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## WHAT TO PREPARE & BRING ON YOUR EAST AFRICAN SAFARI

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Bring the minimum. Many travelers to East Africa find that they have far too much gear once they get there. This not only an uncomfortable inconvenience, but it also means less space for special reminders of the region you'll undoubtedly be taking back home. A good rule for packing: *unless it's absolutely necessary, leave it at home.*

1. A **daypack** is a worthwhile item, if only for keeping your camera dry and protected from inevitable dust on safari. For these reasons and for security, it should be one that zips shut.
2. **Clothes** need to be both practical and account for a wide variety of variable conditions and local sensibilities. Although this region straddles the equator, variations in altitude mean large variations in micro-climate. The coast is hot and humid much of the year, while the higher altitude 'highlands' are much cooler. Both clear and rainy nights in the highlands can be quite cool. 100% cotton is the most comfortable choice of material. Also include light protective and water resistant outer layer of clothing – a light jacket -- for your safari. Long-sleeved shirts help protect your arms from both the sun and evening mosquitoes as will long pants. Most travelers get around in T-shirts and shorts when it is warm, which is fine in most areas, but you should also be more respectful on the Muslim-dominated coastal cities of Mombasa and Zanzibar's old town. In these areas, women should wear tops that keep the shoulders covered and skirts that at very least reach the knee. Shorts on men are fine in the coastal beach areas, but are not particularly appreciated in the old town city part of Mombasa or Zanzibar.
3. **Sunglasses** are absolutely indispensable. Bright tropical light in the equator region is not only uncomfortable, but also damaging to the eyes even on cloudy days. **Sunscreen** and a good broad brimmed **hat** will also protect skin from UV rays capable of penetrating clouds. Just remember that the sun is more intense on the equator – especially at higher altitudes.
4. **Foot-ware:** It's best to wear **closed-toe shoes** at all times to prevent infection from dirt and dust to cuts, sore, and blisters. Be sure to include good walking shoes that are comfortable and already broken-in; don't make the mistake of bringing brand new shoes. On the beach, however, bring a pair of cheap waterproof sandals.
5. **Water:** Safely bottled drinking water is now available at almost every shop throughout Kenya and Tanzania. However, always check to make sure the bottle is factory sealed before drinking.
6. **Toiletries:** including soap, shaving cream, shampoo, toothpaste, toilet paper, tampons, etc. while available throughout the region, are limited in brands and quality. Best to bring enough for the duration of your trip.
7. A good pair of **binoculars** (pocket or field size) are indispensable for identifying the dozens of species of wildlife – animals and birds – you'll come across in national wildlife parks.
8. Plan your **camera equipment** to be both portable and functional. There will be nearly unlimited opportunities for photography. Extra charged batteries – and photo memory cards -- are a must for digital cameras. Converters are needed for charging batteries in rooms with

electricity (240 volt to 110 volt). Also consider bringing 12- volt car charging adaptors. Remember that even luxury tented camps do not have electric wall outlets!

9. It would be wise to carry your own ‘SMALL’ **medical kit**. The kit should include:

- Aspirin or acetaminophen for pain of fever
  - Antihistamine (such as Benadryl) useful for colds and allergies, to ease the itch from insect bites or stings, and to help prevent motion sickness. There are several antihistamines on the market, all with pros and cons (e.g. tendency to cause drowsiness). So it's worth discussing our requirements with a pharmacist or doctor. Antihistamines may also cause sedation with alcohol, so care should be taken when using them.
  - Antibiotics can be useful but they must also be prescribed and you should carry your prescription with you. Some individuals are allergic to commonly prescribed antibiotics such as penicillin or sulpha drugs.
  - Diarrhea medication and rehydration mixture for treatment of severe diarrhea
  - Antiseptics for cuts and grazes
  - Multivitamins- a worthwhile consideration
  - Calamine lotion to ease irritation from bites or stings
  - Cold and flu tablets and throat lozenges
- Sunscreen at level 30 or higher
  - Sunscreen is very important, as the east African sun can be very strong. Level 30 or higher is recommended if you plan to have fun at the beach (remember that there is a very high intensity UV sunlight on the equator).
  - Insect repellent should contain “DEET”. It is advisable to spray or apply cream on the body parts that are left exposed in the evening before you go out for dinner (evening is the most important time to use mosquito repellent). Usually the strength of the spray wears out after every 2 hours.
  - Chap stick
- *\* As noted, most of these items can be purchased locally in most East African Super Markets, but it is important to keep in mind that one should always carry along any prescriptions. Please also remember to pack them as in your carry-on baggage during air travel.*

