Mombasa is the unspoiled Swahili island of Lamu. Lamu is a beautiful font of Swahili culture and a retreat from the fast pace of Nairobi. There are no cars. People walk or sail on dhows. The beautiful carved doorways testify to the rich history of this island. It is best to fly to Lamu. The bus takes a good 12 hours from Mombasa over horrible and sometimes impassable roads. There have been, on occasion, Somali raids on these buses, and they cannot be recommended.

There are far more things to do in Kenya than you will have time to enjoy. Amboseli, in the shadow of Mt. Kilimanjaro, is a great spot for a safari, although it has become rather barren and dusty in recent years because of desertification. Buffalo Springs/Samburu in the north is a wonderful semi-arid park. We strongly recommend it as the best safari experience after Maasai Mara. The drive there is beautiful across the escarpment of Mt. Kenya and then down to arid Isiolo.

Lake Nakuru about 90 miles west of Nairobi is an excellent place to observe birds and other wildlife. It is part of a chain of lakes in the Great Rift Valley, a huge fissure in the earth's surface that bisects Kenya. Lake Baringo and Lake Bogoria make an excellent weekend trip.

In and around Nairobi, the National Museum is interesting. The Nairobi Game Park is only 9 miles away with its animal orphanage. The Ngong Hills and the Karen Blixen home are about 12 miles south of Nairobi, a few miles beyond the game park. Mt. Longonot at 9,000 feet is an easy hike with an excellent view of the Great Rift Valley escarpment. You might get several friends together and rent a car to see the attractions near Nairobi.

Most guidebooks include a section on climbing Mt. Kilimanjaro. In past years, many students have climbed "Kili." A number had not originally planned to, but decided to go with their friends during the break. If there is a chance you might go, bring appropriate clothing to "layer." While it is only a long hike, there is always the danger of altitude sickness. A successful trip requires preparation. One interesting book is On Top of Africa: The Climbing of Kilimanjaro and Mt. Kenya by Neville Shulman.

The game parks of Tanzania (Serengeti, Ngorongoro Crater, and Lake Manyara) are just as close to Nairobi as the Kenya game parks. Tours of Tanzania parks can easily be arranged and a visa obtained from the Tanzanian embassy in Nairobi. These parks are less well developed, but also less trammelled.

You may want to arrive in Kenya a week or two before the program starts to tour, or stay after the program ends. June is a wonderful month to travel in Kenya. It is the off-season and the game lodges and beach resorts discount their prices. It is also a relatively cool time of the year in Nairobi and the game parks, making travel quite comfortable.

The most rewarding experience in Kenya is to meet and befriend Kenyans. You will learn a great deal from their friendliness, hospitality and different perspective on the world. Get to know your classmates as well. You are all rather exceptional people of uncommon experience. Remember when your summer is over, it is your relationships with others that will endure.

One final note: There is a departure tax of \$20 that must be paid in hard currency at the Nairobi airport before you leave. Make sure that you have either cash or a traveler's check to cover this fee. Remember good preparation will reduce problems.



Hiking up Mount Kilimanjaro



Taking a break on Kili

A P P E N D I C E S

A. Professor Kelly's List of Additional Background Reading

1. History/Politics – Three good general surveys of African politics and contemporary history have been published recently: The Africans by David Lamb (Vintage Paperback of Random House), Africa: The People and Politics of an Emerging Continent by Sanford Unger (Touchstone Paperback of Simon and Schuster), and Africa: Dispatches from a Fragile Continent by Blaine Harden (W.W. Norton). Kenya plays a prominent role in each account because all were journalists at one time based in Nairobi. Although Unger's book has a new 3rd edition, history and events are quickly overtaking all three accounts. Africa is going through a social revolution with its people demanding more democracy and a greater role in government. A new generation of leaders is emerging, and there is a sense of hope and excitement in many countries.
2. For the European discovery of East Africa, The White Nile, by Alan Moorehead (Penguin, 1973) is an excellent summary. For a devastating analysis of slavery and the colonial period, see How Europe Underdeveloped Africa by Walter Rodney (Bogle L'Ouverture, 1976).
3. Anthropology/Nature – In many ways a fine book about the people, cultures, wildlife, and topography of East Africa is the classic, The Tree Where Man Was Born, by Peter Matthiessen (Picador) in paperback. Of particular note is the anthropological study of the Kikuyu people by Jomo Kenyatta, Facing Mt. Kenya. He was a leader of the independence movement in Kenya and later its first president. This work was President Kenyatta's Master's thesis at the University of London.
Also, A Primate's Memoir: A Neuroscientist's Unconventional Life Among Baboons by Robert Sapolsky, provides some light-hearted reading.
4. African Literature – Kenya is blessed with several fine novelists, particularly Ngugi Wa Thiongo (formerly James Ngugi), who has written powerfully about Kenya life from Colonial era to transition to present life. A Grain of Wheat (1967) takes place around independence and Petals of Blood is a critique of Africa since independence. Ngugi is now in exile for his criticism of the government. Another superb African author is the Nigerian, Chinua Achebe, whose most recent book, Anthills of the Savannah (Anchor Press), has won many prizes and has been praised worldwide including a lead review by the New York Times.
5. European Literature – Many works of literature were written or took place in East Africa. Ernest Hemingway's Green Hills of Africa is a particular favorite for its evocation of the hunting safari. Robert Ruark wrote many novels about East Africa.

Saul Bellow's wonderful, ironic novel of a man's journey to find himself, Henderson the Rain King, is a favorite of mine.

There is also the classic, Out of Africa, by Isak Dinesen and The Flame Trees of Thika by Elspeth Huxley (Penguin) each of which give personal accounts of Kenya peoples and culture during the Colonial era. A recently rediscovered and superbly written memoir by a remarkable woman is West With The Night by Beryl Markham. She was the first person to fly across the Atlantic Ocean East to West, and in my opinion was a more remarkable person than Charles Lindburgh.

NOTE: You may also want to see "Nowhere in Africa" – it's a German film nominated for best foreign film this year, which provides a heartfelt account of a Jewish family that flees Nazi Germany and settles in Kenya. It's an excellent way to get a feel for the country.

6. Nature Guides – For those who enjoy identifying and learning about the abundant animal and bird life of Kenya, there are a variety of field guides: A Field Guide to the Mammals of Africa by T. Haltenorth and H. Diller (Collins) and A Field Guide to the Birds of East Africa by J. G. Williams and N. Arlott (Collins). The best one-volume general guide is perhaps John Williams' A Field Guide to the National Parks of East Africa (Collins). It includes a description of animals and birds. The National Audubon Society has just published a Field Guide to African Wildlife by Peter C. Alden, Richard D. Estes, Duane Schliffer and Bunny McBride.

7. African-American Literature – Eddy Harris, the award-winning author of Mississippi Solo, has written an entertaining and provocative memoir of his year journey around Africa called Native Stranger. It provides grist for the mill of one's own journey. (Simon & Schuster, 1992).

8. Picture Books – Journey through Kenya by Mohammed Amin, Duncan Willetts, and Brian Tetley contains beautiful photographs of Kenya's varied landscapes and peoples. It may provide evocative memories of your stay there.

The above books and more are readily available in the many fine bookshops in Nairobi. However, they are typically more expensive there, as are paperbacks. My recommendation is that each of us bring a couple of potboilers to read on train rides to the coast, while waiting for late vans to arrive, etc. We can designate one room as the spot for exchanging trashy paperbacks.

B.**LETTER FROM MELISSA HUBSHMAN – 2000 STUDENT ASSISTANT**

Dear Nairobi International Law Institute Members:

Jambo!! It is time to get ready for an unforgettable summer. Kenya is one of the most amazing places in the world and you are fortunate enough to have the opportunity to experience it first hand. This is a once in a lifetime experience that I have the pleasure of doing twice.

Thinking back on my experience, there are a few pointers that I would like to share with you to prepare you for Kenya. You are already on your way. Making the final decision to go is the biggest step in the process. Next is preparing. I relied solely on this manual and guide books that I had picked up, and I must say that I was fully prepared. This manual is very thorough. Not only did it help me pack but the advice and articles prepared me for what to expect.

Here are a few suggestions to get you started:

1.) One of the most essential items is a GUIDE BOOK. You can purchase one at almost any book store. Combined with this manual, you should have enough information about Kenya to be considered an expert. The guide books are great in suggesting places to travel on weekends. They also give a list of recommended restaurants, hotels and travel agents. The ROUGH GUIDE and THE LONELY PLANET are two that I know are very reliable and thorough. Most people on the trip last year used one of these.

2.) The hardest decision you will have to make this summer is where to travel on weekends and during the week off. Don't feel the need to plan your travel itinerary ahead of time. Once you arrive in Kenya, you will change your mind many times. It is not necessary to make any travel plans ahead of time. The travel agents in Nairobi are very helpful and often set up discount travel packages for our group. A very big benefit is that as a student of The University of Nairobi, you will be considered a resident and can travel at resident prices, which are extremely cheap. Also, once in Kenya, travel plans can be made on very short notice.

3.) Many people on the program will choose to go early or stay later. I spent a few extra days at the end and it was well worth it. Feel free to add extra days onto your trip. It is usually a good idea to arrive at least a day or two ahead of time to adjust and get settled in before classes begin.

4.) Packing can be a headache. Contrary to what most people think, if you forget something, you can most likely buy it in Nairobi. There are shoe stores, clothing stores, and pharmacies. Chances are that if you did forget something, someone else will have extra. You definitely need comfortable shoes. We did a lot of walking and sneakers were essential. July is their colder season, so a light jacket or windbreaker is a good idea. You don't have to pack very much because there is a laundry facility. It is great, you drop off your clothes and pick them up a few hours later and they are clean and folded. It is also very cheap. There are clubs and nice restaurants so you may want to pack one nice outfit. It is also a good idea to bring clothes that you don't mind leaving behind. You can trade your clothes and shoes away for fun African

artifacts. You can wear sandals!!! I regretted not bringing mine and bought a pair there. It is also a very good idea to bring pants and long sleeve shirts or sweatshirts to protect from mosquitoes and keep you warm on chilly nights.

5.) A camera or two is a good idea. I am sure this doesn't need to be said but bring the best camera you can get your hands on. It is worth the trouble to carry it around. A zoom lens of at least 200 mm provides the best pictures in the game parks, but many people brought the new Advantix and were able to get some great shots. If you do bring a good camera, it is a good idea to bring a smaller one for day trips or while at the beach. This can also be a backup if something were to happen. Bring as much film as you can!! Film is available in Kenya, but very expensive. Don't forget lots of batteries in all sizes for the equipment that you bring.

