

**THE NAIROBI INTERNATIONAL LAW INSTITUTE
OF WIDENER UNIVERSITY SCHOOL OF LAW**

**In cooperation with the
UNIVERSITY OF NAIROBI FACULTY OF LAW
2012 Manual**



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I. INTRODUCTION

Congratulations on your acceptance into the Nairobi International Law Institute. Karibu! We expect this summer to be an outstanding academic experience for you, and we know you will enjoy the abundant wildlife, beautiful beaches, and warm hospitality of the people of Kenya. You will have an unparalleled opportunity for personal enrichment and growth. You will get to know a diverse group of Kenyan and American faculty and students who share your interests, who will challenge your assumptions, and who will expand how you look at the world and yourself.

The program, as the brochure describes, offers international and comparative law classes and a tour of the United Nations facilities outside of Nairobi. However, the most lasting impressions from the summer may well be the friendships you make with Kenyans and your classmates. You may also develop a greater appreciation for nature and the diversity of culture and perspectives that are a product of history and experience.

You will experience the excitement of Kenya's game parks, enjoy its unspoiled beaches, marvel at its sunsets, and admire the friendship of Kenyans and their devotion to their families. However, Kenya is also a developing country with its share of poverty and frustrations. Transportation is less efficient, however the transportation for the weekend trips is provided for you and during the rest of the week many places are in walking distance or cabs are available and are very cheap. Many things are less expensive in Kenya (food, lodging, crafts); others are more expensive (imported manufactured goods). To put it simply, labor intensive activities are cheap and those requiring advanced technology are costly.

In Kenya, friendships are highly valued, but speedy service is not. People often arrive late for appointments. Lines are long, and service is often slow. This can be frustrating and tiring, but it is part of the process of adjusting to a new lifestyle and a new way of viewing the world. Kenyans use the Swahili phrase "**Hakuna Matata**" (no problems) to describe an attitude toward life that all problems are temporary, and that there is much to enjoy in the moment. Relax a bit and things will work out fine. In general, be easy on yourself. The very best advice we can give you is to be patient and polite. If you are polite and friendly, people will act in kind.

We recommend you read the material in the Appendix. It will give you an idea of what you might expect and how to prepare yourself for this adventure. The adjustment takes time, patience, and support. Remember to be flexible. **Remember to bring some warm clothes. Nairobi at 5500 feet above sea level can be cold at night.** Give yourself time to relax and experience the country. **You still must be on time for class!** The classroom is still on American time.

You will appreciate the support of others in the program. You might want to contact other students who have signed up for the program and travel to Kenya with them. You may want to arrive early to allow yourself a few days to rest and to acclimate. In the past several years, students have arrived a week early to acclimate themselves. We will send each of you a

list of others in the program so you can coordinate your departures and arrivals. The two flights necessary to get to Kenya, both of which may be overnight, are tiring and you will have crossed eight or more time zones. Many students have also taken this opportunity to visit another country prior to landing in Kenya. Since most of the layover destination would be in Europe, this might be a good opportunity if time and opportunity allows.

The Kenyan people are proud, independent, politically sophisticated, and generally friendly and responsive to Americans. They are often culturally and politically conservative, religious, and they possess a strong moral sense. Treat them with respect. Avoid easy assumptions and stereotypes. Do not assume that they share your viewpoints and values. If you have doubt or questions about how to behave, use common sense, and don't equate the material wealth of the West with moral or cultural superiority. Take time to understand the culture.

Jennifer Perez, the program's Administrative Assistant, will contact you and make arrangements for a room at Bids Apartments. She will also match roommates if necessary. If there are any problems, contact the Administrative Assistant and then the director, Professor Patrick Kelly. Jennifer will also arrange to have you picked up at the airport if you give her flight particulars. If your plans change, let her know!

Remember you will be considered wealthy by Kenyan standards. Even as a student, you have far more resources and advantages than the average Kenyan or your fellow students at the University of Nairobi. The average annual income in Kenya is about \$350 per year. Middle class lawyers, academics, and other professionals make much more than this, but they do not have the American consumer mentality. Treat your fellow students with kindness and respect.