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## VISAS AND DOCUMENTS

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If you already have a passport, make sure it's valid for the duration of the trip and **AT LEAST 6 MONTHS AFTER YOU DEPART ON YOUR TRIP!** As of last summer, U.S. citizens do not need a visa for travel to Kenya. It is, however, However, visas are required for travel in Tanzania. A visa for Tanzania visa can be purchased in advance by downloading an application from Travel Visa: <http://www.travisa.com>.

Alternatively, one can also simply purchase a visa at the Kenya- Tanzania border crossing (both at the airport and overland ports of entry).

A cash payment of \$50 is needed (US cash dollars only accepted).

Make sure to make two additional photocopies of all your most important travel documents (passport, health cards, other ID and credit cards) and leave one copy in a safe and separate location as you travel and leave a second set of these document photocopies with a close relative or good friend in case of an emergency. Carry the other set of document copies in a safe place separate from your actual documents when you travel. Consider scanning these documents into a digital file that you can store on a small USB flash drive that can be easily carried on a small digital storage device such as a memory USB flash drive. Remember that at hotels and lodges we will have access to computers and the internet.

For the most up-to-date information visit *Project Visa*  
<http://www.projectvisa.com/>

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## CURRENCY MATTERS

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All basic trip expenses will be covered including transportation, food, and lodging. Gifts, curios, alcohol and other personal expenses are not included. We recommend that you also take some dollars cash and spare travelers checks for maximum flexibility. The recommend amount is \$500 in traveler's checks and a minimum of \$300 (3x's 100) cash. American Express, Thomas Cook, and Citibank check are the most widely used and their offices generally offer instant replacement in the event of loss or theft. Keep records of check numbers and the original bill of sale in a safe, separate place. Replacement is much quicker if you produce this information.

There is an American Express agent in Mombasa. **Credit Cards-** American Express, Diner's Club, Visa, and MasterCard are all widely accepted. You must use your pin to obtain access to ATMs with your cards so please record and keep you pin numbers in a safe place.

Before your trip, determine which credit cards you would like to use during the trip. For the sake of security, bring only these cards with you. ***Please remember to notify your credit card company of your travel beforehand*** as they may block access to your card if they suspect theft. It is also a good idea to jot down credit card customer service numbers in the case of loss or theft and keep them with your photocopied document papers. Call and let the company that corresponds with your card know you will be traveling and using these cards in a foreign country (using the toll-free number on the back of the card). They will ask for the exact dates of your trip and all the countries that will be visited, so have this information ready. Carry a hard copy of the phone numbers of all the companies associated with the cards you will be using. These are important in case of questions or emergencies. Buy only from reputable vendors and favor ATMs and cash over vendors when possible to prevent fraud. Track all of your purchases in detail and get a receipt for each purchase. These will be vital in case your card number is lost or stolen. Call the companies again after your trip to ensure they close your card to foreign use.

**Tippling:** Although many of our hotels and lodges include a service charge that is pre-paid in your deposit, it is still a nice customary gesture to tip for good service. The recommended figures on tipping are as follows:

\* Hotel porters: \$1-\$2

\* Waiters/Waitresses: \$1-\$2

\*Drivers (a daily tip rate at the end of the trip will be discussed and determined).

**Note:** You should only tip if you are satisfied with the services rendered!

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## HEALTH MATTERS

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Travel health depends upon your pre-departure preparations, your day-to-day health care while traveling, and your ability to handle any medical emergency. While the list of potential dangers can seem quite overwhelming, with basic precautions and adequate information very few travelers experience little more than an upset stomach.

**Travel Clinics:** Scheduling an appointment with a local traveler's clinic here in the US is the best option for pre-trip health care management. These clinics are usually small sub-sets of larger clinics or hospitals, where staff can provide all the necessary information and vaccinations in one convenient location. Your primary care physician and most travel agents can provide you with the location of your nearest travel clinic. Alternatively, the link below can also be used to locate clinics.