6.) Take as much money as possible. I am still trying to figure out the best way to carry money. Last year I brought some in cash, some in traveler's checks and left some in my account. There are ATM machines but the exchange rate and service charges are hard to figure out and your balance is impossible to keep track of. Cash is always the easiest to exchange at the best exchange rate, but it cannot be replaced. Traveler's checks are probably the most efficient and safe way to go. It is fairly easy to exchange traveler's checks. You can also use credit cards for much of your weekend travel or at the mall. The problem is that they will charge you an extra percent for using it. If you are using your ATM or credit card, please make sure you notify them ahead of time. Some cards will see charges in Africa and think it is a mistake or fraud and put a hold on your card. This could cause big problems!!

7.) Some of you may develop stomach problems at least some time during your stay. This is the most common problem for traveler. Imodium will usually do the trick. Aspirin is also a good item to pack. These types of medications are available in Africa for a cheaper price. It is not necessary to bring them but it might ease your mind. I went overboard last summer thinking I needed to bring one of every kind of medicine on the market. It was a big waste of money and space in my suitcase. I hardly used any of it and I realized I could buy it there. This also goes for Larium. It is available and much cheaper in Kenya.

8.) Things to do immediately. Get a passport and Visa as soon as possible. Waiting to get a Visa can cause problems because you have to send your passport to the embassy and they are pretty slow. You can get a Visa at the airport in Kenya, however, you can't board the plane without your passport.

9.) There are many shots that are recommended for travel in Kenya. Go to a travel doctor and ask them to explain each one and determine if it is necessary. Don't listen to other people. My travel doctor was extremely helpful. Yellow Fever is a must if you plan on traveling to Zanzibar or various other places outside of Kenya. They will not let you into the country if you don't have your certificate.

10.) Bargaining is an art that you will master. Everything you do and everywhere you go, people will want to negotiate the price. It is important to learn this technique so that you are not taken advantage of. It can be fun or it can get old but it is a must. Be sure to bring stuff to trade. Pens are a hot commodity. Baseball hats, t-shirts, even socks are good items to trade. The best thing to do is to wait until the end of the trip and trade all of your possessions away.

11.) Keeping an open mind is the best way to get the most out of this experience. Life is different in Kenya. It is slower and can be frustrating at times. I highly encourage you to get to know as many Kenyans as possible. They are possibly the friendliest nation of people. They will give you great suggestions about travel and dining as well as showing you a side of Kenya that most tourists don't see. We will be attending classes with Kenyan students on their campus. It is extremely easy to make friends in class or in the courtyard after class.

12.) Don't forget cards, books, and games. There is plenty of down time when you can sit down with a few other people and play games or read a book.

13.) The classes that are offered are great. Take advantages of class time. Most people don't miss many classes because this is a big part of the overall experience. The classes are unlike traditional law school classes. Many of the lectures will be done by guest speakers who are working in the field they will speak about. You have the opportunity to watch history being created in Kenya. All professors are extremely knowledgeable and worldly and make class very interesting.

This is only a brief overview of what's to come. I could write a novel about my experiences. If you have any questions, please feel free to contact me. My e-mail address is MHUBSHMAN@aol.com.

Sincerely,

Melissa Hubshman

C. LETTER FROM 1997 STUDENT ASSISTANT

Dear Nairobi International Law Institute students:

Welcome to the program! As I reflected on the many wonderful experiences that I had as a participant in the Nairobi program last summer, it comes to mind that this was without a doubt, not only the best summer of my entire life, but the most enriching academic experience I have ever had. Studying in Kenya opened my eyes to so many economic, political, and sociological issues before I ever even opened a book. That is why I feel this program is so special - you learn just as much (or even more) outside of class as you do from your professors.

That being said, here are a few words of advice based upon my own experience:

- 1) Get ready to accept the fact that in Africa, things are not done nearly as efficiently as you have been raised to expect. A trip downtown to run simple errands can take hours - ***Be Patient***.
- 2) Instead of passing judgment on the differences of others, try to understand *why* things are done differently by other cultures. (After all, this is *their* country.) Act as an ambassador - it is fine to be inquisitive, but also be polite. Because you will be for all intents and purposes illiterate in the native language of Swahili, take the opportunity to ask for directions, or what certain signs mean. People will be more than happy to engage you in conversation, and you'll learn a lot more than you expect.
- 3) Get out and see the country. There is so much to experience in Kenya, yet some students are content to live in the Sirona and never leave. Be adventurous, and check out places like Lamu, Ngorogoro Crater, Olduvai Gorge, or Hell's Gate. These are great options for weekend getaways that you will remember for the rest of your life.
- 4) During the week break, take the opportunity to visit someplace rather distant. Either climb Mt. Kilimanjaro, visit the coast, or travel to Zanzibar or another location that's a little farther than you would be able to reach in a weekend. This will be your greatest opportunity to see a great deal of Africa - use it wisely!!
- 5) Take as much money as possible. International wire transfers to Kenya are sketchy at best, and unadvisable if at all possible. VISA is ***much*** more accepted in Kenya than American Express, which I found out much to my chagrin last year. If you have received any new credit cards in preparation for the trip, call them and tell them you will be traveling in Africa for several months. Sometimes they have been known to deny authorization because they assume it is a fraudulent charge from a third world country. Let them know what's up.
- 6) A few small creature comforts which will make your life easier include:
 - Big Ziplock freezer bags. (Keep your dirty laundry separate from the rest of your gear!)
 - Crystal Light, Kool-Aid, or some other powdered drink mix that doesn't require sugar. (You will drink so much bottled water that you'll be ***glad*** to have something to add taste to it.)
 - Small plastic packets of detergent and fabric softener. (Kenyan laundries use hard water and harsh detergent, but if you bring your own soap and softener, they'll be glad to use those instead.)

- A good deck of plastic coated cards, and/or any other portable multi-player game.
- A personal stereo, with an extra set of headphones in case they get broken during travel.
- Gear to trade. **This is important.** Baseball hats, T-shirts, ballpoint pens, cheesy stuff you got for Christmas that you'll never wear... these are the things a Kenyan merchant dreams of. You can get more with an old Dallas T-shirt than a \$5 bill, but **don't be afraid to haggle with the vendors!**

This program is an invaluable opportunity to broaden your world view, especially from that of an American law student. As a law student it is so easy to get caught up in such issues as which students made law review, who received clerkships, or who has the most job interviews in your class. After studying at the Nairobi Institute, I realized that there is more to the law than landing a fat job in an American metropolitan area and billing hours for the rest of your career. Global issues regarding the environment, third-world development, and human rights rarely seem to touch you when you're buried in the stack of your library at home, but when you come to a place where these issues are being acted upon *before your very eyes*, it makes you realize for fortunate you are to have an education sufficient to tackle these issues *and make a difference*, if only you roll up your sleeves, travel to where these issues are being played out, and lend a hand.

Suffice it to say that the choice to study in Nairobi this summer is an excellent one!

James A. Carter II (a.k.a. "Jimmy")
1997 Student Assistant
1996 Program Participant

D. STUDENT LETTER FROM 1996 PROGRAM

From Andrew Balser (Class of 1996):

The calibre of people on the program was outstanding. The combination of eclectic personalities, worldly knowledge and genuine wit provided a first rate group with which to bungle swahili, hone haggling skills, and share misadventures. I couldn't have picked a finer bunch to be stranded with while nursing Stanley's cousins ailing matatu back to health at Lake Baringo. I have developed a permanent soft spot in my heart for hippos that stomp tents at 4:00AM, baboons that steal camp items, dust choked roads and friendly Kenyans who incredulously ogle the weird wazungu (white folks). I even have occasional cravings for greasy samosas and Tusker Lager - imagine that. My only regret is that it didn't last longer. Best wishes to those enrolled in the 1997 program. Enjoy it while it lasts; it'll be over all too quickly.

The joy of living is his who has the heart to demand it.

- Teddy Roosevelt (another noted Kenyan traveler)

MOUNT KILIMANJARO

Start slowly, then ease off
© 1990 by David Concannon

Ernest Hemingway described Mount Kilimanjaro in his famous short story *The Snows of Kilimanjaro* as "wide as all the world, great, high, and unbelievably white in the sun." At 19,340 feet, the summit of Kilimanjaro is Africa's highest point. Although the mountain straddles the border between Kenya and Tanzania only 200 miles below the equator, Kibo, the highest of its two summits, is encrusted with snow and ice year round. Together with its smaller peak, Mawenzi, the mountain resembles a giant ant hill rising above the African plain.

Mount Kilimanjaro offers mystique plus accessibility. Because the summit rises some 15,000 feet above the savannah, Kilimanjaro is one of the highest dormant volcanoes in the world. Kili is also supposed to be the second highest freestanding mountain in the world. Last year, more than 10,000 tourists from all over the world climbed the 23 mile trail from Marangu Gate to the summit of Kilimanjaro. Although climbing the mountain is not exactly a walk in the park, no technical climbing skills are necessary to successfully complete the climb. Any reasonably fit person can make it to the top, all you need is a little planning, a little luck and a lot of energy. Even if you don't reach the summit, the experience you gain from five or six days on the mountain will last you a lifetime.

Geography and terrain

Although Mount Kilimanjaro is only 49 miles long and 24 miles wide, few other places in the world offer such a wide variety of geographic terrain in such a small area. In just a few short days, and often within a few hours, climbers pass from a tropical to an arctic climate, while the weather and terrain change accordingly.

Below 6,000 feet, the mountain is surrounded by shamba, or lush green, damp, hilly terrain that was once rain forest but has long since been razed to make way for coffee, maize and banana plantations. Between 6,000 and 10,000 feet, dense rain forest encircles the mountain. Since the mountain attracts clouds like a magnet, the rain forest is often referred to as the "vertical bog." The trail on the Marangu or "Tourist" Route through the rain forest is more like a very muddy stream bed. Climbers ascending through the tall, lush trees and mud are often enveloped in mist and soaked to the skin before the end of their first hour on the trail.

Above 10,000 feet, the rain forest is left behind and the path ascends gradually through alpine meadow until about 13,000 feet. Six foot tall elephant grass, low rounded hillocks, giant forty-foot heather, and cactus-like giant groundsel surround the path until the terrain finally gives way to alpine desert at Last Waterpoint. Above 13,000 feet, the terrain resembles a lunar landscape, dusty and littered with volcanic rocks and boulders. This is the saddle that connects craggy Mawenzi, Africa's third-highest peak at 16,892 feet, to the rounded snowcapped summit of Kibo. The snow begins around 17,000 feet and covers the entire summit of Kibo, including the almost perfectly circular 1.2-mile-diameter crater.

