Alternative Break Spring 2010: Kenya

Rebuilding Kibera:
Ethnicity + Community Development

Welcome Packet
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Letter</td>
<td>3</td>
</tr>
<tr>
<td>Meet the Leaders</td>
<td>7</td>
</tr>
<tr>
<td>Maps and Country Fast Facts</td>
<td>9</td>
</tr>
<tr>
<td>Getting In</td>
<td>11</td>
</tr>
<tr>
<td>Safety and Security</td>
<td>12</td>
</tr>
<tr>
<td>Health</td>
<td>13</td>
</tr>
<tr>
<td>Organizations</td>
<td>14</td>
</tr>
<tr>
<td>Itinerary</td>
<td>15</td>
</tr>
<tr>
<td>Pre-Departure Sessions</td>
<td>18</td>
</tr>
<tr>
<td>Suggested Readings/Viewings</td>
<td>21</td>
</tr>
<tr>
<td>Packing List</td>
<td>23</td>
</tr>
</tbody>
</table>
Welcome to Alternative Breaks!!!!

Congratulations on being selected to participate in an Alternative Break trip! You are about to embark on a journey of transformation, reflection, activism, and community involvement. As you know, the Alternative Break program is student-run, with the Community Service Center (CSC) and the Alternative Break Coordinator serving as resources for the student leaders of each trip.

Please read this letter carefully for important information about:

**Forms you must turn in to CSC: on website:** [www.american.edu/altbreak](http://www.american.edu/altbreak) under “Participant Applications & Forms”

- Medical/Emergency Contact form
- Copy of health insurance card
- Consent & Release Waiver Form
- Copy of passport (for international trips)
- Code of Conduct Signature form

**Payment Deadlines:**

Monthly payment installments are due according to your payment schedule. Talk to your trip leaders for dates.

**Online Payment Instructions:**

1. Log-on to my.american.edu, click on the Finances or Life@AU tab.
2. Under your personalized links, click on “Alternative Break E-payment.”
3. Choose your trip.
4. Enter your credit card information and click submit!
5. Payments are non-refundable.
PAYMENT INSTRUCTIONS VIA CASH OR CHECK:

1. Obtain deposit slip from Community Service Center with the trip Account # to ensure that the payment is placed in the correct account.

2. Bring payment and Deposit Record to the payment windows in Student Accounts (before 4:30 PM in Asbury 300).

3. Bring the original payment receipt back to the Community Service Center (MGC 273). You must keep a copy of the receipt for yourself. If you do not bring back the receipt we have no way of knowing if you paid!!!

4. Put the receipt in your trip box in the CSC.

5. Payments are non-refundable.

AU EMERGENCY CONTACT INFORMATION:

202-885-3636  Public Safety


2nd Marcy Campos, Community Service Center Director; work: 202-885-7378, cell: 301-996-6343, home: 301-270-6343

3rd Fanta Aw, Assistant Vice President, Campus Life; work: 202-885-3357 home: 301-562 1499, cell: 240-413-2277
**IMPORTANT INFORMATION:**

- The pre-departure meetings are **MANDATORY**. You must attend in order to get to know other students on your trip, learn about your destination and talk about health/safety issues.

- **You are responsible for making an appointment with your doctor** to find out which immunizations you need.

- You are covered under AU’s international travel insurance (information from Alt Break website: [http://www.american.edu/finance/rmehs/inttravel.cfm](http://www.american.edu/finance/rmehs/inttravel.cfm))

- Safety, US State Department, CDC immunizations, and other links are on the Alternative Break website. [www.american.edu/altbreak](http://www.american.edu/altbreak)

- Your leader is responsible for providing the trip itinerary and destination information. Please ask them any questions you have.

- **Academic credits:** You can either do an independent study with a professor of your choice or take **SIS 386: Selected Topics in Global Social Justice**. (Register through Alternative Break office.)