[http://www.travelersvaccines.com/EN/Clinics/Clinic\\_Locator.cfm](http://www.travelersvaccines.com/EN/Clinics/Clinic_Locator.cfm)

Currently, Yellow Fever is the only vaccination subject to international health regulations. Your travel care provider will also issue you a 'yellow card' or **International Health Certificate**. This certificate should be kept along with your passport at all times. Be sure to include your emergency contact numbers in the certificate. You should schedule your visit to a doctor or travel clinic at least six weeks in advance before your departure as some treatments, such as vaccinations, may need to be followed by a second booster before becoming fully effective.

### **Basic Rules:**

- Common sense and care in what you eat and in drink is the most important health rule; Stomach upsets are the most common travel health problem- between 30% and 50% of travelers experience some discomfort in a two-week experience. Don't become overly concerned! In most cases, upset stomachs are usually the result in changes in diet and new bacteria in our unaccustomed 'sterile' digestive tracts.
- **Water:** The number one rule is: do not drink any water/fluids that come in an unsealed bottle. Peace Corps doctors have determined that over 80% of health problems for volunteers involved drinking untreated water or other un-bottled fluids. If you don't know for certain that the water is safe, ask for something that is sealed and bottled. Reputable brands of bottled water or soft drinks are generally fine, although in some places bottles have been refilled with tap water so always check for a serrated seal. Take care with fruit juice -- particularly if water has been included. Milk should also be treated with care, as it is often un-pasteurized. Boiled milk is fine along with water and tea. In general, we will have very little trouble in regards to health and fluid intake as the establishments we will visit have years of experience in catering to foreign travelers. We will also carry cases of bottled water in the vehicles with us on safari trips.
- **Malaria** is endemic to tropical Africa and has a viable inoculation period of several days to several weeks. There are two commonly prescribed anti-malarial pills: 1) *Lariam* (mefloquine

which has a poor record for side effects), and 2) *Malarone* (which is more expensive, but appears to have few, if any, side effects). Note: As malaria conditions - and preventative medications - can change from year to year, Jonathan is in touch each with an English doctor living and working in a malaria clinic in Kenya - Doctor Charles Newton (a respected world expert on the subject of malaria) who provides us with pre-trip updates on the malaria situation in the region in which we will be traveling.

- **Yellow fever** is a tropical disease that is spread to humans by infected mosquitoes. Many yellow fever infections are mild, but the disease can cause severe, life-threatening illness. Yellow fever is preventable by immunization. It is spread by mosquitoes that have been infected by other people. Symptoms start 3 to 6 days after being bitten by an infected mosquito. Most people get better after a long recovery period. Yellow fever is a very rare cause of illness in U.S. travelers. Travelers should be vaccinated for yellow fever before visiting areas where has been found. In the United States, the vaccine is given only at designated yellow fever vaccination centers, hospitals and/or travel clinics. As is the case with malaria, travelers should take all the same precautions. Namely, wear long-sleeved clothing and long pants and treat clothing and exposed skin with DEET repellent.
- **Hepatitis A** - is an acute infectious disease of the liver caused by the *hepatovirus hepatitis A* virus. Most commonly transmitted by the fecal-oral route, such as contaminated food, hepatitis A does not typically have a chronic stage and does not cause permanent liver damage. A vaccine is available that will prevent infection from hepatitis A for at least ten years. Hepatitis A can be prevented by good hygiene and sanitation. Vaccination is also available, and is recommended in areas where the prevalence of hepatitis A is high or moderate, such as East Africa. To prevent it, use your own or hotel issued towels and toothbrushes, eating utensils, and other personal products. Always wash your hands after and before eating and more importantly after using the toilet. Avoid eating local fruits and vegetables from street vendors as they may be rinsed with dirty contaminated water.

## Health Points to Remember:

- Never treat yourself!
- Don't forget to take medicines for the recommended time.
- Recognize that illness may occur after returning home.
- Always carry your health policy statement and yellow health cards with you
- Enter your accident information on the inside of your passport (vaccine cards)
- Leave all medications in original packaging

Useful Internet resource guides:

*U.S State Department-* [http://travel.state.gov/travel/tips/health/health\\_1185.html](http://travel.state.gov/travel/tips/health/health_1185.html)

*Center for Disease Control-* <http://www.cdc.gov/>

*World Health Organization-* <http://www.who.int/en/>

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## TRAVEL HEALTH CARE INSURANCE

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Leaving your home country for any length of time exposes you to the exciting challenge of international living. The last thing you need to feel during your stay abroad is any uncertainty in the quality of your medical coverage.

