

KENYA 2022



TRAVEL GUIDE

SUMMIT TO SEE THE 
MOUNT KENYA 2022

THE  FUND

i. Introduction

Founded on the principle that no one should be left behind, the END Fund helps provide treatment for people at risk of neglected tropical diseases (NTDs). NTDs threaten the health and livelihoods of 1.7 billion people worldwide, including more than 1 billion children. By growing and collaborating with a community of local and international NGOs, Ministries of Health, pharmaceutical companies, academic partners, and activist-philanthropists, NTDs can be controlled and even eliminated in our lifetime. In this spirit, the END Fund is preparing a trip to Kenya for its investors and partners to learn about the treatments being administered to Kenyan communities and the subsequent impact of their work in the country.

The purpose of this travel guide is to prepare travelers for the upcoming trip to Mount Kenya and to orient the END Fund to the Kenyan perspective and safeguard against unintended consequences during travel. Baobab Consulting has sourced its content from its pan-African, pan-American team, including two Kenyans (one based in Kenya and one based in the US), an American based in Kenya, two Americans and one Senegalese who has traveled to Kenya.

About Kenya

Swathed by the Indian Ocean, straddling the equator and with Mount Kenya rising above a magnificent landscape of forested hills, farms and wooded savanna, Kenya is a richly rewarding place to travel. The country's striking geography has resulted in a great range of natural habitats that are homes to a huge variety of wildlife. Its history of migration and conquest has brought about a fascinating social panorama, which includes the Swahili city-states of the coast, the Luo of the Great Lake Region, the Maasai of the Rift Valley and the Kikuyu of the highland regions.



Key Facts

- With an area of 580,400 square kilometers, Kenya is about two and a half times the size of the UK and nearly one and a half times the size of California. The population, which for many years had a growth rate higher than that of any other country, is now beginning to stabilize and currently stands at around 49 million.

- The official languages are English and Swahili. In general, Swahili is spoken in informal settings whereas English is used in schools and business; however, many Kenyans intertwine the two. There are a total of 68 languages spoken in Kenya which often correlate with the country's 42 tribes.
- The country regained independence on 12th December 1963 after nearly eighty years of British occupation and colonial rule. Colonization had a large impact on the country's culture, religion, education and governance. Today, the Republic of Kenya is a multiparty democracy with more than fifty registered political parties.

- The Kenyan currency is the Kenyan shilling (ksh); one dollar translates to slightly over 100 ksh. The widely popular mobile money service is M-Pesa.
- In Nairobi, daily high temperatures fall between 72°F and 85°F (22°C and 29°C), and daily lows between 53°F and 70°F (11°C and 21°C) North of Nairobi (in the highland regions around Mt. Kenya and Aberdare National Park), it becomes colder as altitude increases. From June - August, it can be especially cold in these areas.



The END Fund in Kenya



Over 11 million people require treatment for NTDs in Kenya – nearly 8 million children for intestinal worms, nearly 4 million people for schistosomiasis, and over 4 million people for lymphatic filariasis (LF). Kenya has been a priority country for the END Fund since 2012, and through a partnership with Evidence Action and AMREF Health Africa, critical NTD programming for these diseases have been supported.

LF is endemic in 23 sub-counties in the coastal region of Kenya. In 2018, the country became the first in Africa to adopt a triple-drug therapy treatment (IDA) that would reduce the time to treat and break the transmission of this disease from at least five years down to two years. This marked a significant step forward in how the world treats LF, pursuant to the World Health Organization (WHO)'s 2030 NTD Roadmap goals.

Excitingly, in 2021, Pre-Transmission Assessment Surveys (pre-TAS), designed to determine whether mass drug administrations for LF can be stopped or if further rounds of treatment are required, and Transmission Assessment Surveys (TAS) were conducted in 11 sub-counties and four sub-counties respectively. All 11 sub-counties passed the pre-TAS survey and are now moving to TAS in 2022 to confirm

whether treatment can be stopped. All four sub-counties that passed TAS now have a prevalence of LF infection of zero and can stop treatment.

In 2021, the Kenya National School Based Deworming Program treated over 6.4 million children for intestinal worms, an annual record for the total number of children treated for this disease since 2016. While treatment for schistosomiasis did not occur as medicine was unable to be procured, the Head of the Division of Adolescent and School Health in Kenya is taking action to ensure treatment for intestinal worms and schistosomiasis is available in the fall of 2022.

