



Global Health Fellows

NORTHERN PACIFIC GLOBAL HEALTH RESEARCH
FELLOWS TRAINING CONSORTIUM

Kenya Handbook

Global Health Fellowship Program

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NPGH CONSORTIUM IN KENYA



Consortium Universities

- University of Washington
- University of Michigan
- University of Minnesota

Partner Institutions

- University of Nairobi
- Maseno University
- Kenya Medical Research Institute (KEMRI)
- Kenyatta National Hospital
- Kenya Ministry of Health

University of Nairobi (UON): According to Wikipedia, the UoN is the largest university in Kenya. Although its history as an educational institution goes back to 1956, it did not become an independent university until 1970 when the University of East Africa was split into three independent universities: Makerere University in Uganda, the University of Dar es Salaam in Tanzania, and the University of Nairobi. In 2014 the University had some 84,000 undergraduate students, of whom 70, 000 were undergraduates and 14,000 postgraduates. The university has launched several policy frameworks and introduced module 2 degrees to cope with the demand of higher education in Kenya.

The University of Washington began its partnership with the University of Nairobi in 1985 when they undertook a collaborative research project to study mother-to-child HIV transmission and prevention of HIV transmission in HIV-discordant couples. This UW/Kenya collaborative group has increased local capacity through training U.S. and Kenyan research scientists to perform integrated research on prevention, care, and treatment of HIV-related conditions, thereby strengthening academic programs at both institutions. Over 120 publications have resulted from research by Kenyan trainees and U.S. fellows and students supported by the UW AIDS International Research and Training Programs (AIRTP), with an additional 130 manuscripts co-authored by UW and UON faculty.

Kenya Medical Research Institute (KEMRI): KEMRI is a state corporation established through the Science and Technology (Amendment) Act of 1979, as the national body responsible for carrying out health research in Kenya. Since its inception, KEMRI has developed a critical mass of scientists and technical personnel, to enable it mount a

competitive research infrastructure to rank as a leading center of excellence in health research both in Africa as well as globally.

Collaborations with the University of Minnesota and KEMRI, Kisumu began in 2005 through a NIH funded research on malaria transmission and immunity in the highlands of western Kenya.

Ministry of Health: USAID implements HIV/AIDS programs in Kenya with funding from the President's Emergency Plan for AIDS Relief (PEPFAR). The Capacity Kenya Project supports the hiring of health workers through the provincial-based APHIA II Integrated HIV/AIDS Partner projects which are designed to improve and expand facility- and community based HIV/AIDS, family planning/reproductive health, malaria, and maternal and child health services.

Maseno University: Maseno University founded in 1991, is the only university on the globe that lies along the Equator (00). Maseno University main campus based is in Maseno, 25 km from Kisumu. It is one of the twenty-two public universities in Kenya. It has over eight thousand students pursuing various programs offered in the University's campuses.

University of Minnesota (UMN) began its collaboration with Maseno University through Dr Chandy John FIC- D43 training grant (2008-2013). This was an innovative training grant for translational research in malaria transmission and immunity to address the gap between clinical, basic science and public health research training in malaria epidemic prevention and control. This training program supported 2 post-doctoral fellows, 5 doctoral students, 2 masters student and about 20 students on short-term training. Some of the trainees have published papers, as others work towards publishing. Also through the training grant has supported trainees to attend and present in local and international conferences. The overall goal of the program is to establish a core of Kenyan researchers and public health professionals who significantly advance the understanding, control and prevention of malaria epidemics and the clinical care of malaria in individuals living in areas prone to epidemics.

COUNTRY OVERVIEW



Health Statistics

Nurses treat 80% of the population who visit dispensaries, health centres and private clinics in rural and under-served urban areas. Complicated cases are referred to clinical officers, medical officers and consultants (specialists). According to the Kenya National Bureau of Statistics, in 2011 there were 65,000 qualified nurses registered in the country; 8,600 clinical officers and 7,000 doctors for the population of 43 million people. Some doctors have gone into private practice, are teaching in medical schools or have found jobs in parastatals and non-governmental organizations while some have left the country altogether.