Reasons for Purchasing International Health Insurance:

1. Your plan doesn't provide enough coverage
2. HMO and PPO plans may impose severe out-of-network penalties for treatment received in another country Medicare generally does not cover any claims incurred outside the United States.
3. Medicare generally does not cover any claims incurred outside the United States.
4. National health plans of most countries will not pay claims incurred in the United States.

Exploring short-term travel insurance options is not as difficult as one might think. There are a myriad of sites and providers listed on the Internet. Most traveler's insurance usually last from 3 days to 6 months- both renewable and non-renewable. Most offer truly global policies meaning that any country may underwrite insurance and policy follows the holder in any country.

Good insurance providers include:

*HTH-* Provides ex-pat health insurance (Global Citizen plan) to U.S. citizens living abroad or foreign nationals residing in the U.S. The Global Citizen plan is underwritten and administered in the U.S. It meets all state requirements and is HIPAA compliant.

<http://www.lthworldwide.com/>

*Integra Global-* Health and Medical Insurance for expatriates of all nationalities. Comprehensive health plan for the best care worldwide including access to US health care

<http://www.integraglobal.com/?r=mmd>

Questions to consider about your international health plan should include:

1. What is the deductible and how is it paid?
2. What is the co-insurance/out-of-pocket expense limit?

3. Does the policy cover emergency evacuation?
4. Are there any restrictions on doctors and hospitals?
5. Are pre-existing conditions covered?
6. What are the medical exemptions to the policy?
7. Is pre-certification necessary?
8. What is the penalty for not pre-certifying?
9. Who is the underwriter of the policy?
10. What is their rating?
11. Are there other benefits like trip cancellation, and lost luggage?

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## FOOD

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**In Rural Regions:** Most meals in the rural regions consist of meat accompanied by a starch. Beef, goat, and mutton are the most commonly eaten meats. Starch is usually potatoes, plantains, and a maize meal (*ugali*).

**In Resorts, Hotels and Lodges:** Most trip participants to Africa are very impressed by the amazing banquets and buffets offered in hotels and lodges on the trip. This food is prepared especially for sensitive bacteria-free foreign stomachs. Our luxury camping trips come complete with trained chefs who prepare and present an amazing variety of beautifully prepared foods. Many participants eat so well that many gain weight during our trips!

**Note for vegetarians:** Vegetarians are not always well-catered for, although with advanced notice all the necessary arrangements will be made for all full-board hotels, packed lunches, and formally reserved restaurants.

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## TRAVEL ADJUSTMENT FACTORS

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**Time Difference:** Kenya, Tanzania, and Zanzibar are 11 hours ahead of Pacific Time, and 8 hours ahead of Eastern Time

**Jet Lag:** Expect some symptoms such as fatigue. Eat lightly and drink plenty of fluids for several days after your arrival. Jet lag is a common symptom and happens to most travelers. *Our trip accounts for this transition* and preparations have been made to minimize this fatigue effect. Our first two night accommodations in Kenya are at the *Whitesands Resort* located on the tropically beautiful beaches of Mombasa. The pace here will be relatively slow compared to the rest of the trip to give you a chance to relax and overcome related travel fatigue.

**Cultural Awareness:** understanding a country's people, laws, religion(s), customs and etiquette -- can help people adjust much easier to a new situation abroad. Although daily life can still be unsettling at first, cultural awareness helps the foreign become less alien and most importantly less unexpected. Therefore, any preparation in the form of cultural awareness helps travelers adjust more quickly.

The easiest place to start is to get a good book that explains the local customs, religion, society, etiquette and culture. A list of pre-departure recommended readings is provided below.

