



KENYA



in 2006

THE 410 BRIDGE STARTED IT'S WORK IN KENYA.



Climate

VARIES FROM TROPICAL
ALONG COAST TO ARID IN INTERIOR



Population: 46,790,758



(JULY 2016, WORLD FACTBOOK)

Time Zone



7-8 HOURS
AHEAD OF EST

Nevada
X2

AREA
580,367 KM²



Capital
NAIROBI

Language

ENGLISH + KISWAHILI
MULTIPLE INDIGENOUS

Literacy

78%

(age 15 and over can read and write)

Life EXPECTANCY

64 YEARS

Economics
\$141.6 BILLION

GDP (2015 estimate)



Tea



Coffee



Fish



Petroleum



Cement



Horticultural

Language Guide

Swahili Pronunciation - Vowels

a	a ... Father
e	e ... Egg
i	i ... Bee
o	o ... Door
u	u ... Loop

English	Swahili	English	Swahili
Hello	Habari/Jambo	May I help you?	Naweza kukusaidia?
Good morning	Habari ya asubuhi	Can you help me?	Tafadhali naomba msaada?
Good afternoon	Habari ya mchana	God bless you	Mungu akubariki
Good night	Usiku mwema/lala salama	God is good	Mungu ni mwema
Good evening	Habari ya jioni	Are you a Christian?	Wewe ni mkristo?
Goodbye	Kwaheri		Mimi ni mkristo
What is your name?	Jina lako ni nani?	May I pray for you?	Naweza kukuombea?
My name is...	Jina langu ni...	Do you speak English?	Unazungumuza kingereza?
Nice to meet you	Nafurahi kukuona	I understand	Naelewa
How are you?	Habari yako?	I don't understand	Sielewi
Fine	Nzuri/Mzuri	Where is the toilet?	Choo kiko wapi?
I'm happy to see you	Nimefurahi Kukuona	How do you say_ in Swahili?	Unasema aje _ kwa Kiswahili?
How old are you?	Una umri wa miaka mingapi?	How much is this?	Hii ni bei gani?
Are you married?	Èske ou gen pitit?	May I take a picture?	Naomba kupiga picha?
(to a female)	Umeolewa?	Yes	Ndio
Are you married?	Kibo ou soti?	No	Hapana
(to a male)	Umeoa?	Ok	Sawa
How many children do you have?	Una watoto wangapi?	Friend	Rafiki
I have children	nina watoto	Today	Leo
Boy	Mvulana	Tomorrow	Kesho
Girl	Msichana	Yesterday	Jana
Where are you from?	Unatoka wapi?	Now	Sasa
I am from	Natoka	Later	Baadaye
Thank you very much	Asante sana	Yesterday	Yè
Thank you	Asante	Now	Kounye a
You are welcome	Karibu	Later	Pita
Please	Tafadhali		
Excuse me (to get past)	Samahani		
Sorry	Pole		

Contact Information

U.S. Embassy Nairobi

United Nations Ave. Nairobi
P.O. Box 606 Village Market
00621 Nairobi, Kenya

+254 (20) 363 6000

The 410 Bridge East Africa

P.O. Box 62535-00200
Ridgeway Springs, off Kiambu Road
Nairobi, Kenya

The 410 Bridge U.S.

3955 Marconi Drive, Suite 205
Alpharetta, GA 30005
770-664-4949

Telephone Use

Mobile Phone Usage & Service

Your 410 Bridge Team Leader will have access to a 410 Bridge mobile phone for making and receiving emergency phone calls. If you decide to bring a phone, check with your local provider on compatibility and rates, as rates can be excessive.

- » There will be a 410 Bridge staff member available 24/7 while your team is traveling. In the event of an emergency, please call our **Emergency Trips Phone at 404-710-3293**.
- » You may also call The 410 Bridge office during weekday business hours at 770-664-4949.
- » How to call to Kenya from the U.S.: Dial: 011+254 (Country code for Kenya) + 9 digit number (mobile numbers will start with a 7)
- » How to call to the U.S. from Kenya: Dial: 001 + area code + local number
- » Service: Mobile phones from the U.S. will work in Kenya if they are tri-band or quad-band and are compatible with the GSM 900 system.