The life expectancy at birth is approximately m/f (years): 58/62. The infant mortality rate is high at approximately 44 deaths per 1,000 children in 2012. The WHO estimated in 2011 that only 42% of births were attended by a skilled health professional.

Health & Healthcare

Diseases of poverty directly correlate with a country's economic performance and wealth distribution: Half of Kenyans lives below the poverty level.

Preventable diseases like malaria, HIV/AIDS, pneumonia, diarrhea and malnutrition are the biggest burden, major child-killers, and responsible for much morbidity; weak policies, corruption, inadequate health workers, weak management and poor leadership in the public health sector are largely to blame.

The country's burden of communicable diseases remains high. HIV/AIDS is responsible for up to 29.3% of all deaths, and 24.2% of all disability in the country. Other causes of death include conditions during and just after birth (9% of deaths), respiratory (chest) infections including tuberculosis (14.4% of deaths), diarrhea diseases (6% of deaths), malaria (5.8% of deaths), stroke (3.3% of deaths), heart attacks (2.8% of deaths), road traffic accidents (1.9% of deaths), and violence (1.6% of deaths). Apart from major disease killers, Kenya has a serious problem with accidental death, specifically by motor vehicles. Kenya has one of the highest rates of road accidents in the world, with over 3000 deaths reported annually (2013 estimate). In February 2004 and April 2014, the government obliged the owners of the country's more than 40,000 matatus- public vans (minibuses)—the backbone of public transportation—to install new safety equipment on their vehicles. Government spending on road projects is also planned. Kenya has recently experienced outbreaks of new/reemerging conditions such as polio and viral hemorrhagic fevers (e.g. dengue). Neglected tropical diseases such as lymphatic filariasis also remain a burden.

In June 2011, the UN Population Fund released a report on The State of the World's Midwifery. It contained new data on the midwifery workforce and policies relating to newborn and maternal mortality for 58 countries. The 2010 maternal mortality rate per 100,000 births for Kenya is 530. This is compared with 413.4 in 2008 and 452.3 in 1990. The under-5 mortality rate per 1,000 births is 86 and the neonatal mortality as a percentage of under-5s mortality is 33. The aim of this report is to highlight ways in which the Millennium Development Goals can be achieved, particularly Goal 4: reduce child mortality; and Goal 5: improve maternal death.

Kenya's health care system is structured in a step-wise manner (level 1 to level 6) so that complicated cases are referred to a higher level. Kenyatta National Hospital is a level 6 hospital and is the largest referral hospital in East and Central Africa. Private and church-run units fill gaps in the system. The structure thus consists of dispensaries & private clinics, health centers, sub-district hospitals & nursing homes, district hospital & private hospitals, provincial hospitals (level 5), and national hospital.

PREPARING FOR YOUR TRIP

Financial

Please notify your credit card and banking institutions that you will be abroad for 11 months to prevent problems accessing funds while you are abroad. As of late July 2004, the Kenya banking system consisted of 43 commercial banks supervised by Central bank of Kenya.

Entry/Exit Requirements

Visas & Work Permits

Types of Visas & Work Permits in Kenya: Kenya requires visas or work permits for anyone wishing to enter the country. A tourist visa can be obtained for \$50 at the Nairobi airport, but is only good for 3 months. There is also a research visa, but unless you are conducting your own independent research without local country mentorship, this requires additional permits and fees that aren't necessary to complete your fellowship. The best option is to apply for the internship visa for 15,000KES/year; start the process as early as possible as it can take 3-4 months to complete.

Visa rules change frequently, so visit the Kenyan embassy's website for the latest information: <http://www.kenyaembassy.com/>

Passports: Travelers to Kenya and neighboring African countries should ensure that the validity of their passports is at least six months beyond the end date of their fellowship. Please note that Kenyan immigration authorities also require a minimum of two blank (unstamped) visa pages in your passport in order to enter the country.

For additional information on visas & permits in Kenya contact the Embassy of Kenya in Washington, DC at 202-387-6101 or the Kenyan Consulates General in Los Angeles and New York City.