Further, the END Fund, along with the Kenyan Government and FIND, took on the treatment and control efforts for Visceral Leishmaniasis (VL) following the withdrawal of funding commitments by the UK Foreign Commonwealth Development Office. VL is a life-threatening disease caused by parasites. The WHO reports, on average, 30,000 new cases every year, with half of them being in East Africa. As a result of this new partnership, between July and December 2021, 591 VL cases were diagnosed and treated in Kenya.

2021 END Fund-Supported Activities in Kenya:



Treatments
Delivered

12,661,382

2020: 7,267,272



Individuals
Treated

11,354,192

2020: 7,262,172



Health Workers
Trained

27,972

2020: 21,723



END Fund
Investment

\$3,628,844

2020: \$1,742,019

ii. Managing Power Dynamics in International Development Travel



Intention vs. Impact. While many philanthropists and social sector professionals are well-intentioned, it is essential to separate one's intention to create a positive impact with the reality of that impact. All individuals are subject to holding implicit biases about other groups, including the people and culture of Africa. Oppressive tropes that present Africans as impoverished and helpless bolster the position of philanthropists and strengthen the narrative that calls on them to help. We encourage END Fund trip participants to interrogate the sources of their intentions and the potential unintended consequences of their investments, actions, and presence in Kenya. They may ask themselves: What are the sources of my desire to come to Kenya? Am I extracting benefits for myself in ways that may harm my host communities? Who can I ask to prevent unintended harm and promote my intended goals while in Kenya?

Power Asymmetries. Nigerian health researcher Dr. Sèye Abimbólá uses the framework of [power asymmetries](#) to guide global health practitioners in decolonizing their work. He writes, "Global health practice needs a new politics of accountability... Drawing on intersectional Black, woman and feminist movements, and Indigenous knowledge systems can facilitate new leadership and organisational practices and theories and processes that centre our humanity through values of radical love, care, compassion, and the redistribution of resources and power." Power and privilege imbalances will be inherent to the presence of END Fund investors in Kenya, particularly in their interactions with communities, government officials, and children, and this report intends to advise on how to respectfully navigate and ultimately mitigate them.

Excluded Perspectives & Voices. Trip participants will engage in tough conversations regarding poverty and inequality in both formal and informal environments. These dialogues are limited to the perspectives in the room and the culture established to equitably include all of them present. This guide will advise trip participants on how to acknowledge excluded perspectives and manage the result this has on thorough reflection.

Pre-departure

A. General Considerations while Traveling to Kenya.

Any international traveler should act on the following “tips and tricks” to prepare for respectful engagement with their host-country communities. These considerations include:

1. Learn essential phrases in the local language. This demonstrates commitment to cultures that Western nations and individuals historically attempted to supplant. Furthermore, Kenyans generally appreciate it when foreigners speak in Swahili as it demonstrates a deep appreciation of their culture. See Appendix A for a list of common Swahili phrases. Formal Swahili phrases and responses are used when addressing government officials, senior members of the society, and adults. Informal phrases are used among friends.
2. Educate yourself about pre-colonial history, the impact of colonialism on the specific communities you visit, and modern day life and culture. Filling these gaps in knowledge will bring visitors closer to understanding and respecting the differences between themselves and local communities, as well as the difference between their expectations and the reality of life in the country. Read literature by Kenyan authors such as Ngũgĩ wa Thiong’o, Binyavanga Wainaina, Grace Ogot, and Meja Mwangi. See Appendix B for other resources.
3. Balance keeping safe and exaggerating threats rooted in stereotypes. International travel exposes travelers to new security risks like Terrorist Attacks from Al-Shabaab, abduction, robbery with violence etc that you do not necessarily experience at home, and safeguarding against them is essential. In Kenya, trip participants should be conscious of their belongings and never leave them unattended or easily stolen (i.e. close to an open car window). While it is important to keep safe, avoid exaggerating threats rooted in stereotypes

In case you suspect someone of theft, tell your trip facilitator or a member of the END Fund team. Trip facilitators are responsible for the safety and security of their participants and should balance warning against these threats and propagating the image of Africa/ Kenya as dangerous and insecure.