When to climb and the weather

Kilimanjaro can be climbed almost any time of year, but the best climbing months are during January and February, when it is summer in the southern hemisphere. During the "short rains" of November-December and the "long rains" of March-June, the mountain is covered by clouds and the rain forest turns to soup. Judging from the condition of the trail during the supposedly "dry" month of July, I wouldn't be at all surprised if the path turns into a waterfall during the rainy seasons. Even the always optimistic Tanzanian tourist board (somewhat comically) admits that during these months "it is often wet in the rain forest." July through most of

October is winter in the southern hemisphere, but this is also a good time to climb the mountain because the weather is usually dry. Clouds may sometimes blanket the mountain at lower elevations during winter, so climbers should be aware of the possibility of wet conditions while ascending to 13,000 feet.

Temperatures on Kilimanjaro do not vary much throughout the year. Daytime temperatures in the sun are often over 60° F at 13,000 feet, but when the sun is obscured by clouds the temperature can quickly drop to near freezing. Nighttime temperatures range from 14°-30° F at the lower elevations, to below 0° F near the summit. Temperatures on the summit are usually around 23° F during the day and between 0° F and -8° F at night, WITHOUT WIND! Prevailing winds from the south and east often exceed 48 mph above 14,500 feet, particularly during the dry season.

Except during the middle of the dry seasons, the mountain is usually surrounded by clouds. During the early morning the clouds are down below 7,000 feet, but by 10:00 a.m. they have moved up to 10,000 feet. From noon until evening, the mountain below 16,000 feet is likely to enveloped in clouds. Heavy mist can be expected, and rain, sleet or snow is also possible. By 8:00 p.m., the clouds have moved below 10,000 feet. Although rain may continue throughout the night at the lower elevations, any part of the mountain above the clouds is usually bathed in bright moonlight from the giant African sky.

The Tourist Route

Mount Kilimanjaro can be climbed from a variety of different routes, but by far the most popular is the Marangu route, otherwise known as the "Tourist" route. The route begins at the Kilimanjaro National Park Marangu Gate, ascending gradually for 23 miles through five different types of terrain, until it finally reaches the summit rim at Gillman's Point, nearly 2 1/2 vertical miles above where it started. Climbers who reach Gillman's Point, at 18,640 feet, are given a silver certificate by the National Park to commemorate their achievement. Any climber who successfully reaches Uhuru Peak, the summit's highest point at 19,340 feet, receives a gold certificate from the National Park.

For most climbers, the Marangu route is both challenging and convenient. The National Park recently built three villages of overnight huts along the trail, both to accommodate the overnight camping needs of climbers and to preserve the mountain's fragile environment. Each village contains one large A-frame hut for eating meals and socializing, several smaller huts for sleeping, a cooking hut, and a set of outhouses. Each set of huts is located roughly one day's hike apart, thereby giving everybody a readily ascertainable goal for the day's climb and a dry place to sleep each night.

The following is a sample itinerary for climbers ascending via the Marangu route:

Day 1 - Marangu Gate to Mandara Hut. Arrive at Marangu Gate (elevation 6,000 feet) around mid-morning. Sign in at the park gate, pay park fees and obtain climbing permit, hire and/or organize guides and porters from the Wachugga tribe, separate equipment into duffel bags for the porters to carry on their heads, start hiking. The trail ascends through shamba and rain forest for 5 1/2 miles until Mandara Hut is reached at 9,000 feet. Approximate hiking time: 3 to 5 hours. Upon arrival at Mandara Hut, climbers will search through their wet luggage for dry clothing to change into and sample their first taste of "cuisine de Kili" (Hint: everything tastes like sulfur).

Day 2 - Mandara Hut to Horombo Hut. Leave Mandara after breakfast, but early enough to escape the clouds moving up the mountain from the lower elevations. The rain forest ends shortly above Mandara near the Maundi Crater. The trail ascends gradually for a few miles through alpine moorland, six foot high elephant grass, and giant forty foot heather, then rises

sharply along the southeast ridge of the mountain. After 7 1/2 miles, Horombo Hut is reached at 12,340 feet. Approximate hiking time: 5 to 6 hours.

Day 3 - Acclimatize at Horombo (optional). Take it easy, read Hemingway, take pictures, and drink a lot of liquids. Get to know your fellow climbers. Conversations between different climbing groups are sometimes accomplished by speaking a combination of English, French, Spanish, Italian, and Swahili.

Day 4 - Over the Saddle to Kibo Hut. Leave Horombo by mid-morning. The trail ascends gradually past the base of Mawenzi to Last Waterpoint at 13,000 feet. Climbers and porters fill their water bottles for the last time until the descent. The last of the giant groundsel is left behind as the terrain becomes a lunar landscape. This is the "Saddle" between Kibo and Mawenzi. The trail is now a dusty road stretching for miles across the barren landscape to the base of Kibo. Climbers walk silently in the bright sunshine and cold thin air, their faces and necks are covered to protect them from sunburn. After 7 1/2 miles, Kibo Hut is reached at 15,450 feet. Approximate hiking time: 5 to 6 hours. After their arrival, climbers will try to eat or sleep, but the fatigue from extremely high altitude makes both nearly impossible.

Day 5 - Summit Day. The day begins shortly after midnight as climbers are awakened and fed tea and oranges. Nighttime temperatures at Kibo Hut are often near 0° F so climbers spend a little bit of time selecting the proper clothing for their summit attempt. By 1:00 a.m. various climbing parties are on their way up the mountain in a long string of lantern lights. This is by far the most grueling part of the climb. The trail from Kibo Hut to Gillman's Point winds its way up over 3,200 vertical feet of volcanic scree slope in just under two miles. This last part is climbed at night because the scree may be frozen and easier to walk on. Don't bet on it! Imagine climbing a sheer wall of "Grape Nuts" cereal two thirds of a mile high, at night, in subzero temperatures, with absolutely no air in your lungs and a screaming headache.

Whether or not a climber will be successful in reaching the summit is wholly dependent on two uncertainties: how the climber feels above 15,000 feet and the weather. Most climbers attempting the summit reach Gillman's Point, the beginning of the summit rim at 18,640 feet, by 5:00 a.m., just in time to catch the sun rising over Kenya and Mawenzi to the east. 90% will then promptly turn around and go back down. Weather permitting, the remaining 10% will spend two hours trudging around the crater rim until they reach Uhuru Peak at 19,340 feet. High winds will keep a few of the climbers off Uhuru Peak (swahili for freedom), almost everybody else will turn around because of fatigue and the effects of altitude sickness. The rest of the morning and early afternoon is spent hiking back down to Horombo Hut.

Day 6 - Hiking Out. Try not to sleep late, the thirteen mile hike down from Horombo to Marangu will take at least five to six hours. Tips for porters and guides may be settled either at Horombo or back at Marangu Gate. After arriving at the park entrance, climbers sign out of the park log book and collect their certificates, catch a ride back to their hotels or hostels, have a cold shower and a hot meal, then sleep.

Altitude sickness

Altitude sickness, or more appropriately acute mountain sickness (AMS), is primarily caused by the direct effect of low oxygen on the brain. AMS occurs after rapid ascent from near sea level to extremely high altitude. AMS strikes unpredictably, without regard to a climber's strength or fitness, although at least one climbing manual suggests AMS has a tendency to affect young, fit males more frequently than any other group. The most prominent symptoms are headache, dizziness, fatigue, shortness of breath, disturbed sleep, nausea and vomiting. Drowsiness and frequent yawning are also common.

Climbers with acute mountain sickness should avoid heavy exertion, although light outdoor activity is preferable to complete rest. Light outdoor activity increases respiration, which delivers more oxygen to the brain. Sleep decreases respiration and should be avoided. Victims should drink extra fluids and eat a light, high carbohydrate diet. Aspirin can be taken for headache, but sedatives should be avoided. Alcohol and tobacco should also be avoided.

At extremely high altitude (above 12,000 feet), some cases of acute mountain sickness may progress into the often fatal high altitude pulmonary and/or cerebral edema, or the presence of abnormal quantities of fluid in the lungs or brain. Pulmonary edema is the most dangerous, and least common, type of edema, but cerebral edema is more difficult to detect. Both occur after one to four days at high altitude. In addition to the symptoms of AMS, pulmonary edema is evidenced by shortness of breath, tightness or bubbling sounds in the chest, confusion, delirium, weakness, and marked fatigue. Cerebral edema is evidenced by severe and constant headache, mental dysfunction (confusion, loss of memory, and forgetfulness), and ataxia (unsteadiness or muscular incoordination). If any of these symptoms exist, especially bubbling sounds in the chest, or confusion and severe headache combined with ataxia, the climber should descend immediately! Both forms of edema quickly lead to unconsciousness, coma, and then death.

Since the incidence, severity, and duration of acute mountain sickness are highly dependent on the rate and ultimate height of ascent, the rule of thumb for this climb is to start slowly, then ease off. "*Pole, pole*" (swahili for "slowly, slowly") is the official mountain motto. This can not be emphasized enough. Except for the last push for the summit, Kilimanjaro is a relatively easy climb. Because the thin high altitude air makes objects appear closer, many climbers are tempted to really cruise from one point to another. DON'T DO IT!

The best way to acclimatize while out on the trail is to hike slowly enough for you to be able to breathe regularly through your nose. At higher altitudes, try to get into the rhythm of taking two deep breaths before each step. Concentrating on this rhythm ("step, breathe, breathe, step") will also keep your mind off other things like "why does my cranium feel like it's splitting open?" or "I hope only my toes are frostbitten because I can still walk without them."

There are several ways to help your body acclimatize while climbing Kilimanjaro. One of the best is to spend six days on the mountain instead of five. Many opt to spend an extra day at the halfway point of the climb, Horombo Hut at 12,340 feet. Taking a day off is not only wise, it is also quite relaxing. Another way to help acclimatization is to drink at least 4-5 litres of fluid each day. Water is best, but fruit juices and tea are good supplements, especially when you need something to cover the chlorine taste of water purification tablets.

In addition to the preventative measures described above, many climbers also take the drug Diamox (Acetazolamide) to help prevent acute mountain sickness. Diamox acts as a diuretic (it drains fluids from the body, thereby preventing edema, or the buildup of fluids in the body), it also stimulates respiration and speeds up the process of acclimatization. Diamox is available with a prescription in the United States or over-the-counter from many chemists in Nairobi. The usual dose is 250 mg twice daily beginning one day before ascent and continuing three to five days after arrival. Although Diamox has been convincingly demonstrated to prevent acute mountain sickness, this drug is contraindicated in the presence of certain eye, kidney, or liver diseases, therefore it should only be taken after consulting a physician.