IN CASE OF AN EMERGENCY

PLEASE CALL: 404-710-3293

IF INSIDE KENYA +254-07-9696-2954

History of Kenya

In the late 19th century, Kenya fell under British rule. Between the years of 1895 and 1901, the British built a railway across the region. In the early 20th century, settlers flocked into Kenya, taking the best land. This forced the natives to move to reservations. In 1952, the Mau Mau uprising caused British troops to enter Kenya to deal with the insurgency. This

was one of the first steps towards independence in Kenya. On December 12, 1963, Kenya became independent. In 1964, Jomo Kenyatta became president of Kenya and Kenya joined the Commonwealth.


In 2002, Mwai Kibaki became the leader of Kenya and introduced free primary education throughout the country. A drought ravaged Kenya and by January 2006, an estimated 2.5 million Kenyans were facing starvation. In 2007, more than 1,300 individuals were killed due to ethnic violence that broke out after disputed election results. The 2013 elections were conducted peacefully and Uhuru Kenyatta, the son of Kenya's first president, was elected. He is currently the president of Kenya.

Land and Tribes

The Republic of Kenya, regarded by many as the “Jewel of East Africa”, has some of the continent's most magnificent wildlife and scenery, fine beaches, and sophisticated tourism destinations. One-tenth of all land in Kenya is designated as national parks and reserves. Over 50 parks and reserves cover all habitats from desert to mountain forest, and there are six marine parks in the Indian Ocean.

Kenya also has a very diverse population with 42 different tribes, each with their own language and culture. The major tribes include the Kikuyu from the central highlands, the Luhya in the west, and the Luo around Lake Victoria. The most famous tribe is the Maasai tribe, whose members still lead a traditional semi-nomadic lifestyle of cattle herding along the southern border.



-  CAPITAL - NAIROBI
-  MAIN ROADS
-  DIVISION BORDER

Climate Conditions

There are mild temperatures in Kenya. Often times, it can turn cooler in rainy conditions or in the evening. You may consider bringing a lightweight jacket and/or rain boots or shoes for walking.

Please keep in mind the “rains” of East Africa. The first rain falls between late April to early June, which is known as “long rains”. The second rainy season, which is known as “short rains” lasts a few weeks in November and December.

Language & Etiquette

As a former British colony, you will find many Kenyans speak English; however, Swahili is the national language.

There are over 42 ethnic languages spoken, including Kikuyu and Luo.

It is always nice to be familiar with some common phrases and Kenyans appreciate any effort you make to learn even a few words in their language.

In Africa, greeting someone with a hand wave is appropriate and shows your friendliness. The African “hello” wave is an arm up, outstretched and holding your hand still. Americans sometimes say hello by putting their hand up, moving their fingers up and down vertically; to a Kenyan, this means, “come”, versus hello. The children will giggle at this gesture.

Africans tend to be less direct than Americans in the way they speak to one another. In developing new relationships, you will want to soften the direct way you ask questions and not ask too many personal questions right away. Start by asking very general questions and then be discerning as to when it may be appropriate to ask more personal questions as your relationship develops.

When asking for help, or to get a question answered, Africans may tend to tell you what you want to hear, instead of answering the question. For example if you ask, “How long will it take us to reach our destination?” The response might be, “Oh, not very long. It’s not far.” When in reality, it might be very far. A better question to ask is something more specific, such as, “How many hours will it take to get there?” You will then get an answer that is specific.

Kenyan table manners are relatively formal. Guests are expected to wash their hands before and after the meal. Sometimes, during home visits, a basin will be brought to you. If so, hold your hands over the basin while water is poured over them. Do not begin eating until the eldest male has been served and has started eating.