4. Adhere to Kenya’s Ministry of Health (MoH) [COVID-19 Guidelines and Protocols](#) during your trip. Face masks and sanitisation in public spaces are currently optional. Nonetheless, maintain the social distance, and have fever checks when entering public cases. These guidelines will constantly be updated. Thus, check the Kenyan MoH website frequently for updates.
5. Educate yourself on differences between Kenyan and your culture and appreciate them. You will better be able to communicate and show respect with Kenyans if you understand their culture.
 - Generally, elders, senior members of the society and men are given the utmost respect. Nonetheless, everyone should treat every person with respect regardless of their age, gender, social class or titles. Education is also highly valued and respected with regard to one’s socio-economic status.
 - The majority of Kenyans are Christian. It is common to find a syncretism between local and indigenous beliefs and practices with Christianity. Thus, religions in Kenya tend not to be mutually exclusive but instead may incorporate the beliefs and practices of one another. As of [2019’s census report](#), over 85% of the population identified as Christians. Other religions include: Islam which accounts for 11%, Hindus, Sikhs and buddhists account for 2% and lastly, Traditionalists also account for 2%.

- [Kenya hosts](#) large populations of people that have been permanently displaced from surrounding nations (e.g. Somalia, South Sudan). Note that there are Kenyan Somali nationals who are not refugees. Due to legacies of the Kenya-Uganda railway construction, Nairobi hosts a large ethnically Indian population. Many people who list their birthplace as Kenya may identify with a different ethnicity.
- The experiences and lifestyles of those in Nairobi or other urban areas differ considerably from that of people residing in rural parts of the country. Those in rural areas and villages tend to practice a more traditional lifestyle. Conversely, people in urban areas reflect the changing face of Kenya and the influences of globalization and multiculturalism. In most Kenyan cities and towns, it is common to see the modern and traditional elements of Kenyan culture blended together.
- On a local level, Kenyans deeply respect one’s right to speak and will be patient in allowing someone to express themselves. In turn, talking over someone, cutting in or otherwise depriving someone the opportunity to speak is frowned upon. Kenyans also tend to be warm and friendly when interacting with others.



Packing Considerations

Clothes (For a more comprehensive packing list, please see info packet from Elevate)

- Formal dress for meetings with government officials and other partners. See below section for what to wear.
- Hiking gear and boots. Hiking on Mount Kenya can be strenuous.
- For women, refrain from wearing shorts. Beyond this restriction, women are free to wear their normal clothes. Bring clothes you would normally wear for going to restaurants, cafes, etc.
- Consider the attire you are wearing if you are visiting a home or a religious building. Thin straps that expose your shoulders or skirts that sit above the knee may be considered too revealing.

Health and Safety

- Medication: Prescription medication, anti-diarrheals (pepto bismol, imodium). Make sure you are fully vaccinated and boosted (COVID-19, yellow fever, [any recommendations for traveling to Kenya](#)). While most toiletries are widely available in Nairobi, it will be advisable to carry your preferred insect repellent and sunscreen.
- Bags: Use zippable pockets instead of a bag, when possible, to reduce your risk of theft. Hold bags in front of you on busy streets and by your feet in vehicles.
- Keep all valuables in the hotel safe.
- Avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads. Note that in Kenya, driving is on the left side of the road.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- Let your guide know if you have any safety concerns.

iii. During the Trip

Every contact between people in Kenya starts with a greeting. Due to COVID-19, it is respectful to use elbow or fist bumps (in more casual settings) with each individual with whom you meet, even when walking into a large group. It is respectful to inquire about a Kenyan's well-being, their family, home and work to show personal interest.

Always show special respect to those who are older than you. Refrain from contradicting, criticizing, disagreeing, or ignoring elders.

Kenyans may avoid answering your questions with "no" or "I don't know," as answering anything in the negative is often considered impolite. Therefore, when making enquiries, try not to phrase your query in the negative.

Try to be mindful of when someone may be answering your question or request with a gentle yes or "it's possible;" it may actually translate into a "no" or "I don't know." Kenyans are more uncomfortable with directness and bluntness compared to other Western cultures. Due to differences in dialect and accent, some Kenyans may not understand your question or statement but will respond in the affirmative, nonetheless.

Kenyans may pray for you before and/or after meetings to protect your safety and well-being. You are not expected to share the same religious traditions, but it is best to participate to respect the leadership of the individual leading the group in prayer.