- **Fundraising for your trip:** If you solicit checks from individuals or businesses, they should be made out to “American University” and mailed to the AU Development Office. See the Alternative Break website for more information.
Expectations & Code of Conduct:

The following is a list of minimum expectations; your individual trip groups will discuss and formulate additional participant expectations as necessary.

Code of Conduct:

1. Participate in all mandatory weekly pre-departure meetings.
2. Make payments and turn in all necessary forms on time.
3. Travel with the group at all times.
4. Abide by the alcohol and other drug free policy of Alternative Breaks.
5. Prepare individually for your trip by completing required readings.
6. Behave in a safe and responsible manner.
7. Respect the customs and local community.
8. Respect your trip leader, fellow participants & faculty/staff advisor.
9. Process the AB experience individually and with your group through reflection, conversation and other group activities.
10. Follow-up after trip with activism on social justice issues learned.

Program Reminders:

1. Turn in all necessary forms on time.
2. Participants who wish to receive course credit for participation will be required to complete additional criteria. SIS 386 or independent study credit is optional. See individual trip advisor for details.
3. Participants must become aware of relevant health and safety risks relevant to your destination. You are responsible for making an appointment with your doctor to find out which immunizations you need.
4. Make payments on time.
5. All payments made to Alternative Break are non-refundable.

I understand that failure to comply with any of these expectations may result in my inability to participate in the trip, dismissal from trip at my own expense, or may affect future Alternative Break participation.

Print Name: ________________________________  AU ID: __________

Signature: ________________________________  Date: __________
Welcome to the 2010 Alt Break Spring Trip to Kibera, Kenya! We’re so excited about this Alternative Break and can’t wait to begin our experiences together. Kibera faced devastating chaos following the 2007 elections in Kenya, but now the community is in a process of rebuilding, utilizing alternative and creative methods of development. This trip hopes to acknowledge some of the many extraordinary grassroots efforts occurring in Kibera today.

This packet will serve as a guide throughout our pre-departure process. It includes all the necessary information and procedures for trip payment, pre-departure meetings, health and safety precautions and a logistical overview. It also contains some background information about Kenya and the specific issues we will be addressing.

If you have any questions or concerns, please contact either trip leader. We are looking forward to what we know will be an amazing trip!
Other People You Should Know...

Dr. Eve Bratman will be serving as the faculty advisor for this trip, and traveling with us to Nairobi!

She graduated from Oberlin College in 2001 and just received her Ph.D. from American University. Dr. Bratman teaches in the School of International Service.

Her background and personal interest in development make her a tremendous asset to this trip. She also currently resides on a houseboat, which Jaime and Christine think is pretty darn cool.

Dr. Bratman may be contacted at: ebratman@gmail.com

Shoshanna Sumka runs the Alt Break Programs, as the Coordinator for Global and Community Based Learning in the Community Service Center.

If you have any issues or concerns you feel uncomfortable bringing up with either Christine or Jaime, you may contact Shoshanna.

She has been extremely supportive throughout the process of creating this trip and helping to ensure it runs smoothly. Christine and Jaime want to send out a huge “asante sana” (Thank You)!

Shoshanna may be contacted at: sumka@american.edu

Christine and Jaime would also like to thank Beth Mora for her help and support. Beth serves as the graduate assistant for the Alt Break Programs. Thanks!
Basic Country Facts

KENYA

- Population: 39 million
- Area: 580,367 sq. km
- Capital: Nairobi
- Border Countries: Ethiopia, Somalia, Sudan, Tanzania, Uganda
- Urban Population: 22% of total population (2008 data)
- Rates of Urbanization: 4% annual rate of change (2005-2010 estimate)
- HIV/AIDS Prevalence Rate: 6%
- Major Ethnic Groups: Kikuyu, Luhya, Luo, Kalenjin, Kamba, Kisii, Meru, Maasai
  - There are 36 generally recognized unique ethnic groups in Kenya
- Language: English (official), Kiswahili (national)
  - Sheng – a mix of English, Kiswahili and local languages spoken by Kenya’s youth
- Time difference: 7 hours ahead of EST

