THE AFRICAN EXPERIENCE

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My African trips

- 1998 – Egypt
- 2002 – Kenya and Tanzania
- 2003 – Uganda
- 2006 – Kenya, Uganda, Tanzania, Rwanda, Lesotho, Malawi, Zambia, Zimbabwe, Madagascar, Swaziland, Mozambique, Botswana, South Africa, Namibia, Ghana
- 2008 – Namibia

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* While Warrane College accepts responsibility for publishing these papers, the opinions expressed in these papers are those of the authors. Enquiries should be directed to the Master, Warrane College, UNSW, PO Box 123, Kensington, NSW 1465, Australia.
General observations
- Diversity
- Impacts of colonialism
- Poverty
- Demographics
- Generosity

Kenya
- 582,650 km² (smaller than NSW, 800,000 km²)
- 38 million people (Australia has 20 million)
- Median age 18 (Australia is 37)
- Life expectancy 57 years (Australia is 81)

Kenya
- 10x infant mortality
- 60x more likely AIDS
- Per capita income $1,700 (Australia is $36,300)
- Unemployment rate 40% (Australia is 4%)

Travel tips - Nairobi
- Arrival Nairobi - Jomo Kenyatta International Airport, 15km SE of city
- Careful about safety in town – bus station especially!

Travel tips - Meru
- Meru 3 hrs north
- Eastern side of Mount Kenya
- 5 miles from equator
- Temp low-mid 20s
- 7 hrs behind Sydney
- Daylight 6.10 to 6.10
- Swahili time? Dawn to dusk not midnight to midday so ‘hour one morning’ = 7am

Travel tips - Meru
- Meru is a regional service centre, so you should be able to find most things in shops
- ATM and internet, post office, phone cards
- Municipal market – can get miraa (khat)
Travel tips - Meru

- Eating out and entertainment:
  - Pig & Whistle
  - Mwitari Bar - live bands
  - Club Dimples - disco
- Meru Museum - Ameru people

Languages

- Speak Kimeru - seven different dialects
- Trading focus brings in Swahili
  - Rukia
  - Habuna malaria
  - Habari
  - Nauri
  - Nyambbo?
  - Sigambo
  - Tatadrai
  - Atzenta sana
  - Kswahili

Currency

- Kenyan shillings (KES)
- $1 AUD = 60 KES

Health

<table>
<thead>
<tr>
<th>Malaria (vector borne)</th>
<th>Tablets (before/during)</th>
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<tbody>
<tr>
<td>Diarrhoea (food and drink)</td>
<td>Tablets (after)</td>
</tr>
<tr>
<td>Hep A (food and drink)</td>
<td>Vaccine (before)</td>
</tr>
<tr>
<td>Typhoid (food and drink)</td>
<td>Vaccine (before)</td>
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General Safety

- Rule of three:
  - Three different forms of money
  - Money in at least three places
  - Dress conservatively without display of wealth
  - Compose yourself with purpose
  - Try to avoid being out late at night alone
  - Ask at the place you’re staying for tips

Safety in Exceptional Circumstances

- Robbery
- Rape
- Roadblocks
- Crowds and mobs
- Hostage
- Weapons
Travel on either side

Aid is not charity
- Hand up not a hand out
- People have dignity – not victims or hopeless cases
- Accident of birth
- Give them what they want, not what you think they need
- Cultural sensitivity