Equipment

Mount Kilimanjaro is commonly referred to as a "walk up" because reaching the summit of Kibo does not require any technical climbing (anything which requires the use of special climbing gear, including ropes, ice axes, crampons, etc.). Although technical climbing gear is not required to successfully complete the climb, climbers should pay particular attention to the types of clothing alpine climbers wear so that they may comfortably complete the climb. The next few paragraphs provide

some general tips for dressing and selecting appropriate gear. Please see the section entitled Personal Equipment List for a more detailed list of clothing and equipment.

As a general rule, cotton should not be worn while climbing Kilimanjaro. Cotton gets wet almost immediately (either through direct contact with rain, snow, or water, or as an indirect result of perspiration), stays wet indefinitely, and transfers heat away from a climber's body. Cotton socks are a particular nuisance and should be avoided at all costs. Wet cotton socks will almost certainly lead to large unpleasant blisters on a climber's feet and toes, not to mention the possibility of frostbite when wet feet are exposed to freezing temperatures. The only possible exception to this general rule would be the use of cotton T-shirts and shorts for climbing at warm lower elevations, provided the climber switches to warmer, more functional clothing at higher, colder elevations.

Climbers should dress in multiple layers of light, thin clothing rather than depending on a single bulky item (like a heavyweight wool sweater or a down jacket) to provide warmth. A synthetic or silk long underwear top under a light wool sweater, covered by a wind jacket, is much warmer and more efficient than a cotton T-shirt covered by a heavy wool sweater. Hiking while dressed in multiple layers allows a climber to shed layers when he or she gets warm, and to add layers when they cool down or stop for a rest. Light, thin layers of clothing are also easier to carry than single bulky items of clothing.

The higher you climb, the colder it gets, so climbers on Kilimanjaro should be prepared to face prolonged exposure to cold, wet conditions which are sometimes made worse by high winds, rain, and/or snow. Synthetic or silk long underwear, wool or synthetic pile pants and sweaters, wool or combination wool/synthetic socks and mittens, a down or synthetic parka, a wool or pile hat, and rain gear, are all essential equipment for a safe and comfortable climb. Although these items are capable of getting wet, all of them (with the possible exception of down) will dry quickly and retain heat close to a climber's body. Some of these items (most notably the synthetics) will wick moisture and perspiration away from a climber's body, keeping them feeling dry and comfortable even when the item is soaking wet.

A down or synthetic parka is a necessary luxury on Kilimanjaro. Most people don't think about bringing a down jacket to Africa, but it's a great idea to bring one on this climb. Down parkas are light, easily compressed, and warm enough to keep you happy on Kili. When packed into a waterproof stuff sack, most down parkas will compress to about the size of a softball and weigh only a pound or two. The same can be said about a down or synthetic sleeping bag. Huts on the mountain supply neither bedding nor heat, therefore climbers should bring a sleeping bag with a temperature rating of at least 20° Fahrenheit. If you are considering climbing a route other than the standard Tourist Route (which means a route without huts), you should also consider bringing a warmer sleeping bag and a tent.

Footwear deserves special attention. A good pair of leather hiking boots, already waterproofed and broken in, will be invaluable on this climb. Some climbers may even wear plastic double boots when climbing Kilimanjaro. Double boots look like a cross between hiking boots and alpine ski boots, they have plastic outer shells and wool/felt inner liners for maximum durability and warmth. If you already own a pair, bring them. If not, a good pair of waterproof leather hiking boots is the next best thing. Boots made from suede or split grain leather, lightweight cloth or nylon, or low-cut walking shoes are inadequate for the cold, and sometimes wet, conditions you will find on Kilimanjaro. Don't expect to arrive in Nairobi or Tanzania without the proper footwear in hopes of picking up a pair of good leather boots on the cheap, they are simply not available.

The best method for keeping your feet dry and comfortable, not to mention blister free, is to wear a thin pair of silk or polypropylene liner socks next to your skin, with a thick pair of wool or wool/polypro socks over top. Silk or polypropylene liner socks are warm and thin, they keep your feet dry by drawing moisture away from your skin and passing it out to your outer sock, and they reduce friction and therefore blisters caused by "hot spots." Wool socks add padding to your feet and retain

their warmth even when wet. Nylon or polypropolene is added to wool to help the socks keep their shape and to add insulation.

Do not ever wear more than one pair of wool socks over your liner socks, doing so restricts circulation and will quickly result in very cold, stinging or numb feet. If you have problems with cold feet, you should invest in a pair of thicker or "expedition weight" wool socks. Since boots lose most of their heat through the soles, add an extra layer of cushioning and insulation by fitting a padded cushion or felt liner to the bottom of the inside of your hiking boots. This extra layer will inhibit heat loss through the bottom of your boots. Try wearing a Vapor Barrier Liner (VBL) sock between your original liner sock and your wool outer sock. VBL socks help keep feet warm by inhibiting the flow of moisture to and from your feet, thus keeping your feet both warm and dry. Finally, try wearing a pair of Gaitors (preferably Gore-Tex and/or insulated with Thinsulate) over the top of your hiking boots. Gaitors not only keep mud, snow, stones and water out of your boots, they also add an extra layer of insulation to keep body heat from escaping through either the tops of your boots or out the bottom of your pants. If these tricks don't work you have three options: consider buying plastic double boots; learn to live with cold feet or, stay off the mountain.

The same principles that apply to cold feet apply to cold hands. A thin pair of silk or polypro liner gloves, or a pair of midweight synthetic pile gloves, should be worn under a pair of heavyweight wool mittens. For additional warmth and wind resistance, wear a pair of nylon or Gore-Tex overmitts over your wool mittens. Don't bother with ski gloves when you climb to the summit, the extremely high altitude keeps you from moving fast enough to work up enough heat to keep your hands warm. Overall, your hands will be alot warmer if you are wearing mittens.

Climbers should bring the following items from the United States: a camera with film, personal toilet articles, sunglasses which provide 100% ultraviolet protection, sunscreen (SPF 25) and lip balm (SPF 15), a flashlight or headlamp, swiss army knife, water bottle, small first aid kit (including aspirin, moleskin, bandaids, Diamox, Lomotyl, and water purification tablets), plastic bags, Walkman, tapes, and a lot of extra batteries. You can put together your first aid kit in Nairobi, everything else on this list is either not available in Kenya or Tanzania or very expensive when it is (especially batteries and film).

It may seem bothersome to bring all this gear to a place in Africa so close to the Equator, but most of it will come in quite handy for chilly evenings in Nairobi or freezing cold nights and mornings out on safari. Even if you only use this clothing to keep you warm on the last push for the summit (when other less-prepared climbers are complaining bitterly about the cold) the extra weight and effort will be worth it.

Photography

Every climber should bring along a camera to record their adventure on Mount Kilimanjaro. Bring whatever camera you already own, can borrow, or can easily afford to buy. For most people, a pocket Instamatic with a few rolls of film will be sufficient. If you choose to record your climb on videotape, make sure you bring plenty of extra batteries. There is no place to recharge a battery pack on Kili, and the cold will considerably reduce the charge on your primary battery.

If you decide to bring a 35 mm camera you should also bring two lenses, a wide angle (either 24 mm or 28 mm) and a mid range (50 mm to 85mm). If you prefer a zoom lens, a 28-85mm would be ideal. Some of the most interesting photo opportunities you will encounter will be sunrises, scenic panoramas, and candid shots of your fellow climbers at various points along the trail. A wide angle or mid range lens will be perfect for most, if not all, of these photos. You may find a 105 mm "portrait lens" useful for photos of your fellow climbers, but you will probably not need anything with greater magnification. A telephoto lens is usually not necessary because very few animals stray above "Last Water" at 13,000 feet. You are better off saving the telephoto lens for game drives on the Serengeti.

What type of film you use (slides or prints) depends largely upon your own personal preference and what you plan to do with the pictures after you have them developed. Slides initially cost less to process than prints (although having multiple prints or enlargements made from slides can be very costly), are easier to display to large audiences, and may be easier to publish. Prints are easier to shoot (because the film is more forgiving), show to friends, and duplicate or enlarge, but the initial cost of buying and processing prints can be almost double that of slides. Use whichever film satisfies both your needs and your budget.

A wide variety of film speeds can be used on Kilimanjaro. As a general rule, fast films (ISO 400) will be most useful when photographing sunrises and sunsets, medium speed films (ISO 200) in the rainforest or when trapped in clouds below 12,000 feet, and slow films (ISO 100 or less) when photographing people or scenics in the bright high altitude sun.

Getting There and Costs

Getting to Kilimanjaro and arranging a climb is really quite simple, but doing it in the most cost effective manner is a little more difficult. You can either pay somebody to arrange a trip to Kilimanjaro for you, or you can do it yourself and save a substantial amount of money. If money is no object, the easiest way to get to Kilimanjaro is to pay somebody in the United States (like me) to arrange a trip for you. If cost is a primary consideration, remember this general rule: the closer you get to the mountain, the cheaper it gets.

There are many "adventure travel" agencies in the United States who book climbs on Kilimanjaro. If this is the way you want to go, the "Active Traveler" section in the back of Outside magazine offers a complete directory of expedition and adventure services. In general, expect to pay between \$1,000.00 and \$2,200.00 (per person) for land costs and service fees for a climb booked through these agencies. Land costs include park fees, guides and porters, hotel accommodations, transfers, and food while on the mountain. These costs do not include airfare or gratuities.

There are some, but not many, travel agencies in Nairobi who book climbs on Kilimanjaro. Because of their proximity to Tanzania their costs and fees are lower than what you would have to pay in the United States, but you take a chance on the quality of the services you pay for when you book the climb in Nairobi. Expect to pay between \$600.00 and \$1,200.00 for a climb booked through an agent in Nairobi.

Once you get to Tanzania, there are two primary agents in the Kilimanjaro area who book climbs on the mountain: Trans-Kibo Travel at the YMCA in Moshi, and the Marangu Hotel at the base of the mountain. Trans-Kibo is less expensive but the Marangu Hotel provides better service. Trans-Kibo charges \$300.00 for five days, \$350.00 for six days. The Marangu Hotel charges between \$400.00 and \$600.00 (possibly more).

If you show up at the Marangu Gate without the assistance of a travel agent, but with strong negotiating skills and some perseverance, you can cover all land costs (based on 1989 rates) for six days on the mountain for approximately \$215.00 per person. Fixed land costs will be approximately \$115.00, this includes entrance fees and five nights hut fees for one climber and his crew of three, plus rescue fees, and cooking fees. The other \$100.00 is absorbed by variable costs, including food and gratuities for guides and porters. If money is your primary consideration, your best option is to show up at the park gate, negotiate for a guide, buy your food, pay your park fees, and then start climbing.