A. Greetings and Conversations

Habari yako?
How are you?

Poa
Good

B. Body language & gestures

Kenyans generally do not consider it to be rude to stand close to another's personal space. It is common for Kenyans, particularly from rural areas, to feel that someone who keeps a distance while speaking is being aloof. However, Kenyans from more urban areas are more likely to expect and give more personal space. Public displays of affection between couples are not considered acceptable behavior in most areas, although they are becoming more common in the capital city of Nairobi. It is particularly inappropriate to touch an elder or someone more senior.

Finger pointing is equivalent to an obscene gesture. Therefore, beckoning is done with the palm down, not up, which if you're not familiar with the action can inadvertently convey a dismissive gesture. Hissing ("Tsss!") is a way that is used to attract a stranger's attention. However, it's less common as it is considered disrespectful. Further, it is normal for someone younger than you or is deferring to others to avoid direct eye contact.

C. Hospitality and Gift Giving

While Kenyans usually visit each other spontaneously, your visits to Kenyan homes and communities will likely be planned in advance. It is best to arrive half an hour after the designated time. Hosts will go to great lengths to be hospitable and make their guests feel comfortable. It is common for hosts to offer tea. Accepting the offer means that one accepts the hospitality of the host. During goodbyes, expect Kenyan hosts to walk with their departing visitors fully out the door and to their car to be polite.

Guests invited to someone's home may bring a small gift of appreciation. Common gifts to give are flour, sugar, bread, milk, coffee/tea leaves, fruit baskets/flowers. When giving gifts to children, always show respect to elders by first asking them for permission.

Please note that the END Fund Team will take care of the gift giving.

D. Time Keeping

The Kenyan attitude towards time is mostly patient and relaxed. It is common for people to arrive after a designated time, or for services to be delayed by up to 30 to 45 minutes. It will be difficult for the END Fund trip to schedule multiple meetings in a day back-to-back and your itinerary has been planned accordingly. Participants should also expect food and other services to arrive slowly.

E. Appropriation vs Appreciation

Appropriation is the inappropriate and possibly illegal acquisition of cultural elements from individuals of a different culture. Appreciation of culture is recognizing the beauty and benefit of cultural elements without removing and disassociating them from their source. Visitors to Africa often walk a fine line between appreciating the culture and exploiting it in ways that appear offensive. Kenyans and foreign visitors can have different perspectives on where the line is drawn.

The following may be offensive to some Kenyans:

- Expressions such as Black, Third world country, Poor People, Disabled People, Slums, Kijiji are considered offensive.
- Criticizing Kenya or pointing out its shortcomings. Kenyans may do so themselves, but foreign criticism may offend them or be interpreted as an insult.
- Insulting Christianity. In Kenya, many view Christian practices and beliefs as an important part of their identity.
- Ethnic relations may be openly talked about; however, be aware that Kenyans may be sensitive to ethnic stereotypes and discrimination.

- Critiquing or suggesting solutions no matter how obvious a solution may seem to you unless you are asked. Since Kenyans tend to be indirect communicators, direct critique may be perceived negatively.
- Assuming that all African peoples are the same. There is a great variety of distinct cultures and ethnicities across the continent. Thus, avoid homogenizing those from Kenya with neighboring countries.
- Touching someone's hair without asking for permission.
- Acting shocked that Kenya, especially Nairobi, is more metropolitan or developed than you expected.

Meanwhile, Kenyans appreciate any sincere efforts by foreigners to speak or learn Swahili, wear African jewelry, and beads and/or braid their hair as these show one's keenness in learning the culture. However, this may be viewed as cultural appropriation, whereby White people are stealing from the culture of historically oppressed peoples. Be mindful of the negative reaction this may create. If you decide to post a picture of yourself on social media wearing braids, Maasai traditional clothes, etc. contextualize the experience by centering the African culture rather than your interaction with it.

Foreigners may find the following inappropriate and may experience this from Kenyans:

- Comparisons between Black and White people.
- The word *mzungu*, which translates to foreigner and often used as "White person."
- Wearing traditional clothes/jewelry and getting African-style braids or dreadlocks.