KIBERA:

- Population: 1 million + (estimated)
- Area: 630 acres or approximately 2.5 sq km
  - Kibera is roughly 8 times the size of AU’s campus
- HIV/AIDS Prevalence Rate: 12-15%
ENTRY/EXIT REQUIREMENTS: A passport and visa are required. Visas should be obtained in advance, although airport visas are available. Travelers who opt to obtain an airport visa should expect delays upon arrival. There is a fee for the visa, whether obtained in advance or at the airport. Evidence of yellow fever immunization may be requested. Travelers to Kenya and neighboring African countries should ensure that the validity of their passports is at least six months beyond the end of their intended stay, and that their passport contains sufficient blank pages for visas and immigration stamps.

Note:
While you can purchase a visa at the airport, this is a lengthy process. We are therefore asking all participants to obtain a visa in advance.

Embassy of Kenya:
2249 R Street NW
Washington DC 20008
Tel: 202-387-6101

REGISTERING YOUR TRIP: Americans who travel to Kenya are encouraged to register through the State Department’s travel registration website.
https://travelregistration.state.gov
By registering, American citizens make it easier for the Embassy or Consulate General to contact them in case of emergency.

For additional information, please visit http://travel.state.gov/travel/cis_pa_tw/cis/cis_1151.html
SAFETY AND SECURITY: On August 7, 1998, al-Qaida bombed the U.S. Embassy in Nairobi, killing 225 people and injuring over 5,000 around the Embassy. The U.S. Embassy subsequently relocated outside of the city-center. On November 28, 2002, al-Qaida launched a bomb attack on a hotel in Kikambala, Kenya, (near Mombasa) in which 15 people were killed. A near simultaneous attempt to shoot down an Israeli charter plane departing Mombasa was unsuccessful. These incidents have highlighted the continuing threat posed by terrorism in East Africa and the capacity of terrorist groups to carry out attacks. U.S. citizens should be aware of the risk of indiscriminate attacks on civilian targets in public places, including tourist sites and other sites where Westerners are known to congregate.

President and parliamentary elections were held on December 27, 2007. In the wake of the announcement by the Electoral Commission of Kenya on December 30 declaring the incumbent candidate Mwai Kibaki as the presidential winner, violence erupted in strongholds of the opposition party. The violence, which appeared to be ethnically and politically based, was concentrated in Nyanza, Rift Valley, and Western provinces, as well as Nairobi and parts of Coast province. At least 1,000 people have died as a result of the post-electoral civil unrest and more than 300,000 have been internally displaced. Additionally, disruptions in public transportation services have occurred as a result of political violence, strikes, or work stoppages. There continues to be the potential for spontaneous violence due to simmering political grievances caused by the disputed election.

Political demonstrations can occur sporadically throughout Kenya. Travelers should maintain security awareness at all times and avoid public gatherings and street demonstrations. Violence, including gunfire exchange, has occurred at demonstrations in the past. Demonstrations tend to occur near government buildings, university campuses, or gathering places such as public parks. Police are generally unable to properly manage large demonstrations and they often resort to excessive force to break up large crowds.

Travelers should keep informed of local developments by following local press, radio, and television reports prior to their visits. Visitors should also consult their hosts, including U.S. and Kenyan business contacts, hotels, tour guides, and travel organizers.

For the latest security information, Americans traveling abroad should regularly monitor the Department of State, Bureau of Consular Affairs’ web site at http://travel.state.gov, where the current Travel Warnings and Travel Alerts, as well as the Worldwide Caution, can be found.
Safety and Security

Participants will be debriefed prior to trip on specific safety and security rules and expectations, as well as pertinent cultural practices/information. Participants are expected to follow rules at all times. We will pass out more specific information at a later date. But for now...

