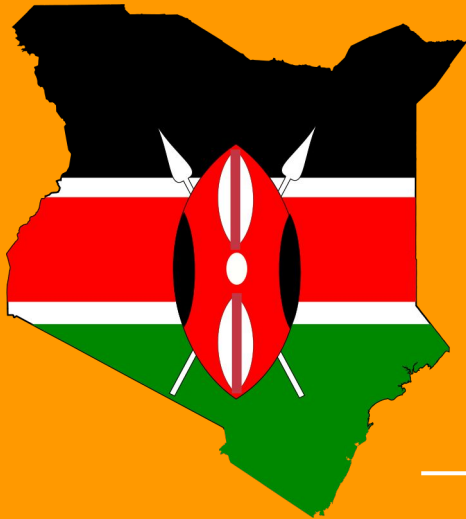


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# Kenya



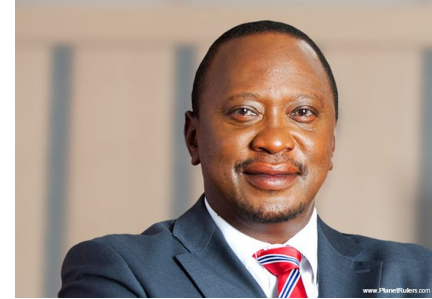
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# Get to Know Kenya

- Current president: **Uhuru Kenyatta**.
- 52.57 million people live in Kenya.
- Two main languages: **Swahili and English**.
- **Nairobi** is Kenya's capital city.



## Basic Swahili Phrases:

<i>jambo</i>	hello
<i>kwa heri</i>	goodbye
<i>tafadhali</i>	please
<i>nauli ni kiasi gani?</i>	How much is the fare?

<i>asante</i>	thank you
<i>choo</i>	toilet
<i>hoteli</i>	hotel
<i>u nasema kiingereza?</i>	Do you speak English?



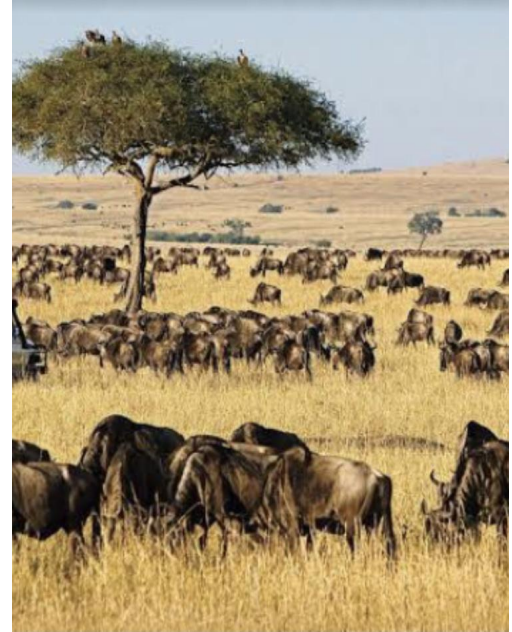
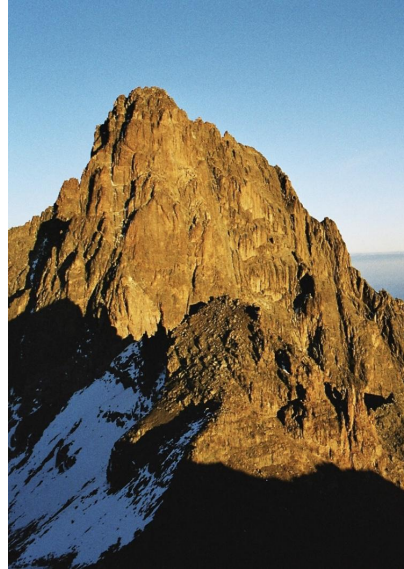


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# Major Tourist Attractions

There are lots of different tourist attractions in Kenya, one of the most famous ones is Mount Kenya. Here are some more popular tourist attractions:

- Maasai Mara National Reserve
- Lake Nakuru
- Amboseli National Park
- Point Lenana (The tip of Mount Kenya)
- Diani Beach





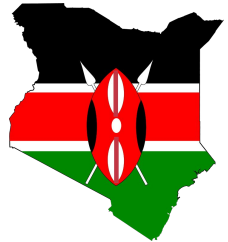
# Major Religions



- Christian(35%)
- Hindu(12.4%)
- Muslim(13.3%)
- Sikh(23.2%)

Kenya's major religions are:

- Christianity
- Hinduism
- Islam
- Sikhism





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# Major Holidays



- **Eid al-Fitr** Is celebrated by Muslims worldwide that marks the end of Ramadan, the Islamic holy month of fasting.
  - **Madaraka Day** is a public holiday that commemorates the day that Kenya took power when it became free in 1963.
  - **Eid al-Adha** is a feast of sacrifice.
  - **Huduma Day** This holiday is celebrated to honour Daniel Arap Moi, who was the former president of Kenya.
  - **Mashujaa Day** is a day to honour all Kenyans who have contributed towards the struggle for Kenya's independence.
  - **Jamhuri Day** is like our Independence Day.
  - **Utamaduni Day** is boxing day which one tradition is, a tradition of giving gifts for service
- 



# Common foods



Chapati Flatbread



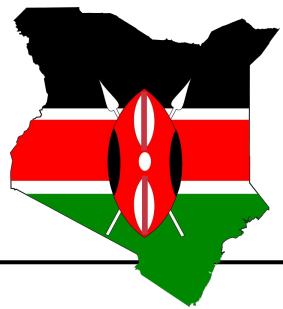
Ugali: Cornmeal Staple



Mandazi: Kenyan donut



Chai: Kenyan style tea



Mutari Sausage





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# Kenyan Recipe to Try



## Ingredients

## Ugali the national dish of Kenya

- 2 cups water
- 1½ cups medium or coarse-ground white cornmeal (white is traditional, but yellow works fine)

## Instructions

1. Bring the water to a boil in a medium saucepan.
2. Reduce the heat to low, and stirring constantly with a whisk, slowly add the cornmeal to the boiling water. The ugali will begin to thicken quite quickly.
3. Continue cooking on low heat, stirring every minute or so with a sturdy wooden spoon, until the ugali begins to pull away from the sides of the pan and hold together, and takes on the aroma of roasted corn. Turn it out immediately onto a serving plate. If you would like, using a spoon or spatula, quickly shape it into a thick disk or round.
4. The ugali will continue to firm as it cools, and will be thick enough to cut with a knife (similar to firm polenta).
5. Serve it up with your favorite savory stew or curry.







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# Girl Guides

- Kenya Girl Guides Association (KGGA) is the national Guiding organization of Kenya.
- It serves 120,805 members
- Founded in 1920, the girls-only organization became a full member of the World Association of Girl Guides and Girl Scouts in 1963.

There are different names for the age groups they have. Here are the names and ages:

- Rainbow, ages 3-6
- Brownies, ages 6-9
- Girl Guide, ages 10-14
- Ranger Guide, ages 14-18
- Young Leaders, ages 18-35
- Bravo, ages 35-50
- Trefoil Guide, ages 50+