Photography



Many foreigners in Africa like to take photos of people, especially children, to demonstrate their exposure to new cultures and experiences. However, the subject of your photos have the dignity and authority to consent to be photographed. Many Kenyans expect foreigners not to respect their personhood and fear that unapproved photos of them may appear in

advertisements and websites abroad. Therefore, always ask for permission respectfully before taking pictures of people and expect to approach this situation sensitively. Also, ask for permission if you plan to post or otherwise share photos of these individuals. For children, ask their parents/guardians or elders. It is considered rude to ask the children directly.

On the other hand, you may find that many Kenyans will be interested in taking a photo with you without ever having met you before. Proximity to whiteness can be seen as a symbol of high social status due to assumptions that White people/foreigners are wealthy. Feel free to respectfully decline this request if you are uncomfortable.

F. Eating and Drinking Etiquette in Kenya

Eating and sharing food with others is very important to many Kenyans. Hands are washed before and after eating a meal and prayers are recited. In some more traditional families, children eat separately from the adults. In some cultures, it is common for men to be served first and some may even refuse to eat in the presence of women.

It is rare to find Kenyans wasting food or water. This stems from family histories of living in low resource lifestyles where food is valued as a critical resource. Therefore, you should always finish the food on your plate.

In restaurants, you are not obligated to tip but it would be kind to tip around 10% of the total bill.

Bills in most Kenyan restaurants are paid in Mpesa, a Kenyan mobile money app, but credit cards and cash (Kenyan shillings) are also usually accepted. Most Kenyans prefer to pay the bill when they invite you for meals at restaurants. However, when you ask them out, you are expected to cater for the bill.

G. Meeting with Government Officials

Address those you meet by name, title, and research their recent accomplishments. The website may not be a reliable source of this information as they are not updated as frequently as government personnel changes, but the END Fund will provide participants with bios of the officials you plan to meet with.

You can demonstrate your respect for the individual with whom you are meeting by complimenting them on a recent achievement. This is a common practice and may even be expected.

Address everyone with their deserved title: Honorable, Professor, Doctor, etc. Kenyan values of formality and respect for hierarchy are especially salient in government affairs.

Expect long wait times. If the meeting starts late, it will go over by the same amount of time.

Dress formally. Women should wear loose-fitting dresses, skirts below the knees, or pant suits. Blazer styles are encouraged, and hair should be neatly tied at the back. Men should wear suits and ties and no hats.

The government officials will likely ask the END Fund for potential areas of collaboration or partnership. Thus, it is important to be able to pinpoint areas for partnership from their work plans.

Be conscious that many government officials feel like foreign donors attempt to control them. Try not to be overly prescriptive or assume that the government is dysfunctional. Rather, seek to understand government affairs and plans and build on them, rather than proposing new ideas out of context of current initiatives. Be mindful of your language as to not be condescending to officials. Government officials may perceive that foreigners don't trust African governments to function correctly. This offends officials who have dedicated their 20–30-yearlong careers to a system they believe works.

H. Police

If you are stopped by the police, defer to your trip leaders to speak with them. Generally, the police are very friendly, and in unofficial dealings, especially in remote outposts, will sometimes go out of their way to help you with directions, transport or accommodation. If you have done something wrong, then you may be given an on-the-spot fine. The official course of

action is to pay the full amount and get a receipt (officers always carry receipt books). However, some policemen may stop you for a seemingly small act. They may ask, "how much can you pay?" – this is blatant solicitation for a bribe. Unless a receipt is issued, money taken will not be logged and most likely will be slipped into a pocket. If you are sure you have not committed any offense, and the police still ask for "something small" or "money for a soda", politely decline in a friendly manner (so as not to insult their authority). Defer to your trip leader when possible, to facilitate any negotiations that may need to occur.

I. Shopping and Bargaining

Support locally owned businesses, restaurants, and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts. During your visit, you will likely buy a souvenir from a small market where prices are not fixed. Usually, vendors will attempt to ask tourists far more than an item's real value, often up to five to ten times. Bargaining is expected and appropriate. However, if you are able and comfortable paying a price, even if it seems inflated, consider paying it for equity's sake. It is understandable to resist feeling like you are being taken advantage of, but it is often not worth the fight over a few bucks that mean a lot to the recipient.

Many touristic centers are welcoming of foreigners, not only to share their life and culture, but because the tourism economy brings financial value to communities. It is best to maintain this trend to promote ethical tourism.