For each of us the experience is unique. There is an excellent recent book, Native Stranger by Eddy Harris, the accomplished African-American writer, which describes his year-long travel around Africa. Also highly recommended is the autobiography by the extraordinarily talented Maya Angelou called The Heart of a Woman. Much of this book describes her experiences and perspectives on living and traveling throughout Africa.

When you return, you may be surprised at how much your perspective has been enriched and changed by your experience. Viewing our own culture and habits from the prism of travel and broader experience, it is easier to laugh at our own foibles and American idiosyncrasies. We wish all of you the very best on your personal journey.

II. PREPARATION

A. GUIDE BOOKS

First, you should purchase a guide book and do some background reading. The better prepared you are, by reading material here in the States and following the advice of guide books, the fewer surprises you will have when you arrive. Note that these guide books are continually being updated with new editions.

Some suggestions:

1. The Rough Guide To Kenya, (9th ed., 2010), includes a description of the hotels and restaurants throughout the country. It also provides detailed descriptions of every major town and national park in Kenya with practical information on how to get around and what to see. It includes a summary history of Kenya and a Beginner's Guide to Swahili.

English is the language of instruction at the University, but Swahili is the *lingua franca* spoken in many parts of the country. A few words of Swahili and a desire to learn will go a long way toward getting to know people. Kenyans are warm, hospitable people.

2. Lonely Planet's East Africa, provides information for traveling on any budget and is highly recommended. This book will come in handy if you wish to travel to nearby Tanzania or Uganda.

3. Footprint's East Africa Handbook, is an excellent but less complete resource for travel in Kenya, Tanzania, and Uganda.

4. Lonely Planet's Swahili Phrasebook, (3rd ed., 2005), is an excellent phrasebook that will help you communicate and understand Swahili.

The best way to purchase these books is through an online site like Amazon.com. There you can view the books and buy them second hand for less than one third of the price. The best recommendation would be to at least buy a book on East Africa since most of your travels would be confined to those countries.

B. BACKGROUND READING

You will be better prepared if you have read about Kenya's history, culture, and politics before you arrive. The Rough Guide contains an excellent summary of Kenyan history as well as information about literature, music, and Swahili. Both English and Swahili are national languages of Kenya.

A list of background books on history and politics, African literature, European literature, and nature guides is in Appendix B. You might have your own list after this summer. Kenya and East Africa are frequently subjects of articles in travel magazines.

STUDENT TIPS:

- The internet is a great resource, too.
 - <http://www.lonelyplanet.com/worldguide/destinations/africa/kenya>
 - <http://www.magicalkenya.com/>
- Widener's Web site also offers useful links at
 - <http://www.law.widener.edu/academics/summer/nairobi/index.shtml>

C. VISAS AND PASSPORTS

You need a passport. You can obtain one through the mail by picking up a passport application at most major post offices. It takes several weeks to get your passport by mail. In a city with a passport office like Philadelphia you can obtain one more quickly. You also need a visa. Keep in mind that this is a **tourist visa**, not a student visa. You may download a tourist visa application online at www.kenyaembassy.com. **I strongly recommend that you purchase a tourist visa at the airport in Nairobi for \$25 US cash. You must pay in hard currency or a traveler's check.** For many years nearly all students have done this with great success. In past years some passports have been lost in the mail or have been seriously delayed. Because you will be an occasional student in the Institute not a regular student at the University of Nairobi, do not obtain a student visa. Doing so could take a long time and it has few advantages. You must have a passport to get a visa. If you want a visa before you arrive, you must send the Kenyan Embassy the application form, two passport-size photos, your passport, a certified check, a copy of your air ticket or a letter from a travel agency, and a return stamped envelope. This takes time so begin early. Again I recommend that you obtain your visa at the Nairobi airport when you arrive for \$25 in U.S. Currency or travelers checks.