The easiest way to get to Mount Kilimanjaro is to fly from Nairobi to Kilimanjaro International Airport, take a taxi to Moshi, then take another taxi to Marangu Gate. Air Tanzania Flight 751 leaves Nairobi for Kilimanjaro International every Friday afternoon, round trip airfare in

July 1989 cost approximately \$60.00. Taxi fares from the airport to Marangu Gate cost another \$5.00 to \$7.00. The cheapest way to get to Kilimanjaro from Nairobi is by *matatu* and shuttle buses, however I do not recommend this alternative because of the danger of pickpockets. Overnight accomodations are available at the YMCA in Moshi for \$5.00 to \$9.00 per night, or at the Marangu Hotel for approximately \$60.00 per night (possibly more).

Conclusion

No trip to Africa would be complete without climbing Kilimanjaro. The mountain is easily accessible to any climber of any age, as long as they are reasonably fit and can stand six days without a shower. If climbers ascend slowly, and take proper precautions, they should be able to successfully complete the climb in both safety and comfort. Total costs can run as high as \$3,000.00 for those arranging the climb through a travel agent in the United States, to as little as \$300.00 for those arranging the climb themselves when they arrive at the base of the mountain. But no matter what the cost, climbing Kilimanjaro will be an experience not soon forgotten by anyone. Good luck!

Suggested Readings

- Benuzzi, Felice. No Picnic on Mount Kenya. Salt Lake City, Utah: Peregrine Smith Books, 1989.
- Kenya Mountain Guides. Guidebook to Mount Kenya and Mount Kilimanjaro. Latest Edition. - available from the KMG office at Wilson Airport, Nairobi, Kenya.
- Levi, Jonathon. "The Snow Job of Kilimanjaro," Gentleman's Quarterly, Oct. 1988, p. 354.
- Ridgeway, Rick, et al. The Seven Summits. New York: Warner Books, 1986.
- Wilkerson, James A., M.D. Medicine For Mountaineering. 3rd ed. Seattle, Wash.: The Mountaineers, 1985.

Personal Equipment List

The following is a list of recommended clothing and equipment for a non-technical climb of Mount Kilimanjaro. I have added a few product names to help you compare styles and prices. This list is by no means all inclusive. Please feel free to add or delete items as you see fit.

1. Midweight synthetic or silk long underwear (no cotton or waffle type).
- Helly Hansen Lifa and Patagonia Capilene are excellent products.
2. Pile pants or heavy wool pants - Patagonia Synchilla pants are midweight, warm, and will not absorb water. Also consider Woolrich wool pants.
3. Wool or synthetic pile sweater - Patagonia Synchilla, Woolrich, or heavyweight a polypropylene long underwear top.
4. Wind jacket with hood and wind pants - preferably made from windproof and waterproof Gore-Tex.
5. Light gloves - Polypro or pile liners, kevlar, etc.
6. Heavy wool mittens - Dachstein mittens are ideal.
7. Overmitts - Nylon or Gore-Tex.
8. Wool or pile balaclava or hat.
9. Two pairs of light liner socks - Silk or polypro, but not cotton.
10. Two pairs of wool hiking socks.
11. One pair of "Expedition Weight" socks - for the summit.
12. Down or synthetic parka - with waterproof stuff sack.
13. Pile Jacket - Patagonia Synchilla or Nylon shell/pile combination.
14. Gaitors - Gore-Tex or nylon, possibly lined with Thinsulate.
15. Glacier glasses or high quality sunglasses - must have 100% UV protection.
16. Waterproof and well broken-in leather hiking boots - Raichle Mountain Lights or Merrell Trails.
- Boots should be waterproofed with Sno-Seal or silicone.
17. 1 quart water bottle - bring at least one.
18. Sunscreen SPF 25 and lip balm SPF 15 - Dermatone or Bullfrog.
19. Headlamp or flashlight with batteries - Tekna or Maglite flashlight, or Petzl headlamp.
20. Swiss army knife.
21. Personal Toilet Articles - Charmin and your favorite toothpaste, biodegradable soap and shampoo.
22. Duffel bag - for porters to carry (on their heads!).
23. Shorts.
24. T-shirts.
25. Water purification tablets.
26. Sunhat.
27. Towel.
28. SMALL personal first aid kit - including aspirin, moleskin, bandaids, Diamox, and Lomotyl.
29. SMALL personal repair kit - Chouinard Expedition Sew Kit.
30. Sleeping bag - rated to at least 20° F, down or synthetic fill.
31. Backpack - either 2000 cubic inch daypack or 4000 cubic inch backpack.

Below is a list of optional equipment.

32. Down booties.
33. VBL liner socks.
34. Stuff sacks for organizing equipment and clothing in your pack.
35. Camera, lenses, film, padded camera bag, and lot of extra batteries.
36. Walkman and tapes.
37. Book.
38. Journal or Diary with pens.
39. Tent - North Face VE-23 or similar 3 season tent (not necessary on the Tourist Route).
40. Trail Munchies - raisins, chocolate, and other goodies are either not available in Tanzania or they are extremely expensive.
41. Candles or candle lantern with matches.

A CODE OF ETHICS FOR TOURISTS

1. Travel in a spirit of humility and with a genuine desire to learn more about the people of your host country. Be sensitively aware of the feelings of other people, thus preventing what might be offensive behavior on your part. This applies very much to photography.
2. Cultivate the habit of listening and observing, rather than merely hearing and seeing.
3. Realize that often the people in the country you visit have time concepts and thought patterns different from your own. This does not make them inferior, only different.
4. Instead of looking for that "beach paradise," discover the enrichment of seeing a different way of life, through other eyes.
5. Acquaint yourself with local customs. What is courteous in one country may be quite the reverse in another — people will be happy to help you.
6. Instead of the Western practice of "knowing all the answers," cultivate the habit of asking questions.
7. Remember that you are only one of thousands of tourists visiting this country and do not expect special privileges.
8. If you really want your experience to be a "home away from home," it is foolish to waste money on traveling.
9. When you are shopping, remember that that "bargain" you obtained was possible only because of the low wages paid to the maker.
10. Do not make promises to people in your host country unless you can carry them through.
11. Spend time reflecting on your daily experience in an attempt to deepen your understanding. It has been said that "what enriches you may rob and violate others."

— Issued by the Ecumenical Coalition on Third World Tourism

In Safari

On The Beach

The National Parks and Reserves of East Africa were established to provide protection for a large diversity of species and habitat. To make your visit to these areas more enjoyable and to ensure the minimum of disturbance to the wildlife and environment, we hope that you will read these guidelines.

★ Unnecessary noise can startle and disturb wildlife, therefore radios and cassette recorders are forbidden in the Parks and Reserves.

★ Wild animals always have the right of way.

★ These animals are wild, please do not leave your vehicle or expose yourself to danger by sitting or standing on the roof or roof rack, or by hanging out of the windows.

★ Please respect the privacy of these animals, and discourage your driver from moving too close. Keep a distance of 20 metres and refrain from following leopard, cheetah or lion when they move away.

★ Only five vehicles should be viewing a cheetah, lion or leopard at any one time. If there are more than five, each vehicle should not stay for more than 10 minutes.

★ Cheetah are daylight hunters. When surrounded by vehicles they are unable to hunt and the tracks created by your vehicles often expose their cubs to unnecessary danger. Please make an effort to give cheetahs time to rest and hunt during the day.

★ Scenery and habitat are as important as animals, please respect the land and avoid damaging vegetation.

★ Litter can seriously injure and kill animals and should be kept in your vehicle until you can dispose of it properly. This applies especially to film cases, cigarette packets, drink cartons and lunch boxes.

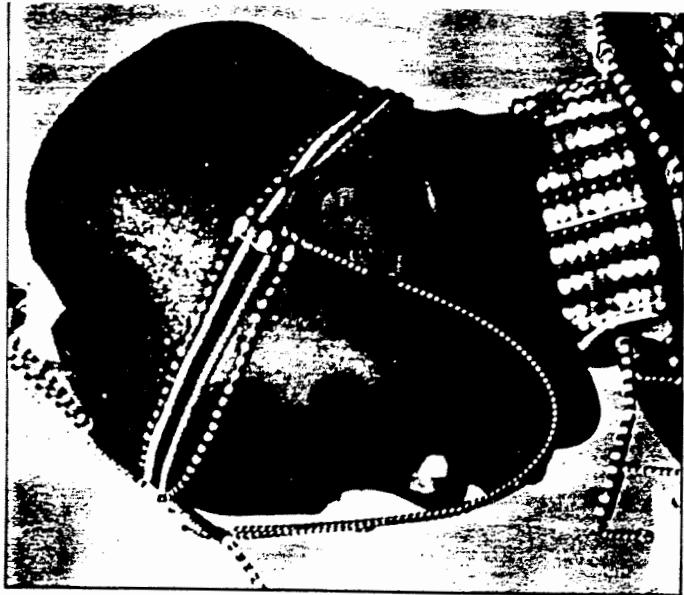
★ A lit cigarette carelessly disposed of can cause huge and uncontrollable fires, leading to the death and suffering of many animals.

★ Please do not collect or remove bones, skins, horns, teeth, hair, feathers, eggs or shells. These all play a part in the natural ecosystem and should be left where they lie.

★ The dietary requirements of these species have been established through evolution and habitat, and should not be interfered with by man. Please do not feed the animals as this upsets a fragile and precious balance leading to unnecessary dependence on man's handouts.

Local People and Customs

- ★ East Africa contains a mixture of races and religions; it is interesting to take time to learn of the customs of the area you are visiting and helpful to respect its tradition.
- ★ Mombasa Old Town is a Muslim Area. Please respect the customs and dress code. Women should not wear shorts and skimpy T-shirts while in the town; this can cause offence and unnecessary hassle. Knees and shoulders should be covered at all times.
- ★ If wishing to photograph the local people you should ask their permission. In some instances you may be expected to pay for the privilege.
- ★ If you are travelling with a guide please ask his advice if you are not sure about local etiquette. Your guides and hotel staff are knowledgeable and will know what can cause offence.
- ★ Throwing sweets to children is degrading and embarrassing both for yourselves and them. The people in these countries are not beggars, and have a right to be treated with the respect they deserve.



- ★ Leaving litter on the beach or in the sea is unsightly and can cause accidents to both humans and marine life.
- ★ Food waste should not be thrown into the sea - this upsets the balance off the ecosystem.
- ★ Please do not collect shells, coral, star fish or any other souvenirs from the beach - these may still be alive, and certainly they all play an important role in this fragile ecosystem, and should be left in place.
- ★ Please resist buying marine souvenirs such as shells, coral and mounted fish. Although mostly legal, many species are over-harvested causing irrecoverable damage to the reefs and marine ecosystems.