Vaccines and Travel-related Health Concerns

Check the CDC's web page for up-to-date information on recommended vaccines for traveling to Kenya: <http://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>

Note: If you will have recently been in a country with a risk of yellow fever, you will need to show evidence of a yellow fever vaccination to gain entry into Kenya.

Other Documentation

Whenever traveling, it is important for you to be prepared in case your passport and other important documents are lost or stolen. Therefore, we recommend that all travelers have a Xerox copy of their important documents as well as an electronic copy.

You may also email or mail a copy of these documents to the Support Center (hobbsn@uw.edu) for safekeeping in your personnel file.

Traveler Security Registration & Emergency Contacts

Emergency Contacts

All trainees should provide emergency contact information to the Support Center at the start of their training experience. This information will be kept private but is important to have on file in case of an emergency that requires our assistance.

Carry a contact card containing the street addresses, phone numbers, and e-mail addresses

Smart Traveler Enrollment Program (STEP)

Sign up for the State Department's free Smart Traveler Enrollment Program (formerly known as "Travel Registration" or "Registration with Embassies") to receive the latest travel updates and information. When you sign up, you will automatically receive the most current information they compile about the country where you will be traveling or living. You will also receive updates, including Travel Warnings and Travel Alerts (where appropriate). Register on the STEP website:

http://travel.state.gov/travel/tips/registration/registration_4789.html

Packing for your Trip

Medications

- Plan on bringing any important medications as they may be difficult to obtain in Kenya
- Keep medications in their original prescription bottles and always place them in your carry-on luggage
- Note: some medications that are prescribed in the U.S. are illegal in other countries. You can contact the embassy if you are concerned, and ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.
- Iodine tablets or portable water filters to purify water is recommended for when bottled water is not available
- Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek immediate medical attention and should tell the doctor about your travel history.

Clothing

In major Kenyan cities such as Nairobi and Mombasa, dress is similar to what is seen in the United States. In the rural areas however, people are more reserved and women are

advised to wear long skirts. There is a Woolworth's in Kisumu, so American clothes are not impossible to find, and fabric and tailors are also plentiful if you need to expand your wardrobe.

Kenya often exhibits unpredictable weather patterns. Here's a basic guide of the kind of weather to expect at certain times of the month:

- January – mid-March: Most parts of the country are hot and dry. Light dressing would be appropriate. You can, however, carry moderate clothing for the cold nights.
- Mid-March – June: Most parts of the country are experiencing the long rains, but the weather is warm. Carry warm clothing.
- June – mid-October: Fairly hot. The plains are green and it is a good time to explore. Carry a mix of light and warm clothing as the temperatures drop drastically at night.
- Mid-October – December: Short rains. Most parts of the country are fairly cold and wet. Both warm and light clothes are recommended.

General Supplies

- First aid kit
- Small alarm clock or a cell phone with an alarm clock
- Surge protector, to protect laptop and other electronics from power fluctuations
- Power converters. Electrical appliances should operate on or be adaptable to 220/240 volts. Outlets accept either 3-pronged, or sometimes 2-pronged, British or Continental Europe type plugs.
- Solar charger for back-up
- External hard drive
- Printer
- Small backpack for your travels
- Toiletries are available in country, but if you have a favorite brand or product bring it with you.
- A good bike lock
- Favorite cooking spices
- Headlamp
- Digital camera to document your adventure

Arrival at the airport

- Check to see you have your entire luggage
- A number of bureaus exist at the airport to exchange money but their rates are high. Exchange a small amount to enable you to meet immediate needs, later on you can look for better rates in town.
- Make a reservation with a hotel before you arrive, especially if you're arriving in the evening and/or in a major tourist town.

IN-COUNTRY

Communication

Internet

Mobile phone companies (Safaricom, Airtel and Orange) sell USB 3G connect modems for approximately US\$30 that will give access to the internet from any area in the country where there is a mobile phone signal. They are well worth the investment. You can buy internet credit using scratch cards the same way that you buy phone credit. If you top up with a larger amount, you can get bonus airtime if you follow instructions. There are cyber cafes throughout Nairobi, Kisumu and other major towns. The closest ones to KNH are at Prestige Plaza (KSh3/min); and Yaya Centre & Adams Arcade (KSh 2/min), both on Ngong Road (Nairobi) and in Kisumu visit Nakumatt supermarket.