You may wish to visit Tanzania, Uganda, or other nearby countries during the summer. The Tanzanian game parks (Ngorongoro Crater, Serengeti, etc.) are beautiful. If you do not live in Washington, D.C., you may find it easier to obtain these visas in Nairobi rather than from the embassies in Washington. They are fairly easy to obtain in Nairobi. *** Note that you may have to pay for a passport entry fee for each country you visit and they approximate \$50. As such, please make sure to allot money for the entry fee.

STUDENT TIP: In a few cities, including Philadelphia and Washington, DC, you can apply and get a passport the SAME DAY. You have to take photos with you because they will not take them at the center. If you choose this option, go VERY early because the lines get very long. Also, plan on spending most of the day waiting, so bring something along to read.

D. AIR TICKETS

You can avoid high prices by purchasing your tickets through discount travel agencies. To obtain lower prices book your tickets as soon as possible and in no case less than one month in advance. Most recently, students have used cheaptickets.com or STATravel.com and found round trip tickets for \$2,200 or less.

Arthur Frommer in New World of Travel and Richard Trillo in The Rough Guide to Kenya recommend Council/ STA Travel. Council Travel was the travel agent of the Council on International Educational Exchange. STA Travel is the American Travel Agency of the Australian student travel network. STA purchased Council. With its many offices throughout the United States, Council Travel is the closest thing this country has to an official student travel agency. Check out STA at statravel.com or call 800-781-4040.

The best advice is shop and compare. Many students have had success with

cheaptickets.com Web sites include: <http://www.ricksteves.com> (check out the Travel Gear area for good deals on money-belts, internal frame packs, sleep sacks, and travel clotheslines.) Then go to the Online Traveler Resources area where Travelynx provides reviews of other useful travel info sites on the Web. The International Student Confederation is <http://www.istc.org> and it has a huge database of student discounts. The STA Travel Web site is <http://www.statravel.com>. Airline Consolidator.com has often had good fares at 888-468-5385. A couple of other helpful sites include the Student and Budget Travel Guide (<http://www.asa.ugl.lib.umich.edu/chdocs/travel/travel-guide.html>) and Big World Magazine (<http://boss.cpcnet.com/personal/bigworld/bigworld.html>).

There are a number of choices depending on what airline you wish to take and what city in Europe you wish to fly through. All flights to Kenya require a change of planes in Europe. You generally may stopover for an extended stay in Europe for a small fee or, in some cases, no fee at all. In years past, many students spent a week or two in England, Germany, France, Italy, Israel, or Amsterdam on their way to Nairobi. Jomo Kenyatta International Airport is served by Air France, British Airways, KLM, Kenya Airways, Lufthansa, Swiss Air, and other international airlines.

The best prices I found in 2012 for direct flights (one to Europe and one from Europe to Kenya) was \$1831 on British Airways on Kayak and about \$1750 on Britishairways.com. It does matter whether you leave and return on a weekend or a weekday. The best course is to compare price, convenience, and carriers, and make your own choice. **You are responsible for your flight choices and reservations.** Widener University accepts no responsibility for your choice of travel agencies or airlines.

Once you have your ticket reservation notify the program Administrative Assistant of your date and time of arrival. She will contact Bid Apartments and if possible arrange to have a taxi meet you. The student Administrative Assistant will contact you after your acceptance.

STUDENT TIPS:

- A good way to save money is to book a flight from the U.S. to overseas (i.e. London) through one carrier and then book through another service from London to Nairobi. For example, use www.orbitz.com to buy a ticket to London and use STA to book the flight from London to Nairobi.
- Students have bought tickets from www.kayak.com for less than \$2000.00.
- You can also purchase reasonably priced health insurance through STA.
- If you are not particularly a fan of flying, or are prone to motion sickness and you plan on taking a short airplane trip (for example to Lamu or Mt. Kilimanjaro), you might want to bring some anti-nausea or anxiety medication. Some of the airplanes are very small.