SOME GENERAL GUIDELINES:

- Stay together. It is important to stay with the group at all times. That includes not leaving the hotel at night. Walking around Nairobi after sunset is not safe.

- This trip is alcohol free. We expect participants to respect and uphold this rule, which all Alt Breaks must follow. Usage of alcohol affects group dynamics and also creates potential safety issues.

- Listen to trip leaders and follow directions at all times. All rules and expectations are for your safety and should be taken seriously.

Health

The Alternative Breaks program requires participants to visit a health care provider or travel doctor prior to travel. Check out Foxhall Clinic, located close to AU or look up another travel health clinic. If you need help finding one, feel free to ask. Participants will be required to get the vaccination for Yellow Fever, as the State Department indicates it may be necessary for travel. Note: participants will be staying in Nairobi for the entire duration of the trip, where the risk for malaria is extremely low. Please consult with a health care professional on the right options for you.

Health To-Do List:

- Make sure you are up to date with routine vaccines
- Consult with a health care provider or travel doctor 4-6 weeks in advance about trip
- Bring all usual medications and general first aid supplies
- Water may be contaminated in Nairobi. Drink bottled water for the duration of trip.
- Avoid street food. Only eat fruit that must be peeled (i.e.: bananas)
Lea Toto provides community-based healthcare for HIV+ children and their caretakers. In addition to medical care, social and financial support is offered. There are six Lea Toto centers located in Nairobi’s informal settlements, one of which in Kibera. Lea Toto is a part of the greater organization NYUMBANI, which works to mitigate the HIV/AIDS crisis in Kenya through its various organizations and projects.

Directly partnered with the University of North Carolina and Duke University, this organization is one of the most well known CBOs in Kibera. Carolina for Kibera fights abject poverty and helps prevent violence through community-based development. CFK envisions a world where the poor have a voice in their futures and opportunities for healthy growth.

ISSA – The Initiative for Sports and Social Arts is a proactive youth organization with a dedication to capitalize on the abilities of the young people in bringing about social change. It runs several programs for Kibera’s youth, including a beauty pageant and sports program. ISSA has just undergone major institutional change, and rewrote their organizational objectives and strategic plan.

For more information:
Lea Toto: http://www.nyumbani.org/lea_need.htm
Carolina for Kibera: http://cfkunc.edu/
ISSA: http://www.issakibera.ewebsite.com/
**Itinerary**