The Java House, an American-style coffee shop with several locations, has free wireless access at all locations, but being seen in public with a laptop may attract unwanted attention and be unwise unless you are leaving the area in a taxi. The coffee is delicious there so Java Houses might become your favorite study place!

Cell Phone

Having a cell phone is a necessity, and we strongly advise you to get one for your time in Kenya. They can be purchased inexpensively (US\$20-30) from the Nakumatt or similar authorized grocery store. You will need to purchase the phone, SIM card, and scratch cards to provide you with minutes. With Safaricom, a post-pay account with your passport gets mostly unlimited talk, SMS, and data for \$12/month (2014 quote).

Placing calls will cost you a few cents/minute but receiving calls is free; therefore, many people favor text messages since they are cheaper and easier to send.

Mpesa is a mobile money app for Safaricom that lets you pay bills and transfer money between individuals with your phone.

International Calling

International calls on your cell phone may be expensive so many people prefer to get a Skype number and utilize Skype for their international calling needs. Note: Skype works well with a Bambanet modem.

Snail Mail

Postage stamps must be purchased directly from the post office. There are post office branches at Adams Arcade as well as Yaya Center.

Food

Kenyan cooking draws upon a variety of ethnic traditions merged with the seasonings and tastes of outside countries. Because of Kenya's long-standing relationship with foreign settlers and its colonization by the British, the taste, cooking methods and presentation of Kenyan foods have been greatly influenced by Indians, Arabs, Europeans, and Pakistanis as well as some Western countries. Restaurant recommendations from previous trainees can be found organized by city at the end of this handbook.

Nearly all of Kenya's tribes have a specific meal they are known for. Popular staple foods include ugali, rice, bread, chapatti (a type of Indian bread), beef, chicken, goat, tilapia, and an assortment of fresh vegetables and fruits.

Dining Etiquette:

- Kenyans table manners are relatively formal
- Dining patterns vary tremendously according to ethnicity, location and socio-economic position of the host. The best course of action is to behave formally. When in doubt, watch what others are doing and follow their lead.
- Guests are expected to wash their hands before and after the meal. In some homes, a washing basin will be brought to the table. If so, hold your hands over the basin while water is poured over them.
- The honored guest is usually served first, followed by the men, children, and women
- Do not begin eating until the eldest male has been served and started eating
- It is a good idea to take a small amount the first time the platters are brought so that you may take second helpings when urged
- Beverages are not generally served with meals since Kenyans think it is impolite to eat and drink at the same time. They are generally served at the completion of the meal.
- It is considered polite to finish everything on your plate, although it is not mandatory

Health & Safety

- One of the best ways to understand the safety of situations is to talk to locals
- It is advisable for visitors to use bottled water, which is available for sale in supermarkets. Bags of water are for sale on the street, but contamination is a concern and it's best to boil your water or use water other treatment methods.
- Watch for pickpockets. Taxi cabs and ATMs the most common sites for crime. Use only secure taxi services. Remember, safety in numbers.
- Consider purchasing travel insurance with theft insurance for electronics or other valuables
- A money belt is especially nice for traveling long distances

- Contact the U.S. Embassy in Nairobi:
http://nairobi.usembassy.gov/offices_and_departments.html

Housing

Talk to your mentor and previous trainees about housing.

Nairobi:

- Gemina Court Apartments- The benefits to Gemina Court Apartments include easy access to Kenyatta Hospital, Nairobi Hospital and Coptic Hospital, and many expats live in this apartment complex and can help you get settled. In terms of the apartment, check with your mentor to see if there are other students or residents in Nairobi who need a roommate. Expect to pay between \$650-\$1,000/month for an unfurnished 2-bedroom.
- 2014-2015 example: \$1,200/month for 2-bedroom apartment in Kilimani area with parking and a swimming pool.
- If you decide to arrange housing on your own, be sure to get a place near Ngong Road in the Hurlingham/Kilimani area. The traffic in Nairobi is challenging and your commute will be long if you live greater than a few miles away from the clinic. Also, be sure to get a place with a security guard and 24-hour locked gate.
- The Facebook group “Nairobi Expat Housing” is a good place to look (you must change your location to Nairobi to be allowed to join).