Good resources include:

- *Cross Cultural Dialogues* - by Craig Storti
- *Cross-Cultural Connections: Stepping Out and Fitting in Around the World* - by Duane Elmer
- *Cross-Cultural and Intercultural Communication* - by William B. Gudykunst
- *Cross-Cultural Consumption: Global Markets, Local Realities* - by David Howes
- *Guide to Cross-Cultural Communication* - by Sana Reynolds, Deborah Valentine
- *Beyond Language: Cross Cultural Communication* - by Deena R. Levine M.A., Mara B. Adelman Ph.D.
- *Building Cross-Cultural Competence* - by Charles M. Hampden-Turner, Fons Trompenaars, David Lewis
- *Cultures Consequences* - by Geert Hofstede
- *Developing Cross-cultural Communication* - by Frank R. Oomkes, Richard H. Thomas
- *Doing Culture: Cross-Cultural Communication in Action* - by Linell Davis
- *Cross-Cultural Design: Communicating in the Global Marketplace* - by Ken Haas, Henry Steiner

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## GENERAL INFORMATION

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**Electricity:** The region uses the 240V system (in the US we have a 110V system). Power socket variety, but are usually of the three-square-pin variety as used in the U.K., although some older buildings have round-pin sockets. Converters can be obtained at hardware stores, drug stores, and establishments such as *Target* and *Circuit City*.

**Safety:** As is the case anywhere in the world, when you're in a city be cautious: don't carry valuables openly, and if you must carry your passport and money then keep them in a buttoned-down pocket or money belt and well concealed. When walking in cities (especially Nairobi! you may want to consider using two wallets. Hide one of them with the bulk of your cash, traveler's checks, credit cards and other essential items in a safe place on your person. Fill the second wallet with a small amount of money, and use that for routine spending. In addition, you should avoid counting large amounts of your money in public, as this will cause the unwanted attention of potential thieves.

**Environmental Risks:** The political climate in East Africa is very stable and has been for a number of years. If you would like more information consider checking the following electronic resources:

*CIA World Factbook*- general overview of country profiles and common statistics (population, currency, economics)

<https://www.cia.gov/library/publications/the-world-factbook>

*U.S. Department of State*- public service announcements, civil unrest, seasonal warnings, consular information <http://www.state.gov/>

For a visual idea of what to look for and ordering visit *Walkabout Travel Gear*  
[http://www.walkabouttravelgear.com/c\\_kenya.htm](http://www.walkabouttravelgear.com/c_kenya.htm)

### Calling Internationally:

To call from the United States: 011+regional code + City Info.

To call from East Africa to the United States: 000+1 \* State Info. \*011 - US exit code; must be dialed first for all international calls made from the United States

- 254- country code for Kenya
- 255 - country code for Tanzania
- area code - 2 digit area codes
- phone number - 7 digits

Example:

US to East Africa international dialing format: 011 + 255 + ?? + ??? ?????

**Kenya area codes:**

Mombasa 41  
Nairobi 20

**Tanzania area codes:**

Arusha 27  
Coast Region 23  
Dar es Salaam 22  
Zanzibar 24  
Kilimanjaro 27  
<http://www.state.gov/>

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## PHOTOGRAPHY

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**Photography:** Photographing wildlife in Africa is exciting for just about anyone. However, it takes time, understanding some animal behavior and a great deal of patience to be able to produce exceptional photographs.

If wildlife photography really interests you, spend some time reading about animal behavior before you go. Most importantly, listen to what your guides have to say about certain types of wildlife and you will be better able to predict the actions and potential behavior of the animals you're trying to photograph. When taking close-up pictures of wildlife, always remember to focus your lens on the animal's eyes. This guarantees that most of the animal's face will be in focus.

It is important to remember that, although you may want the perfect photograph, it is not advisable to interfere with the natural behavior of animals.

It is very important to obtain the consent of the local people before you take their photos. Some tribes consider a camera to be an intrusion – especially if their photo is taken without their permission. Note: No photos in East Africa should be taken of the president and the presidential motorcade or government buildings. Also, no photos should be taken at the airport, or of the military and/or police.

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## BARGAINING

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**Bargaining:** Many purchases involve some degree of bargaining (outside of formal store and gift shops). This is always the case with things bought from a market, street stall, or craft shops. In East Africa, commodities are looked upon as being worth what their owners can get for them. You are expected to bargain. Remember to have a good time with this business engagement bargain- it's part of the fun!

In most cases bargaining is conducted in a friendly, sometimes exaggeratedly extroverted manner. Some generally accepted rules:

It's important to know when to bargain: many merchants enjoy bartering and make their living off tourists, but in some situations, attempting to haggle is rude. Customs vary by country and region, but some general tips apply. If taxis do not use meters, then you can and should work out a price before driving off. In other situations, it's best to observe those around you; if they are bargaining, you can too. Usually, merchandise without a labeled price is fair game, but sometimes you can bargain for tagged merchandise as well. If you're not sure, ask "Is that your lowest price?" or inquire about discounts.