*Note: Itinerary is subject to change.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SATURDAY</strong></td>
<td></td>
</tr>
<tr>
<td>Day 1:</td>
<td><em>Evening</em></td>
</tr>
<tr>
<td>March 6</td>
<td><strong>Depart from Washington DC</strong></td>
</tr>
<tr>
<td><strong>SUNDAY</strong></td>
<td></td>
</tr>
<tr>
<td>Day 2:</td>
<td><em>Evening</em></td>
</tr>
<tr>
<td>March 7</td>
<td><strong>Arrive in Nairobi</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Briefing/Overview of schedule</strong></td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
</tr>
<tr>
<td>Day 3:</td>
<td><em>Morning</em></td>
</tr>
<tr>
<td>March 8</td>
<td><strong>Walking tour of Kibera</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Led by Umande Trust</strong></td>
</tr>
<tr>
<td></td>
<td><em>Afternoon</em></td>
</tr>
<tr>
<td></td>
<td><strong>Godown Art Center, Nairobi</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Personal reflection/journal time</strong></td>
</tr>
<tr>
<td></td>
<td><em>Evening</em></td>
</tr>
<tr>
<td></td>
<td><strong>Debrief Session</strong></td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
</tr>
<tr>
<td>Day 4:</td>
<td><em>Morning</em></td>
</tr>
<tr>
<td>March 9</td>
<td><strong>Lea Toto visit and discussion</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Overview of organization, meet with staff and case workers</strong></td>
</tr>
<tr>
<td></td>
<td><em>Afternoon</em></td>
</tr>
<tr>
<td></td>
<td><strong>Carolina for Kibera visit and discussion</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Overview of organization, forum discussion with staff and clients</strong></td>
</tr>
<tr>
<td></td>
<td><em>Evening</em></td>
</tr>
<tr>
<td></td>
<td><strong>Debrief Session</strong></td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td><strong>Day 5:</strong></td>
</tr>
<tr>
<td>--------------</td>
<td>------------</td>
</tr>
<tr>
<td><strong>Morning</strong></td>
<td><strong>ISSA visit</strong></td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td><strong>Lunch with social activists</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Personal reflection/journal time. Individual check-ins.</strong></td>
</tr>
<tr>
<td><strong>Evening</strong></td>
<td><strong>Dinner and discussion with ISSA</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>THURSDAY</strong></th>
<th><strong>Day 6:</strong></th>
<th><strong>March 11</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning/Afternoon</strong></td>
<td><strong>Giraffe Center</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td><strong>Personal reflection/journal time</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Debrief session about Friday’s volunteer activity</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Evening</strong></td>
<td><strong>Dinner with peers</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>FRIDAY</strong></th>
<th><strong>Day 7:</strong></th>
<th><strong>March 12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning/Afternoon</strong></td>
<td><strong>Lea Toto</strong></td>
<td>Home visits and volunteering. Lunch with staff.</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td><strong>Personal reflection/journal time.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Evening</strong></td>
<td><strong>Dinner with Lynsey, AU Abroad Kenya Country Director and researcher on Kibera’s and Nairobi’s youth.</strong></td>
<td>Debrief session</td>
</tr>
</tbody>
</table>
SATURDAY
Day 8: March 13

**Morning**

Maasai Market

**Afternoon**

Lunch with final debrief. Individual check-ins.

Wrap up, prepare to return to US

Back to hotel, head to airport

**Evening**

Airport

SUNDAY
Day 9: March 14

**Afternoon**

Arrive back in Washington DC
We will have approximately 8 pre-departure meetings, lasting roughly an hour and a half each. These meetings will be informative, but also provide an opportunity to bond with the other participants.

While Jaime and Christine wish we could teach you everything we possibly know about Kenya, Kibera, Kiswahili and Sheng, we only have eight weeks. (Plus, even we don’t know EVERYTHING!) That being said, we will try our best to provide you with a solid understanding of Kenyan history, development, and basic language use. We will give you the tools and resources you need to prepare for the trip.

Attendance is MANDATORY!!! Don’t worry – Jaime loves to bake and Christine loves embarrassing herself during icebreakers, so meetings will always be interactive and fun.

The following is a tentative overview of what we hope to cover:
<table>
<thead>
<tr>
<th>1</th>
<th>Introduction: What to Expect</th>
</tr>
</thead>
</table>
| What’s Kenya really like anyway???
| • Icebreakers! Yay!  
• Kiswahili 101 Lesson 1  
• Quick overview of trip  
• Logistics + Planning |

<table>
<thead>
<tr>
<th>2</th>
<th>Unpacking Privilege</th>
</tr>
</thead>
</table>
| What’s our role and place on this trip? (GUEST SPEAKER)
| • Icebreakers! Yay!  
• Kiswahili 101 Lesson 2  
• Logistics + Planning |

<table>
<thead>
<tr>
<th>3</th>
<th>Kenya and Kibera: History</th>
</tr>
</thead>
</table>
| What’s important to know?
| • Icebreakers! Yay!  
• Kiswahili 101 Lesson 3  
• Logistics + Planning |

<table>
<thead>
<tr>
<th>4</th>
<th>2007 Post-Election Violence</th>
</tr>
</thead>
</table>
| What really happened?
| • Icebreakers! Yay!  
• Kiswahili 101 Lesson 4  
• Logistics + Planning |
5 Culture

What should I expect? Is it that different?