Cash & Currency

There are only a few instances where you may need to use cash. Here are our recommendations, should you wish to bring any to exchange:

Tipping: Your U.S. team leader or 410 Bridge staff will handle most tips while you are in Africa. Your team leader or The 410 Bridge staff will have funds to tip the drivers at the end of your journey. Please do not tip The 410 Bridge staff and do not give money to any other individuals you meet. Tipping is not typical in restaurants, unless 5-star or at safari lodges. If your trip includes a stay at a safari lodge, our suggestion is U.S. \$1-2 (KES 100–200) per table for a table of 6–8 people. Tipping luggage porters is also not standard practice for most hotels in our communities. It is, however, common to tip the porter at the safari lodge. We suggest U.S. \$1 (KES 100) per bag.

Tithing: You will likely visit a local church on a Sunday of your trip, where providing an offering of U.S. \$1-2 is considered appropriate. The local currency equivalent is KES 100-200 per person.

Souvenirs: Locally made crafts will be available for purchase at various times during your trip. If you plan to purchase items in the community, you will need cash in the local currency.

Kenya's currency is the Kenyan Shilling (KES). Bills are in denominations of KES 1000, 500, 200, 100 and 50. Coins are in denominations of KES 50, 40, 20, 10, 5, & 1. Currency can be exchanged at an exchange bureau in the baggage claim section of the Nairobi airport. Bring U.S. dollars in denominations of \$50 or \$100 bills, 2003 or newer; smaller denominations are not always honored at current exchange rates.

When you exchange into Kenyan shillings, request smaller denominations such as 50 KES and 100 KES, to use for purchasing items, such as sodas, or for the offering at church.

For the current exchange rate, visit www.xe.com/ucc.

Credit/debit cards, ATMs & Traveler's Checks

American Express, Diners Club, MasterCard and Visa are generally only accepted in Nairobi. However, major hotels, safari and souvenir companies, and restaurants outside of Nairobi may accept payment by credit card also.

If you plan to use an ATM while abroad, it is best that you contact your home bank in advance to inform them and receive any additional information they can provide before your travel.

There is a convenient ATM available at the airport upon arrival. We do not recommend using Traveler's Checks in Kenya.

Internet & Electricity

Electricity: Electricity can be sporadic in developing countries, and is not guaranteed on your trip.

To ensure that you always have access to light in the evenings, you may consider bringing a battery powered flashlight or headlamp.

In Kenya the power plugs and sockets are British three-pin, or type G, therefore, if you are traveling from the U.S. or Canada, you will need an adaptor.

The standard voltage is 220-240 V and the standard frequency is 50 Hz, and again if you are traveling from the U.S. or Canada, you may need an electrical voltage converter depending on your electronic device. Some manufacturers take international voltage differences into account and allow you to make a switch directly on your device. You can find voltage converters / adaptors at Walmart, Target and on Amazon.com.

Some teams may travel through Europe; European adaptors are handy to have as well for airport layovers. Power strips with multiple outlets are also a convenient way to charge multiple electronics, as wall outlets are typically few and far between.

Internet: Wireless Internet access may be limited or completely unavailable due to location and schedule.

Entry & Exit

A passport valid for 6 months beyond the date of entry and eVisa is required for U.S. citizens traveling to Kenya.

A yellow fever immunization is not required for U.S. Citizens; however, proof of immunization is required if you are entering from a high-risk yellow fever area.

Visas: Immigration authorities require two blank (unstamped) visa pages in the passport to enter the country. Travelers should make sure there are sufficient pages for visa and immigration stamps to enter the country.

Visas are required for entrance into Kenya.

eVisas are required and can be obtained at:

<https://account.ecitizen.go.ke/login>

Please consult your Team Leader for further instructions and costs.

COMMUNITY MAP



Communities

1. Chembulet
2. Endana
3. Eleri
4. Irigithathi
5. Kahuria
6. Karima
7. Karogoto
8. Kiria
9. Kiu
10. Kosti
11. Kwambekenya
12. Mataka
13. Mivukoni
14. Ndibai
15. Ngaamba Central
16. Ngaamba North
17. Ngaamba South
18. Ngaamba West
19. Tumutumu

Provinces

- a. Rift Vally
- b. Center Region
- c. Eastern Region
- d. Coast
- e. North Eastern
- f. Western
- g. Nyanxa