The following tips will help you cut deals against even the most hardened hawkers:

1. Start low (try starting at half the stated price). Never feel guilty offering what seems to be a ridiculously low price, as many merchants automatically quote prices that are several times too high.

Try to do some initial research: decide what you want to pay or what others have told you they've paid. If the shopkeeper is unwilling to lower their price it means others have paid more in the past. In most cases, you have similar luck with another vendor nearby. Don't be concerned about moving on if you do not reach an agreed upon fair price. You will quickly find that street bargaining is an excellent experiment in economics and diplomacy! After visiting four or five stalls you will quickly learn what the market will bear and your relative position within it (most will even shopkeepers borrow and lend each other merchandise publicly).

2. Use your poker face. The less your face betrays your interest in the item, the better. Coming back again and again to admire a trinket is a good way to ensure that you'll overpay. Stay cool, and don't be afraid to point out flaws in workmanship or design.

3. Do your homework. Check the quality of the item you're buying, staying on guard for false documents, and determine how much it should cost. If you can't tell, you can try to watch other customers to gauge what is appropriate. Before you start haggling, decide on a maximum and target price to keep from paying too much.

4. Come prepared with bills in small denominations. If you tell a vendor that you can't pay more than a certain price because you don't have the money with you, then you'll need to produce bills that add up to the right amount—you won't be receiving change.

5. Bargaining with more than one person always leads to a lower price. Have a friend pretend to discourage you from your purchase—if you seem reluctant, the merchant will drop the price to interest

you again. Try to bring a local or native-speaking friend: if these people don't appear to be tourists, vendors may slash prices more readily.

6. Refuse any vendor or driver who bargains rudely; don't hesitate to move on to another vendor if one will not be reasonable. Turn away slowly with a smile and a "thank you" upon hearing a ridiculous price—the price may plummet.

7. Don't bargain for sport. Keep in mind that starting to bargain without an intention to buy is a major faux pas. Agreeing on a price and declining it is also poor form.

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## SUGGESTED EAST AFRICA READINGS

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### Geology:

*Africa: A Biography of a Continent*- John Reader gives an excellent survey of Africa from its geological beginnings through pre-history to contemporary challenges.

### **Traveler's Accounts:**

*A Chronicle of Adventure*- Bartle Bull recounts the historic tale of the safari business.

*A Passage to Africa*- George Alagiah is a Tamil from Sri Lanka relocated with his family to Ghana when he was very young; now BBC bureau chief for Africa, he writes about the root causes of Africa's problems. This is an excellent all-around read!

*Dark Star Safari*- Paul Theroux, the famed travel writer goes overland from Cairo to Capetown; a former Peace Corps worker, he discusses why Africa is in worse shape now than before the billions of dollars of Western aid were poured into it!

*Don't Let's Go to the Dogs Tonight: An African Childhood*- Alexandra Fuller is a white woman raised in farm in Zimbabwe.

*Harmattan: Wind Across EAfrica*- Marcello Di Cintio presents her travelogue of a ten-month odyssey as a young Canadian Volunteer

*Journey to the Jade Sea*- John Hillaby recounts his epic trip to Lake Turkana in Northern Kenya in the days before the safari trucks.

*Out of Africa*- Isak Dinesen (Karen Blixen) is the classic African novela storytelling book woven in the imaginative Danish style. Her descriptions of the Kenya of her day are exquisitely written, factual and magical at the same time. Her writing evokes the Africa she knew well and loved deeply.

*The Shadow of Kilimanjaro: On Foot across East Africa*- Rick Ridgeway sets out on a 300-mile trek across Tsavo National Park

*West with the Night*- Born in England in 1902, Beryl Markham was taken by her father to East Africa in 1906. Markham recounts her adventures—discoveries, rescues, and narrow escapes, the glint of an airplane abandoned in the desert, the look of a lion about to pounce.... Much more than a pilot's memoir, *West With the Night* is a wise, funny, and inspiring exploration of a life well lived. --This text refers to an out of print or unavailable edition of this title.