For your extra personal costs and shopping, bringing USD \$30 – \$50 per day is a good rule of thumb. Kenya is primarily a cash economy, so you will need to have cash in the local currency throughout your journey.

Tip your housekeeping staff: Many of the staff cleaning hotel rooms are on the bottom of the economic pyramid. Please consider leaving a tip before you checkout. The equivalent of \$2 dollars a day is appropriate.

Note:

You will need your passport to exchange money at a bank or Bureau.

ATMs in remote areas may be unreliable. We recommend traveling with 2 or 3 crisp \$100 bills stored safely in your carry-on luggage to be exchanged in the case that ATMs are not working for you.



iv. Post Trip

A. Staying Connected with Kenya(ns)

END Fund trip participants will be fortunate to meet and build relationships with Kenyan nationals. Most likely, this will not be the first time that END Fund trip participants have met someone from outside their country. However, this is more likely the case for the locals they interact with. It is essential for the participants to understand the power and attachment imbalances this may create, and to be sensitive to any promises made for future contact. We highly recommend staying connected with their Kenyan acquaintances, but participants should be sensitive to the potential differences in expectations of this relationship.

B. Sharing the Experience

The END Fund has revamped their preferred lexicon to replace words associated with relative power imbalance with more equitable language. Try to understand the implications of the words and their suggested replacements in Appendix C. When writing and speaking about your experience, see yourself as an advocate for those who have graciously welcomed you into their lives. Be honest with yourself and others that this experience has had more of an impact on you than on the local communities. The stories and photos you share are some of the only exposure to Kenya that your friends and family may have. Therefore, it is essential to recognize the responsibility you have to represent the country and individual people accurately without perpetuating harmful stereotypes. Examples of good and bad posts can be found in Appendix D below.

Conclusion

This travel guide presents general frameworks and specific cautions for END Fund trip participants to travel responsibly in Kenya. It is impossible to predict all possible opportunities for cultural miscommunication or unintentional perpetration of power dynamics and biases. END Fund trip leaders and participants should establish a norm of grace and non-judgment; assume best intentions when your fellow participants may ask or reflect on relevant issues. While staying easy on yourself and your peers, be sure to maintain an internal and external equitable lens. Challenge yourself to interrogate your biases and stay open-minded when exposed to new perspectives, lifestyles, and experiences. Having finished reading this guide, you are already on the right track.

The End Fund is grateful to Baobab Consulting for preparing this travel guide. Founded in St. Louis, Senegal, and headquartered in New York City, USA, [Baobab Consulting](#) is an Africa-focused impact firm offering services in intercultural programming, strategic communication, public relations, and strategic advisory. In a global, interconnected world, Baobab Consulting knows that cultural competence is the cornerstone for successful partnerships. The END Fund is passionate about promoting mutual understanding and improving economic and social outcomes for our clients and partners seeking to broaden their reach in global markets.



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Appendix A. Essential Swahili Phrases

Phrase in English	Formal Phrase in Swahili	Formal Response in Swahili	Responses in English	Informal Phrase in Swahili	Informal Response in Swahili
How are you doing today?	Habari yako? / Habari ya leo?	Mzuri Sana	I am good.	Sema / Sasa	Poa
Good morning	Habari ya Asubuhi? Umeamkaje?	Njema / Mzuri Sana	The morning is very good.	Habari ya asubuhi?	Salama / Poa
Goodnight	Usiku Mwema / Lala Salama	Nawe Pia	You too.	Lala salama	Asante
I am sorry	Naomba Msamaha / Pole	Nishapoa / Asante	Thank you.	Iza / Pole	Asante
Excuse me	Samahani	Naam	Yes	-	-
Welcome	Karibu	Asante	Thank you	-	-
Please help me	Naomba Usaidizi / Nisaidie	Nashukuru kwa usaidizi	I am grateful for the help.	Nisaidie	Asante
Thank you	Asante/ Shuran	Karibu	Welcome.	-	-
Can I take a photo of you?	Naomba kupiga picha yako?	Ndio / La	Yes / No	Naomba Nikupige picha?	Sawa / Apana (Zi)
Can I go to the washroom? / Can you direct me to the washroom?	Naomba kwenda msalani / Naomba nionyeshe msala?	Ndio / La	Yes / No	Naomba unionyeshe choo?	Sawa / Apana (Zi)
Hi/ Hello	Jambo/ Hujambo	Jambo/ Sijambo	Hi/ Hello	Mambo/ Niaje	Poa/ Fiti
I'm fine/ okay	Niko Sawa	Sawa	Okay	Niko fiti	Baas
Goodbye	Kwaheri	Kwaheri	Goodbye	Badaye	Tuonane
Yes	Ndio	Hio ni sawa	That's okay/ fine	Kabisa	Hapo sawa
No	La	Haya basi	Alright then	Apana (Zi)	Sawa
My name is...	Jina langu ni...	Nina lako ni?	What is your name?	Naitwa	Unaitwa?