CROSSING CULTURES

— An Overview —

by Victoria Kelly

In any discussion of culture, it is important to guard against the danger of oversimplification of the complex phenomenon which is culture. The purpose of this paper is not to provide any definitive summary of the Kenyan cultures. Nor is it a comprehensive guide for crossing cultures. It is a brief distillation of relevant research in the areas of cross culture communication, culture shock and psychological coping, coupled with eight years of experience with the students of the Nairobi International Law Institute. It is offered as a reference for you as you embark on this new adventure. It has been our experience that successful resolution of cross culture issues will greatly facilitate your having a positive experience in the program.

When we are immersed in our own culture, we tend to take it more or less for granted. It is so much a part of who we are. The thousand and one ways we orient ourselves to the situation of daily life we come to take for granted. This enables us to focus our energies and attention on our families, our friends, our work and our goals.

We are all significantly shaped by our conditioning - the sum of our experiences of the world. This experience has taught us (as it teaches people everywhere) that everyone behaves more or less as we do or as people we know do. We not only assume this to be true, we **depend** on it being true. So, when we travel and encounter that our expectations are not coming true, we are not merely surprised, we may even feel threatened.

It is not the behaviors themselves which are threatening, since most behaviors are neutral. For example, you may encounter a situation in which you agree to meet someone at a designated time. In America promptness is highly valued - expected. Yet in Kenya you may be kept waiting and begin to feel increasingly insulted and even indignant. The Kenyan for whom you are waiting may have run into an acquaintance on the way to see you. Kenyans highly value to expect a series of greeting and exchange of news. Maintaining relationships is extremely important. It would be considered very rude to cut short that encounter even to keep your scheduled appointment time. The problem arises when we as newcomers to this culture are not expecting certain behaviors in particular situations. We may feel unsure how to respond. Or we may feel compelled to respond the way we would at home. This gives rise to the experience known as "culture shock".

Culture shock is a type of crisis since our usual ways of coping are suddenly challenged. In a crisis there is both the perceived sense of threat **and** an opportunity for growth.

The "threat" is experienced from the loss of the familiar social communication - verbal and nonverbal - as well as challenges to our expectations of the environment itself. The reaction to this perceived sense of threat may take many forms. We may **withdraw** from the new culture either in fear of the unknown or anger at our challenged expectations. We may attempt to **submerge ourselves in activities and groups** which are **familiar to one's home culture**. Both of these patterns are in response to the perceived threat and can be normal reactions. However, they do not provide real opportunity for resolution of the stress.

The other pattern of reaction, **adapting to and learning from the new culture**, offers the chance for the most positive experience of a new culture. For most people travelling to another culture, this last pattern is the goal. Yet this goal may be more difficult to achieve than expected - even when it is sincerely desired. Difficulty may arise from the confusion we experience in interacting with a new culture. It may also arise when our behavior unintentionally causes offense or confusion to persons in the local culture.

Virtually everyone in the field of intercultural communication agrees on one essential point: **The necessity of objectively observing the culture around us and learning from it.** When we observe, we instinctively respond to the context and **react**. The most valuable advice offered to travelers is to practice **awareness**. We cannot experience and react to a situation simultaneously. We can either react with frustration in a situation **or** we can experience a different way of doing things.

For example, you may **react** with anger and frustration that arrangements made by phone have not been carried out. Or, you can **observe** that many Kenyans place a higher value on arrangements made in person. In America we are so accustomed to business being transacted by phone or fax that we take it for granted. Here, many people still rely on personal contact to signal your seriousness about an arrangement. Another example is when you are walking into town and ask directions. You may be told something is "just near". Yet after a long time you still haven't reached it. You can react with anger at having been "lied" to about the distance.

Or, you can observe a fundamental rule of Kenyan conversation that is very rule to give bad news right away in a conversation, especially with a stranger. Only if you refrain from reacting can you begin to observe and understand different rules of communicating.

The less we react, the more we see. The more we see, the more accurate our expectations. The more accurate our expectations, the less cause we have to react. As we take time to practice increased awareness, we open ourselves to both the new culture and to our own culture. Many writers discuss this seemingly paradoxical result of increased awareness and appreciation of our own culture as a byproduct of crossing other cultures.

Travel can produce numerous incongruous and ambiguous situations. The greater the ambiguity the greater the likelihood of experiencing stress. This ambiguity has led to changing terminology to describe the difficulty experienced in crossing cultures: **culture fatigue**, **persuasive ambiguity**, and **role shock**.

COMMON REACTIONS

1. **Strain** due to effort required to make necessary psychological adaptations.
2. **Sense of loss** and **feelings** of deprivation in reference to friends, family, status, surroundings and routines.
3. **Confusion** in role, role expectation, values, feelings and self identity.
4. **Surprise, anxiety** and even **indignation** when confronted with situations different from expectations.

5. **Feeling helpless, incompetent** and **dependent** due to difficulties in coping with the new environment which challenges our feelings of competency and self-sufficiency.
6. **Lack of acceptance** by and/or not accepting members of the new culture.
7. **Increased variation in moods** and/or **sleep patterns**.
8. **Increased awareness** of minor health problems.

These may all be part of a normal reaction to the process of adapting to cultural stress. All can be manifestations of a longing for a more predictable, stable and understandable environment.

SUGGESTIONS FOR ENHANCING COPING

1. Get plenty of rest. Your energies are being expended in many new ways. Sleep deprivation will exacerbate mood swings and irritability.
2. Create familiar routines - especially during your initial adjustment period.
3. Talk to others. Share your experiences.
4. Practice awareness, not reacting. Take time to reflect on differences you encounter. What do these differences have to teach you about this culture? About your own culture?
5. Extend yourself and make friends with at least one Kenyan. The transition from tourist to friend is the most meaningful way to cross cultures. It offers the richest experience of insight into another culture. The great majority of Kenyans are warm, friendly, sincere people.
6. Realize that as a law student you are used to feeling competent and knowledgeable. Be patient with yourself in this new environment. Give yourself permission not to have to know everything for a change.
7. If you find you are having a particularly hard time resolving this stress, ask for help. Find someone with whom you feel comfortable and talk about your reactions. Feelings of culture shock are like any other feelings, when they are expressed they tend to diminish. The more they are denied, the more intense they may become.
8. Reserve judgment. As a new visitor to this country you will not understand the complexity of many issues.

Unresolved feelings of culture stress not only interfere with your enjoyment of this experience, they can also result in acting out your frustrations on others. This will only push people away from you and intensify your feelings of alienation, fear and confusion. As such feelings as acted out within the group, the group experiences increased divisiveness. Our hope is that as you understand more about the process of crossing cultures and normal responses, you will have clearer expectations for yourself and your classmates. Clearer expectations can reduce the need to react.

The stress from crossing cultures tends to follow two predictable patterns of resolution. In one pattern, the stress is mitigated initially by the excitement of discovery, but may peak later as frustrations build. The second pattern is one of initial shock at the differences encountered, followed by a gradual diminishing of stress as you feel more comfortable. In both patterns there is a peak of intensity followed by a resolution in most cases. As resolution occurs, you feel increased excitement and enjoyment.

The most important thing is that you will go through your own process in your own time frame. As human beings we differ greatly in our response to change. Realize that comparing your process to others may not be helpful. The more open you can be with yourself about your own reactions, the easier the process will be. Most students have felt that this experience profoundly changed them and remember it with great fondness.

One of the difficulties you may experience is the sudden realization of relative economic poverty or sexual, religious or political discriminations you may find distressing. You are witnessing a country undergoing rapid social and economic change.

This paper began with the caveat of drawing dangerous oversimplifications of the extremely complex phenomenon of culture. Observing and practicing awareness instead of reacting and judging will facilitate a deeper appreciation of the diversity of Kenya.

We gain new experiential knowledge by coming to understand the roots of our own cultural identification and by gaining new perspectives and outlooks on the very nature of culture. Paradoxically, the more one is capable of experiencing new and different dimensions of human diversity, the more one learns about oneself.

You represent a diverse group of students. There are important opportunities for rich cultural learnings among yourselves. It is a hope of this program that as you explore the people and sights of Kenya you will foster new contacts among your future colleagues at home. Increasingly the world is becoming a global village. You will now be part of the relatively small fraternity of American lawyers to have some experience in a different country. We hope that the experiences of this summer will be a resource to you always.

June 1995



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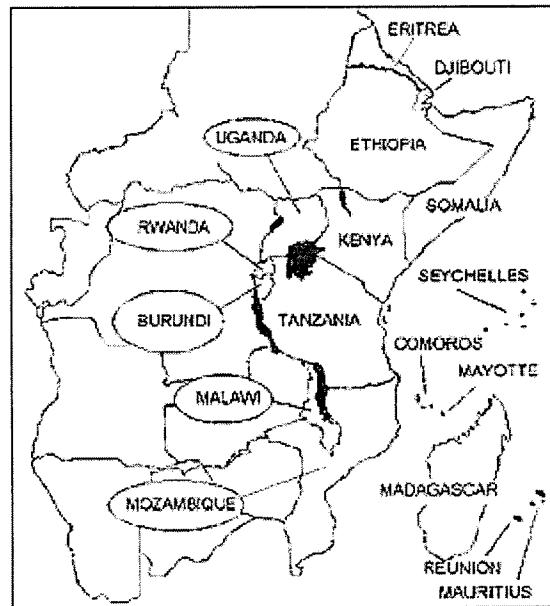
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Health Information for Travelers to East Africa

Burundi, Comoros, Djibouti, Eritrea, Ethiopia, Kenya, Madagascar, Malawi, Mauritius, Mayotte, Mozambique, Reunion, Rwanda, Seychelles, Somalia, Tanzania, Uganda

NOTE: Please check the [Outbreaks](#) section for important updates on this region.



- To find out about current U.S. Department of State travel warnings and public announcements, see <http://travel.state.gov>

Food and waterborne diseases are the number one cause of illness in travelers. **Travelers' diarrhea** can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water. Infections may cause diarrhea and vomiting (*E. coli*, *Salmonella*, *cholera*, and parasites), fever (*typhoid fever* and *toxoplasmosis*), or liver damage (hepatitis). Make sure your food and drinking water are safe. (See below.)

Malaria is a preventable infection that can be fatal if left untreated. Prevent infection by taking prescription antimalarial drugs and protecting yourself against mosquito bites (see below). Travelers to East Africa should take one of the following antimalarial drugs: mefloquine, doxycycline, or Malarone™. Your risk of malaria may be high in these countries, including cities.

- Network of ISTM & CDC
- [National Center for Infectious Diseases](#)
- [**USDA/APHIS NEW!**](#)
Importing food, plant, animal products
- [U.S. State Department](#)
- [Pan American Health Organization](#)
- [World Health Organization](#)

For detailed information on malaria-risk areas and antimalarial drugs, see [Malaria Information for Travelers to East Africa](#).