E. HEALTH PRECAUTIONS - DOCTORS AND HOSPITALS

Kenya is a growing country with world-class tourist facilities. Each year 800,000 - 1,000,000 tourists visit Kenya's game parks, beaches, and other attractions. Very few become seriously ill. In the over twenty years of the program no one has become seriously ill. Many

have had brief bouts of fever or traveler's diarrhea. The most serious problem we have had was David Concannon's altitude sickness from his climb on Mt. Kilimanjaro. With adequate precautions and sensible habits, there is little danger. If you take the necessary precautions, the most significant dangers are malaria, which is avoidable and treatable, and traffic accidents (remember to look to the right rather than the left before crossing the street!).

1. INOCULATIONS

While the Kenyan government does not require shots in order to obtain a visa, the Centers for Disease Control recommends immunization against yellow fever, typhoid, and diphtheria, as well as booster shots for polio and tetanus. Since you will be in Kenya for six weeks, it is wise to protect yourself. These inoculations can get costly - \$150 to \$400 - depending on the inoculations you choose. Health clinics often offer the cheapest options, but make sure to call first to make sure they have *all* the vaccines you need. You may contact the CDC at the following numbers to obtain more information: 404-639-3534 or 800-311-3435 or visit the CDC Web site at the following address: www.cdc.gov for further information about traveler's health. Also check with your insurance carrier to see if they might cover the cost of any number of the medications you will be prescribed. Students from last year's program would recommend the Chester County Hospital Occupational Center which is about 20 minutes from Widener Delaware (<http://www.chestercountyhospital.org/cchpage.asp?p=90>).

Begin your vaccinations early because you must take some vaccines in stages. Consult the health service at your university or your doctor. If you go to a law school without a health clinic, consult the clinic at a large nearby university for less expensive service. You will be staying in a safe apartment building and in luxury accommodations in the game parks where it is highly unlikely that you will be even exposed to serious tropical diseases. Yet it is wise and I recommend that you get inoculated for yellow fever and typhoid/diphtheria. They are available at many university health centers and major city hospitals. It is also wise to update your tetanus shots. If you are near Delaware, contact Wilmington Hospital to schedule an appointment.

2. DOCTORS AND HOSPITALS

Nairobi is a sophisticated city with good doctors and good hospitals including the Nairobi Hospital and the Aga Khan Hospital. We suggest that in case of an emergency you take a cab to the Aga Khan Hospital. The Aga Khan Hospital is only a short distance from both Bid Apartments and the Faculty of Law and of a very high international standard. These hospitals screen their blood for AIDS as do hospitals in the United States. Do not go to the Kenyatta Hospital. There is also a public health center on the top floor of the Sarit Centre where they take walk-in patients.

There are several excellent doctors within walking distance of Bid Apartments. Professor Kelly recommends Dr. Vera Somen, who has an office in the Sarit Centre about 100 yards from Bid Apartments. Also recommended are Dr. David Silverman and Dr. Majid Jaworaa. Both are graduates of the Johns Hopkins Medical School and associated with Nairobi Hospital.

3. TRAVELER'S DIARRHEA

The Centers for Disease Control Guidelines indicate that traveler's diarrhea is the most frequent health problem. It is caused by food and water borne diseases or just by adjusting to local food. Kenya, unlike the other nations of the region, has an abundance of clean, sanitary hotels and restaurants. The water generally is safe in Nairobi and at major tourist hotels throughout the country. Avoid roadside stands and the water and food in rural bars and hotels. If you travel wisely, you will minimize these problems. You may also boil the water and store it for any future usage in your apartments.

Some stomach upset or diarrhea is likely for most of you as you adjust to a new climate, different minerals in the water, and a new diet. These symptoms, while inconvenient, are generally not serious. Bottled water will help minimize this problem. The students from last year recommend a variety of anti-diarrhea agents available from your local drugstore. Imodium tablets are effective and easy to travel with; don't forget to take them on safari trips just in case! If you don't have any medicine, chances are someone else does, but you can always purchase some at Sarit or Nakumatt. You can also get a prescription from the travel clinic.

Students generally drink bottled water to help combat any problems, but did not have any problems washing food with tap water or with ice in soda or drinks.