Kisumu:

- One bedrooms are very hard to find, but a 2-bedroom apartment with utilities and 1x/week cleaning and laundry should cost around \$790/month.
- Milimani neighborhood watch Facebook page:
<https://www.facebook.com/groups/528121250607049/>

Mombasa:

- An unfurnished 2-bedroom house costs around \$400-550/month.

Public laundromats are very scarce. Laundry is commonly done by hand and hung to dry. Staff are always willing to help with laundry for a small fee. Supplies (detergent, clothes pins, rope) are readily available, though if you are sensitive to detergent you might want to bring your own. Drug stores (e.g., Bartell’s) often sell small packets of Woolite in the travel size aisle.

Local Customs

- ~~The most common greeting is the handshake. (When greeting someone with whom you have a personal relationship, the handshake is more prolonged than the one given to a casual acquaintance.)~~
- Close female friends may hug and kiss once on each cheek instead of shaking hands
- When greeting an elder or someone of higher status, grasp the right wrist with the left hand while shaking hands to demonstrate respect
- Muslim men/women do not always shake hands with women/men
- The most common greeting is “Jambo?” (“How are you?”), which is generally said immediately prior to the handshake
- After the handshake it is the norm to ask questions about the health, their family, business and anything else you know about the person. To skip or rush this element in the greeting process is the height of poor manners.
- People are generally addressed by their academic, professional or honorific title followed by their surname
- Once a personal relationship has developed, you may be able to address a person by their title and first name, first name alone, or nickname. Wait for the Kenyan individual to determine that your friendship has reached this level of intimacy.
- Women over the age of 21 are often addressed as “Mama” and men over the age of 35 are often addressed as “Mzee”. Children generally refer to adults as Aunt or Uncle, even if there is not a familial relationship.
- Contributing to burials (and attending them), baby gifts, and school fee fundraising very deeply appreciated and important for affirming relationships.
- People in Mombasa are very friendly, and very laid back. Life here can be slow, and sometimes the pace at which things get done can be slow and annoying, so take a deep breath and take it easy if it’s not a matter of life and death 😊
- Kenya is home to many different cultures; listen and you can learn a lot!

Money

- The currency is the Kenyan shilling (KSh)
- The exchange rate is approximately KSh 65-75 shillings to \$1.00 USD but varies drastically based on the current economy
- Discuss your travel plans with your mentorship team, they can often recommend banks that have worked with UW, UMN and UM researchers and the banks that will give you good exchange rates. Often, project staff (native Kenyans) will be willing to go to the bank with you to help you negotiate your exchange rate.
- You should also bring your credit card since it is increasingly accepted in urban parts of Kenya. If you use your credit card, you should be aware that more credit card fraud has been occurring in Nairobi over the last 2 years. Thus, it is advised

- to check your credit card balance online every so often. The Country Lodge in Nairobi accepts U.S. credit cards and has been secure in the past.
- Travelers are cautioned against doing any financial transactions via the web from internet cafes because it is easy to access your personal information from the server

Transportation & Traveling

If you are here for a relatively short time, your best option will be to use the public transport system along with taxicabs. Buses and matatus (shared mini-bus) run along major routes throughout the city and are cheap (KSh 10-20 per ride); ask about the price before you get on, since people may overcharge you just for being non-Kenyan.

Taxis are also easily available. You can ask the security guard at your apartment to hail one for you. You should also ask fellow staff for the numbers of reputable local companies to call when you need a taxi. Many drivers will offer you their cards so that you can call them if you need a ride at a future date. Nothing is metered here so agree on the fare *before* you get into the taxi and be prepared to barter.