A certificate of yellow fever vaccine may be **required** for entry into certain of these countries. For detailed information, see [Comprehensive Yellow Fever Vaccination Requirements](#).

Dengue, filariasis, leishmaniasis, onchocerciasis, trypanosomiasis (sleeping sickness), and Rift Valley fever are diseases carried by insects that also occur in this region. Protecting yourself against insect bites will help to prevent these diseases (see below).

Schistosomiasis, a parasitic infection, is found in fresh water in the region, including Lake Malawi. Do not swim in fresh water (except in well-chlorinated swimming pools) in these countries. (For more information, please see the [Swimming Precautions](#) on the [Making Travel Safe](#) page.)

Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid nighttime travel if possible and always use seat belts.

CDC recommends the following vaccines (as appropriate for age):

See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.

- Hepatitis A or immune globulin (IG).
- Hepatitis B, if you might be exposed to blood (for example, health-care workers), have sexual contact with the local population, stay longer than 6 months, or be exposed through medical treatment.
- Meningococcal (meningitis) vaccine, if you plan to visit the western half of Ethiopia ([see meningitis map](#)) from December through June.
- Rabies, if you might be exposed to wild or domestic animals through your work or recreation.
- Typhoid, particularly if you are visiting developing countries in this region.

- Yellow fever, if you travel anywhere outside urban areas.
- As needed, booster doses for tetanus-diphtheria, measles, and a one-time dose of polio vaccine for adults. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

To stay healthy, do...

- Wash hands often with soap and water.
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, make water safer by BOTH filtering through an “absolute 1-micron or less” filter AND adding iodine tablets to the filtered water. “Absolute 1-micron filter” are found in camping/outdoor supply stores.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: **boil it, cook it, peel it, or forget it.**
- If you travel to an area where there is risk for malaria, take your malaria prevention medication before, during, and after travel, as directed. (See your doctor for a prescription.)
- **Protect yourself from mosquito bites:**
 - Prevent mosquito bites by wearing long-sleeved shirts and long pants.
 - Use insect repellents that contain DEET (diethylmethylethyltoluamide).
 - Apply insect repellent to exposed skin. Mosquitoes that transmit malaria bite between dusk and dawn.
 - Unless you are staying in air-conditioned or well-screened housing, purchase a bed net impregnated with the insecticide permethrin.
 - For more information on protecting yourself from insect bites and DEET see Protection against Mosquitoes and Other Arthropods.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.
- Always use latex condoms to reduce the risk of HIV and other sexually transmitted diseases.

To avoid getting sick...

- Don't eat food purchased from street vendors.
- Don't drink beverages with ice.
- Don't eat dairy products unless you know they have been pasteurized.
- Don't share needles with anyone.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases (including rabies and plague). (For more information, please see the Animal-Associated Hazards on the Making Travel Safe page.)
- Don't swim in fresh water, including Lake Malawi. Salt water is usually safer. (For more information, please see the Swimming Precautions on the Making Travel Safe page.)

What you need to bring with you:

- Long-sleeved shirt and long pants to wear while outside whenever possible, to prevent illnesses carried by insects (e.g., malaria, dengue, filariasis, leishmaniasis, and onchocerciasis).
- Insect repellent containing DEET.
- Bed nets impregnated with permethrin (can be purchased in camping or military supply stores).
- Over-the-counter antidiarrheal medicine to take if you have diarrhea.
- Iodine tablets and water filters to purify water if bottled water is not available. See Do's above for more detailed information about water filters.
- Sunblock, sunglasses, hat.
- Prescription medications: make sure you have enough to last during your trip, as well as a copy of the prescription(s).

After you return home:

If you have visited a malaria-risk area, continue taking your antimalarial drug for 4 weeks (mefloquine, doxycycline) or seven days (Malarone™) after leaving the risk area. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical

attention and should tell the physician their travel history.

For more information:

Ask your doctor or check the CDC web sites for more information about how to protect yourself against diseases that occur in East Africa, including the following:

Diseases carried by insects

- [Dengue](#)
- [Malaria](#)
 - [General information](#)
 - [Prescription drugs](#)
- [Yellow fever](#)

Diseases carried in food or water

- [Cholera](#)
- [*Escherichia coli* diarrhea](#)
- [Hepatitis A](#)
- [Schistosomiasis](#)
- [Typhoid fever](#)

Diseases from person-to-person contact

- [Hepatitis B](#)
- [HIV/AIDS](#)
 - [Prevention](#)
 - [HIV-infected travelers](#)

For more information about these and other diseases, please check the [Diseases](#) page and [CDC Health Topics A-Z](#).

This document is not a complete medical guide for travelers to this region. Consult with your doctor for specific information related to your needs and your medical history; recommendations may differ for pregnant women, young children, and persons who have chronic medical conditions. In addition, you may also check the following CDC sites:

- [Malaria: General Information](#)
- [Preventing Malaria in the Pregnant Woman \(Information for the Public\)](#)

- [Preventing Malaria in the Pregnant Woman \(Information for Health Care Providers\)](#)
- [Preventing Malaria in Infants and Children \(Information for the Public\)](#)
- [Preventing Malaria in Infants and Children \(Information for Health Care Providers\)](#)
- [Prescription Drugs for Preventing Malaria \(Information for the Public\)](#)
- [Prescription Drugs for Preventing Malaria \(Information for Health Care Providers\)](#)
- [Vaccine Recommendations for Infants and Children](#)
- [Food and Water Precautions and Travelers' Diarrhea Prevention](#)

Be sure to read the information about all the regions you are planning to visit.

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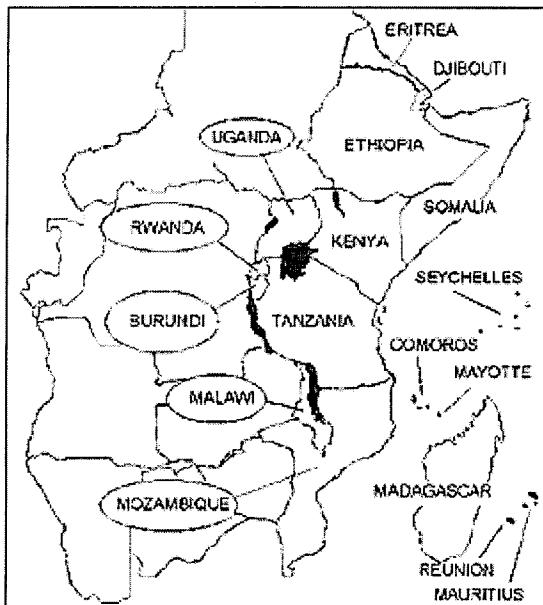
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Malaria Information for Travelers to East Africa

Burundi, Comoros Island, Djibouti, Eritrea, Ethiopia, Kenya, Madagascar, Malawi, Mauritius, Mayotte (French territorial collectivity), Mozambique, Reunion (France), Rwanda, Seychelles, Somalia, Tanzania, Uganda



NOTE: Please check the [Outbreaks](#) section for important updates on this region.

Transmission and Symptoms

Malaria is a serious disease that is transmitted to humans by the bite of an infected female *Anopheles* mosquito. Symptoms may include fever and flu-like illness, including chills, headache, muscle aches, and fatigue. Malaria may cause anemia and jaundice. *Plasmodium falciparum* infections, if not promptly treated, may cause kidney failure, coma, and death.

Malaria can often be prevented by using antimalarial drugs and by using personal protection measures to prevent mosquito bites. However, in spite of all protective measures, travelers may still develop malaria.

Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, any fever should be promptly evaluated.

- Network of ISTM & CDC
- [National Center for Infectious Diseases](#)
- **USDA/APHIS NEW!**
Importing food, plant, animal products
- [U.S. State Department](#)
- [Pan American Health Organization](#)
- [World Health Organization](#)

Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical attention and should tell the physician their travel history.

Malaria Risk by Country

Burundi: All areas. **Comoros Island:** All areas. **Djibouti:**

All areas. **Eritrea:** All areas, except no risk at altitudes higher than 2,200 meters (7,218 feet). No risk in Asmara.

Ethiopia: All areas, except no risk in Addis Ababa and at altitudes higher than 2,000 meters (6,561 feet). **Kenya:** All areas, including game parks, except no risk in Nairobi and at altitudes higher than 2,500 meters (8,202 feet).

Madagascar: All areas. **Malawi:** All areas. **Mauritius:** Rural areas only, except no risk on Rodrigues Island.

Mayotte (French territorial collectivity): All areas.

Mozambique: All areas. **Reunion (France):** No risk.

Rwanda: All areas. **Seychelles:** No risk. **Somalia:** All areas.

Tanzania: All areas, except no risk at altitudes higher than 1,800 meters (5,906 feet). **Uganda:** All areas.

Travelers to East Africa (except travelers to Mauritius) should take one of the following antimalarial drugs: mefloquine, doxycycline, or Malarone™.

Mefloquine

Directions for use

- The adult dosage is 250 mg salt (one tablet) once a week.
- Take the first dose of mefloquine 1 week before arrival in the malaria-risk area.
- Take mefloquine once a week, on the same day each week, while in the malaria-risk area.
- Take mefloquine once a week for 4 weeks after leaving the malaria-risk area.
- Mefloquine should be taken on a full stomach, for example, after dinner.

Mefloquine side effects

Mefloquine is usually well-tolerated; however, side effects can occur. The most commonly reported minor side effects include headache, nausea, dizziness, difficulty sleeping,

anxiety, vivid dreams, and visual disturbances. Mefloquine has rarely been reported to cause serious side effects, such as seizures, depression, and psychosis. Mefloquine should be used with caution in persons with psychiatric disturbances. Minor side effects usually do not require stopping the drug. Travelers who have serious side effects should see a health care provider.

Do NOT take mefloquine if you have

- Ever had an allergic reaction to mefloquine;
- Epilepsy or other seizure disorders;
- Active depression or a history of psychosis
- Been diagnosed or treated for an irregular heart beat

Doxycycline

Directions for use

- The adult dosage is 100 mg once a day.
- Take the first dose of doxycycline 1 or 2 days before arrival in the malaria-risk area.
- Take doxycycline once a day, at the same time each day, while in the malaria-risk area.
- Take doxycycline once a day for 4 weeks after leaving the malaria-risk area.

Doxycycline side effects and warnings

- Taking doxycycline may cause travelers to sunburn faster than normal. To prevent sunburn, avoid midday sun, wear a high-SPF sunblock, wear long-sleeved shirts, long pants, and a hat.
- Take doxycycline on a full stomach to lessen nausea; do not lie down for 1 hour after taking the drug to prevent reflux of the drug (backing up into the esophagus).
- Women who use doxycycline may develop a vaginal yeast infection. Take an over-the-counter yeast medication with you on your trip for use if vaginal itching or discharge develops.