Appendix B. Online Resources and Social Media Accounts to Follow

Social Media Accounts

Formal Accounts	Photographers in Nairobi	Travel and Food Influencers	Musicians / Actors / Other Influencers
State House Kenya	Mutua Matheka	Adventure Singh	Sauti Sol
Ministry of Health	Lyra Aoko	Natalie Tewa	Suzanna Owiyo
Kenya Tourist Board	Tatiana Karanja	Silvia Njoki	Nikita Kering`
History Kenya	Patrick Gitau	Susan Wong	Lenana Kariba
US Embassy Nairobi	Victor Karanja	Joy Kendi	Azziad Nasenya
Kenya Wildlife Service	Trevor Maina	Sam Muchai	Julie Gichuru
Daily Nation	Dan Kiptoo	Thando Travels	Janet Mbugua
The Standard Digital	Sam Gichuru	Pilgrim Chic (Fatima)	Larry Madowo
Discovering Kenya	Peter Ndung'u	Patricia Kihoro	Lupita Nyong'o
Wildlife Direct	Teddy Gichanga	Pika Chakula (Chandni)	Elsa Majimbo
National Museums of Kenya	Clement Kiragu	Kaluhi Adagala	Eric Wainaina
Ma3Route	Keef Photography	Phil's Kitchen	Nyashinski
Citizen TV	Black eye Photography	Eat Out Kenya	Sarah Hassan

Online Resources

- <https://www.discoverafrica.com/safaris/kenya/cultural-practices/>
- <https://artsandculture.google.com/project/kenyan-cultures>
- <https://www.blackhistorymonth.org.uk/article/section/african-history/the-colonisation-of-kenya/>
- <https://culturalatlas.sbs.com.au/kenyan-culture/kenyan-culture-etiquette>
- <https://www.duolingo.com/course/sw/en/Learn-Swahili>



Appendix C. Lexicon

Please note that these terms should NOT be used during the trip as they go against END Fund Principles.

- **Developing Country.** “Referring to countries or regions as “developing” is pejorative. The term implies certain countries have not reached US or European standards of living and are therefore deficient. The term lacks attention to the historical structures and systems that shape contemporary standards of living in those countries or regions. Essentially, the term lacks specificity in describing the problems a country or region may face.” Instead, use the name of specific country or region (Kenya).
- **Donors.** “The END Fund’s internal Investor Relations team has established its preference for using the word “investor.” “Investor” is a preferable term precisely because the END Fund wants philanthropists to take interest in the organization’s methodology for distributing funds, convening groups, and providing training. The term “investor” implies trust and confidence in the organization’s practices.”
- **On the ground/In the field.** “On the ground or in the field” implies a separation between professionals and the communities they serve. The implication is that the professionals stay for a short time and then leave. The END Fund works with partners who undertake NTD prevention efforts and are not separate from the communities they serve. In addition, several focus group participants suggested the phrase lacks specificity about where the End Fund works.”
- **Third World.** “Third world” is a dated term from the Cold War. It has a pejorative implication and implies a lack of sophistication and resources.” Replace with Kenya.

Appendix D. Examples of “Good” and “Bad” Posts / Pictures

Good Posts / Pictures	Bad Posts / Pictures
Photos and posts portraying a clean, well-lit and green Nairobi.	Photos and posts portraying filth in Nairobi for instance garbage dump sites.
Photos and posts portraying happy, healthy and content people.	Photos and posts portraying sad, unhealthy and malnourished people especially children.
Photos displaying the beautiful geography, rich natural features and wildlife.	Photos displaying poaching, deforestation and degradation of natural resources.
Photos displaying the architectural beauty of the skyscrapers that beautify the city’s skyline.	Photos of mud houses, corrugated sheet shantis and huts that promote poverty porn.





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