- Icebreakers! Yay!
- Kiswahili 101 Lesson 5
- Logistics + Planning

6 Development

What is development?
(Dr. BRATMAN)

- Icebreakers! Yay!
- Kiswahili 101 Lesson 6
- Logistics + Planning

7 Organizations and Trip Specifics

Who will we be working with? What will happen?

- Icebreakers! Yay!
- Kiswahili 101 Lesson 7
- Sheng 101 Lesson 1
- Logistics + Planning

8 Safety and Wrap-Ups

What are the rules? Now what?

- Icebreakers! Yay!
- Kiswahili 101 Lesson 8
- Sheng 101 Lesson 2
Here are some suggested materials to better familiarize you with the aim and purpose of this trip. While this list is by no means exhaustive, it presents basic information and background.

There will be assigned readings and viewings as we move along in our pre-departure meetings. We’ll let you know as they come up!

If you would like additional resources, please let us know!

Books + Texts

- Walden Bello “Global Capitalism versus Global Community”
- Allan G. Johnson “Privilege, Power, and Difference”
- Billy Kahora, ed. “Kwani? 05 Pt. I and II”
- Dambisa Moyo “Dead Aid”
- Rachel Neumann “International Solidarity Movement”
- Robert Neuwirth “Shadow Cities” (Kibera Chapter)
- Chip Smith “The Cost of Privilege”

Online Links + Media

- A Look at Kibera (featuring Carolina for Kibera)
  [http://www.youtube.com/watch?v=gW-wbTMWgko](http://www.youtube.com/watch?v=gW-wbTMWgko)
- Al Jazeera News
  [http://www.youtube.com/watch?v=eArYkrE35XU](http://www.youtube.com/watch?v=eArYkrE35XU)
Jonas Bendiksen – Kibera photographer

http://www.theparisreview.org/viewmedia.php/prmMID/5683

Blue Bells Nursery Spoken Poetry

http://www.youtube.com/watch?v=0qgzdQYuvK8

ISSA Sports Tournament

http://www.youtube.com/watch?v=We8dtlx0nHQ

The Kibera Kid

http://kiberakid.blogspot.com/1997/06/videos.html

Solo 7 – Kiberan artist, promoting peace through art

http://www.art4peace.org/about.html
Packing:
What to Bring!

Just some more information...

- Kenyans take their dress quite seriously. Most men will always be in a suit and tie at work, while women wear dress blouses and skirts. While we don’t mandate you to dress the same (or even expect it), you may want to bring business-casual clothing, such as polos and blouses for daywear. Also, dress conservatively. Showing shoulders and knees is often considered inappropriate. You may wear tank tops, but layer with a light scarf or sweater.

- A sturdy pair of walking shoes is an absolute must. Flip flops will not cut it. Walking around Kibera can get challenging at times.

- This is the type of plug used in Kenya. Electricity in Kenya is 240 volts, alternating at 50 cycles per second.

- Coordinate with the other participants! Maybe you can share a blow dryer or alarm clock with roommates to reduce your packing.

PS: We’ll go over this list in more detail, so that you know exactly what to bring!

☐ Short sleeve shirts
☐ Long sleeve shirt
☐ Jeans/Pants
☐ Sweatshirt/Light Jacket
☐ Pajamas
☐ Shower shoes (flip flops)
☐ Sturdy sneakers
☐ Underwear, socks, and bras
☐ Personal toiletries
☐ Medicine (we recommend meds for upset stomachs)
☐ Copies of important documents (passport, credit card, etc.)

Suggested Items
☐ Journal
☐ Camera
☐ Power adapter
☐ Flashlight
☐ Sunscreen
☐ Travel alarm clock
☐ Rain coat
We are so excited you'll be joining us in this incredible experience. We cannot wait to meet you, and look forward to starting our journey together...

"Haba na haba hujaza kibaba"

Little by little, the pot is filled.