*Zenzele: A Letter for my Daughter*- J. Nozipo Maraire writes to us as the daughter of a black Ivy League-trained female neurologist.

*Journey to the Jade Sea*- John Hillaby recounts his epic trip to Lake Turkana in northern Kenya in the days before the safari trucks.

*The Ukimwi Road*- Dervla Murphy recounts her bicycle trip from Kenya to Zimbabwe. The book is equally revealing about the impact of HIV/AIDS on the people of Africa.

*A Chronicle of Adventure*- Bartle Bull recounts the historic tale of the safari business.

## **Politics:**

*The Africa Review*- an annual production by World of Information, offers an overview of the politics and economics of every African country as well as detail facts and figures. It's well-balanced and the research makes no attempt to curry favor with any particular regime.

*The African's* - David Lamb.

*Africa: Dispatches from a Fragile Continent*- Blaine Harden examines issues straddling Africa's development through series of people and their stories.

*Cry the Beloved Country*- Alan Patton opens dialogue about being black and a Christian pastor in South Africa

*Detained- A Prison Writer's Diary*- Ngugi wa Thiong'o presents a radically different view of politics than that put out by the Kenyatta and Moi regimes.

*The Green Belt Movement: Sharing the Approach and the Experience*- by 2006 Noble Peace Prize winner Wangari Maathai tells why she began her movement, how it operates, and where it is going. *Unbowed: A Memoir*- by 2006 Noble Peace Prize winner, *Long Walk to Freedom*- The autobiography of Nelson Mandela's, Noble Prize winner and first black president of South Africa)

*Unbowed: A Memoir*-, Wangari Maathai, who offers an inspiring message of hope and prosperity through self-sufficiency. We see her studying with Catholic missionaries, earning bachelor's and master's degrees in the United States, and becoming the first woman both to earn a Ph.D. in East and Central Africa and to head a university department in Kenya. We witness her numerous run-ins with the brutal Moi government and she makes clear the political and personal reasons that compelled her, in 1977, to establish the Green Belt Movement.

*The Green Belt Movement: Sharing the Approach and the Experience*- Here Maathai tells why she began her movement, how it operates, and where it is going. She includes the philosophy behind it, its challenges and objectives, and the specific steps involved in starting a similar grassroots environmental and social justice organization.

*Things Fall Apart*- Chinua Achebe is story of Nigerian “strong man” by Noble Prize winner.  
*Detained- A Prison Writer’s Diary*- Ngugi wa Thiong’o radically different view of politics than that put out by the Kenyatta and Moi regimes.

*The Africa Review*- an annual production by World of Information, offers an overview of the politics and economics of every African country as well as detail facts and figures, It’s well-balances and it’s research makes no attempt to curry favor with any particular regime.

### **African Development Issues:**

*Kenya: Promised Land?*  
Geoff Sayer, an Oxfam Country Profile

*Shaping a New Africa*, Abdullah A. Mohamoud, Kit Publishers, Amsterdam

*Striking a Balance, A Guide to Effectiveness of Non-Governmental Organizations in International Development.*  
Alan Fowler, Earthscan Publications, Ltd, London

*Tanzania: Is the Ugly Duckling Finally Growing Up?*  
Arne Bigsten, Anders Danielson, A Report for the OECD project “Emerging Africa”.

*Voice From Africa, Local Perspectives on Conservation*  
Edited by Dale Lewis and Nick Carter, World Wildlife Fund, Washington D.C.

*What Went Wrong With Africa, A Contemporary History*  
Roel Van Dern, Kit Publishers

### **Flora and Fauna:**

*Africa’s Top Wildlife Countries* Mark W. Nolting, a well-known guide and tour operator CEO, gives great outstanding insight into safari

*A Field Guide to the Larger Mammals of Africa*- Jean Dorst and Pierre Dandelot

*A Field Guide to the Birds of East Africa*- JG WilliamsWilliams and N. Arlott

### **Daily News (in English):**

*Daily Nation*- Kenya

<http://www.nationmedia.com/dailynation/>

*Daily News- Tanzania and Zanzibar*

<http://www.dailynews-tsn.com/>

In addition to those listed above, there is a large flurry of large-format hardback books on the various tribal societies of Kenya, especially the Maasai and Samburu, which you will see in the bookstores of Mombasa and Arusha.