## Guide Law

A Guide's honour is to be trusted

A Guide is loyal

A Guide's duty is to be useful and to help others

A Guide is a friend to all and a sister to every other Guide

A Guide is polite and considerate

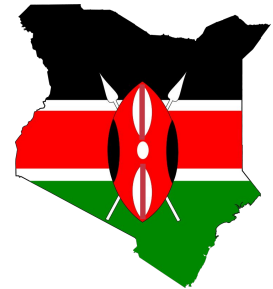
A Guide preserves and loves nature

A Guide is obedient and has respect for others

A Guide is courageous and is cheerful under all circumstances

A Guide is careful and avoids wastefulness

A Guide is pure in thought, word and deed



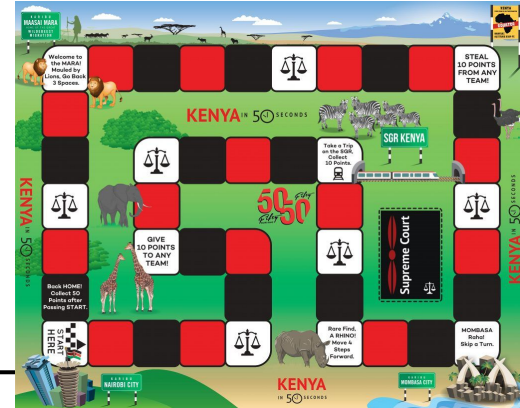


## Fun Kenyan Games!

One Kenyan game, called Bao in Kenya, but in the United States, we call it Mancala. It is a bead game where you have to get the most pieces.



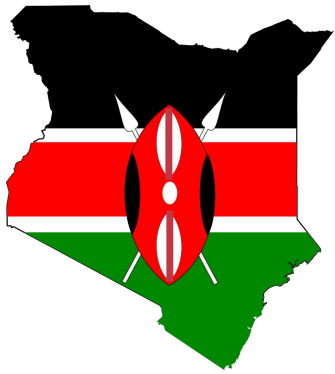
Another board game from Kenya is **50-50**. It is a word guessing game, and you are trying to get the most points by guessing words.



slide by Ruby

*Click on the pictures to learn more about the games!*



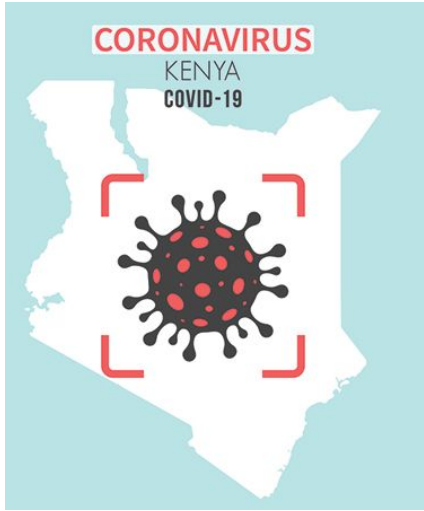


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# Major Issues in Kenya

One of Kenya's major issues is water pollution. It has affected millions of people by poisoning them and slowly killing them. Another issue is the hygiene, they don't have proper washing supplies which make them more prone to getting sick.





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## How is Covid affecting Kenya?

- They have 102,00 Covid cases, and 1,786 deaths ([source](#))
- Agricultural exports are down more than 50%. Which means Kenya hasn't been selling their main agricultural products. Their main products are tea, coffee, cut flowers, and vegetables. ([source](#))
- As many as 1.7 million people have lost their jobs in Kenya, during the shutdown from Covid. ([source](#))
- Masks are mandatory





# WHEN TO VISIT KENYA



## Safari Adventures

- Go during the dry seasons (January to February or June to October)

## Climbing Mount Kenya

- January, February, or September (reliable weather)
- July and August (less crowded)

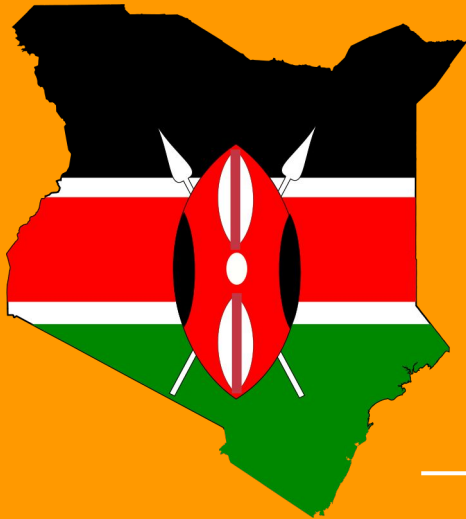
## Visiting the Coast

- The coast is hot and humid throughout the year



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# Kenya



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