A few safety tips:

- Don't board an empty matatu or bus because it is unsafe
- After nightfall, avoid public transportation and use taxicabs instead
- Have the taxi drop you off inside the gate and do not open the door until you are safely inside your compound

Driving in Kenya is chaotic, intimidating and possibly dangerous, and we strongly recommend that trainees do not purchase a vehicle and try to drive within Kenya. If you need a car for study purposes, discuss your plans with your mentorship team because they might have a study driver that can assist you. If you must hire a driver, Concorde Car Hire in Westlands has historically had the cheapest rates by and has been safe: www.concorde.co.ke/index.php/about-concorde.

Guide to Kisumu

Groceries: ~\$180/month

Dining out: ~\$12-15

Restaurants:

- Al Noor (roasted chicken)
- Buddy's Bar (Canadian) at Tusky's with live music on Fridays
- Clarice Guest House in Millimani
- Creambell Ice Cream Shop at the West End Mall
- Gopala's (Indian/bakery)
- Haandi's (Indian) at Nakumatt Mega Plaza
- Habesha (Ethiopian)

- Java House (Café) at the West End Mall
- Kiboko Bay with a pool and hippos
- Laughing Buddha (smoothies/pizza)
- Mamba (roasted chicken)
- Oriental Restaurant (Chinese)
- Sovereign Hotel (Western/Japanese) in Millimani with a pool
- Tamiez (roast chicken nyama choma)
- Tilapia Beach (seafood)

Bars:

- Dunga Hill, outdoors with occasional live music
- Kiboko Bay Restaurant
- Duke of Breeze Rooftop Bar with DJ
- Laughing Buddha Café

Shopping:

- Nakumatt Mega City: groceries
- Tusky's: groceries. Has a hot deli counter
- AVOID Ukwala and Uchumi's
- Jubilee Market: for veggies, fish, and grains
- Kibuye Market: for food, housewares, clothing, and luggage
- Masai Market: for fabric, African crafts, etc.
- Seal Honey: office supplies located in Mega Plaza
- Woolworth's: clothes at West End Mall
- Winam Chemists: pharmacy
- Optica: glasses/opticians at Varsity Plaza

Things to do:

- Hippo Boat Tours and Birdwatching with Titus: 0724-946-043 leaving from Hippo Point. ~KES 3,000 for 1.5 hour tour.
- Impala Park-Zoo: Hotel and restaurant with picnic lawn and camping.
- Kisumu Luo Cultural Museum: in Millimani.
- See movies at Nakumatt Mega City
- Nyanza Club in Millimani: has swimming, tennis, squash, and a golf course. Usually members only but may be able to negotiate a KES 500 day rate.
- Go for a hike on Monkey Rock
- Explore Ndere Island National Park, Kit Mikayi rock, and the Kakamega Forest
- Yoga classes at Braeburn International School: KES 500.
- Ultimate Frisbee at Jomo Kenyatta Sportsground
- Zumba! At Atlantis Dance Studio, Millimani. KES 500
- Join the Kisumu Expat e-mail list: <https://groups.google.com/forum/#!forum/kisumu-list/join>

Guide to Mombasa

Groceries: ~\$100-200/month

Restaurants:

- Roma
- Hunters
- La Veranda
- Moorings
- Eataly
- Java House

Things to do:

- Go to the beach
- Learn to windsurf! or kite-surf:
<http://www.peakelunawatersports.com/windsurfing.htm>

Guide to Nairobi

Restaurants:

- Cedars (Lebanese)
- Sushi Soo
- Sierra (burgers and steak) in Yaya Center
- Habesha (Ethiopian)
- Brew Bistro (high-end tapas, burgers)
- Lico Regency
- Panari Centre
- Safari Park Hotel
- Best Western Hotel
- Carnivore Restaurant
- Serena Hotel
- Intercontinental Hotel
- Steers
- Java
- Subway
- KFC
- Nandors
- Fogo Gaucho

Things to do:

- Join Facebook groups:
 - Nairobi Expat Social
 - Nairobi Expat Marketplace
- Visit the Nairobi Animal Orphanage
- Africa Yoga Project
- Colosseum Fitness Center at Adam's Arcade—kickboxing and personal trainers

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