Do NOT take doxycycline if you are pregnant.

Do NOT give doxycycline to children under the age of 8; teeth may become permanently stained.

Malarone™

Malarone is a combination of two drugs (atovaquone and proguanil).

Directions for use

- The adult dosage is 1 adult tablet (250 mg atovaquone/100 mg proguanil) once a day.
- Take the first dose of Malarone 1 to 2 days before travel to the malaria-risk area.
- Take Malarone once a day during travel in the malaria-risk area.
- Take Malarone once a day for 7 days after leaving the malaria-risk area.
- Take the dose at the same time each day with food or milk.

Malarone Side Effects and Warnings

Although side effects are rare, abdominal pain, nausea, vomiting, and headache can occur.

Malarone should not be taken by patients with severe renal impairment.

Pregnant women or women breast-feeding infants weighing less than 11 kg (24 lbs) should not take Malarone to prevent malaria.

Chloroquine (brand name Aralen®) is the drug of choice for travelers to Mauritius.

Directions for use

- The adult dosage is 500 mg chloroquine phosphate once a week.
- Take the first dose of chloroquine 1 week before arrival in the malaria-risk area.
- Take chloroquine once a week, on the same day of the week, while in the malaria-risk area.
- Take chloroquine once a week for 4 weeks after leaving the malaria-risk area.
- Chloroquine should be taken on a full stomach to lessen nausea.

Chloroquine side effects

Although side effects are rare, nausea and vomiting,

headache, dizziness, blurred vision, and itching can occur. Chloroquine may worsen the symptoms of psoriasis.

For additional information on malaria, please see the following:

- [Malaria: General Information](#)
- [Preventing Malaria in the Pregnant Woman \(Information for the Public\)](#)
- [Preventing Malaria in the Pregnant Woman \(Information for Health Care Providers\)](#)
- [Preventing Malaria in Infants and Children \(Information for the Public\)](#)
- [Preventing Malaria in Infants and Children \(Information for Health Care Providers\)](#)
- [Prescription Drugs for Preventing Malaria \(Information for the Public\)](#)
- [Prescription Drugs for Preventing Malaria \(Information for Health Care Providers\)](#)

For information about other travel health risks, precautions, and vaccination recommendations, please see [Health Information for Travelers to East Africa](#).

Preventing Insect Bites

Protect yourself from mosquito bites. Prevent mosquito bites by wearing long-sleeved shirts and long pants; apply insect repellent to exposed skin. Mosquitoes that transmit malaria bite between dusk and dawn. Use insect repellents that contain DEET.

When using repellent with DEET, follow these precautions:

- Prevent mosquito bites by wearing long-sleeved shirts and long pants.
- Use insect repellents that contain DEET (diethylmethyltoluamide).
- Apply insect repellent to exposed skin. Mosquitoes that transmit malaria bite between dusk and dawn.
- Unless you are staying in air-conditioned or well-screened housing, purchase a bed net impregnated with the insecticide permethrin.
- For more information on protecting yourself from

insect bites and DEET see Protection against Mosquitoes and Other Arthropods.

For more travel health information:

- Download or order a copy of Health Information for International Travel (the "Yellow Book").

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RE FURNISHED APARTMENTS

Location: Situated in Westlands Behind Sarit Centre which is a shopping mall and have many restaurants near by on Karuna Road Off Lower Kabete Road.

Facilities: The apartments are fully furnished and serviced (i.e hard furniture, electric cooker, fridge, kitchen utensils, crockery, t.v.set, and bed linen). Telephone facilities are also available in each apartments. There is a swimming pool free use for tenants.

Inclusive: Electricity, water, and ample secured parking. There is also a standby generator in case of power failure.

Rent: Are payable in advance as follows:

BEDSITTERS: Monthly Rate: Kshs 35,000.00
Daily Rate : Kshs 2,000.00

ONE BEDROOM APARTMENTS: Monthly Rate: Kshs 45,000.00
Daily Rate : Kshs 2,500.00

TWO BEDROOM APARTMENTS: Monthly Rate: Kshs 60,000.00
Daily Rate : Kshs 3,000.00

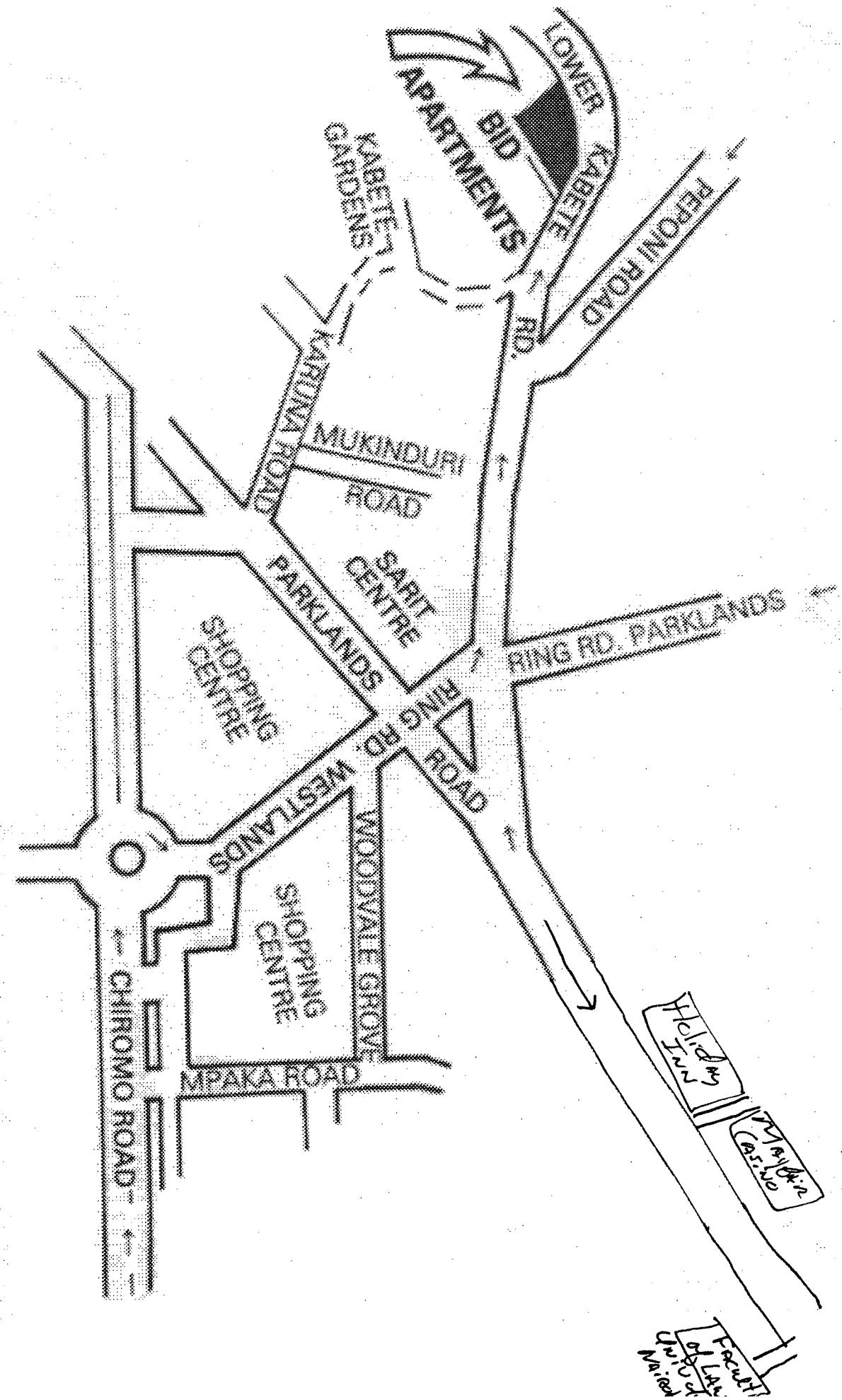
Bedsitters and One bedroom apartments have one king size bed

Two bedroom apartments have one king size bed and two single beds.

You are most welcome for any other information.

Site map is enclosed for your reference.

Thanking You



SAFETY AND RISK MANAGEMENT PLAN FOR KENYA

The following plan is designed to minimize risk while you are in Kenya and to increase your safety in order to maximize your enjoyment of your experience.

- 1. Registration** - All students will be registered with the U.S. Embassy in Nairobi. I will do this personally for you. I will provide the Embassy with a list of names and addresses and with emergency numbers. Please give me a photocopy of page one of your passport at registration on June 16.
- 2. Alerts/Announcements** - I will be designated as a "Warden" by the Embassy and will receive emails on any alerts, announcements, etc. from the U.S. State Department. U.S. consular officials will have my telephone and cell numbers to reach me at any time.
- 3. Emergency Numbers** - I will provide you with a list of local emergency numbers and my telephone and cell numbers. I will also keep with me at all times a list of students' cell phone and home phone numbers in the host country and the USA. I will provide each student with a card with my telephone and cell numbers and other appropriate emergency contact numbers.
- 4. Emergency Procedures** - In the unlikely event that it is necessary I will arrange for the pick up and evacuation of students through a local travel agency.
- 5. Have Sufficient Funds** - It is wise to make sure that you have sufficient funds or credit cards to pay for a range of emergency situations, including quick evacuation from the country. This is wise in any country.
- 6. Special Precautions** - If there is an incident or emergency that may have implications for us, I will call the American consulate and ask them for advice on any special precautions that are necessary at this time.
- 7. General Precautions** - As a general matter, whenever you are abroad, take the following precautions:
 - Avoid congregating at American hangouts such as bars, restaurants, clubs, stores etc, that might be targets for terrorists. Note in Kenya there are virtually none. There is a Hardrock Café in Mombasa, but few Americans are normally found there.
 - While Americans are generally liked in Kenya, given the war, it is wise not to speak loudly about the USA particularly about the war.
 - It is wise to not dress in ways that identify yourselves as Americans (e.g. baseball caps on backwards, American College sweat shirts.)
 - Exercise care on how much information that you give to strangers about yourself and our program (activities, excursions) and its locations.
 - Be discreet and avoid any personal opinions on political or religious issues.
 - Inform me of any travel plans outside of Nairobi: where you are going, means of transportation, where you can be reached (address, phone number), when you will return.
 - In the event of a crisis, contact me.
 - Keep abreast of local news through TV, radio, and newspapers.
 - Stay in touch with your families so that they know that you are safe and where to reach you in case of an emergency.

Contact Information:

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Email: jpknrb@aol.com