4. MALARIA

Malaria is a dangerous, yet preventable and treatable disease that is endemic to many parts of East Africa. Although malaria is a potential problem, there are precautions that can be taken to minimize the risk. Since the inception of the program in 1988, no student or professor has gotten malaria. Malaria-carrying mosquitoes are rarely found in Nairobi because of the altitude (5500 feet) and because of the time of year when you will be there. June, July, and August are sometimes called the Kenyan 'winter' because it is colder than other times, but the temperature will be between 60 and 70 degrees Fahrenheit during the day and in the 50s at night. There is some risk on the coast where it is in the 80s and in the game parks and other lowland areas. There are two precautions: *first*, avoid being bitten and *second*, take an anti-malarial drug. You are unlikely to be bitten if you put on a mosquito repellent containing Deet at night when outside and wear long pants at night. In order to ensure you will not be bitten, use the air conditioning in your room on the coast. If you take proper precautions, the dangers will be minimized.

Malaria is caused by a parasite contained in the saliva of infected female anopheles mosquitoes. It has a variable incubation period that ranges from a few days to several weeks. A person who has been infected may begin to experience symptoms well after he or she was bitten. Therefore, it is important to continue to take your malaria pills for several weeks after you leave Kenya. The symptoms are flu-like and easily recognizable: high fever, shivering, and headaches. If you have these symptoms, see a doctor immediately and let him or her know you've been in a malaria zone.

You must take pills to protect yourself from malaria. There is no consensus on the best

medication, so consult your doctor or the travel clinic for the latest information. The material from the Centers for Disease Control Web site contains helpful information on the merits of different drugs. The good news is that there is a new drug, Malarone, that is quite effective and side effects are very rare. It is generally the drug of choice for East Africa. Malarone is highly favored because there are few side effects such as sleeplessness or nightmares. In addition, anti-malaria pills are available over the counter in Nairobi through chemists (drugstores). Paludrine is sometimes used in East Africa though it may need to be combined with a second drug. However, it is not available in the United States. Lariam is the prophylactic that many students have used in the past. You will likely be required to take a daily or weekly pill as a prophylaxis and a stronger drug if you are stricken.

STUDENT TIPS:

- Students highly suggest Malarone over Lariam. Most of the people who took Lariam last year had terrible nightmares. Those who took Malarone had little complaint other than nausea or an upset stomach, so *make sure you eat something when taking Malarone*.
- The malaria pills are pricey but you can check with your insurance provider to see if they will cover some of the cost.

5. HEALTH INSURANCE

We strongly suggest that you obtain health insurance if you do not already have it. You should keep in mind that although you may be covered by health insurance in the States, your policy might not cover you abroad. It is wise to contact your health insurance provider to see what its coverage is for travelers. If you are not covered, a good, inexpensive approach is to purchase the insurance that accompanies the International Student Identity Card issued by the Council on International Educational Exchange through STA Travel. Call or download a form on the internet. The fee is about \$30 for students for the identity card. The insurance the last time I checked includes sickness (\$100 per day for maximum of 60 days), accident insurance (\$3000 medical reimbursement for each accident), and \$10,000 for emergency medical evacuation.

The Flying Doctor Service of Kenya provides guaranteed emergency treatment and service anywhere in the country. In the event of serious illness or an accident on safari, the doctors will fly to your location and either treat you or fly you to a hospital in Nairobi. You must be a member and pay a fee in advance for this service.

6. AIDS

AIDS is a very serious problem in Kenya. AIDS is being spread rapidly through the Kenyan population primarily by heterosexual transmission. It has spread to all sectors of Kenyan society including lawyers and professionals. Kenyan men, even married men, often have numerous partners. Unfortunately, sexually transmitted diseases, including the HIV virus, are rampant. You should assume that anyone may be HIV positive.

Prostitution is open and casual. Many African men from all sectors of society frequent prostitutes. AIDS is epidemic among prostitutes. In a recent study, 80% of the prostitutes in Nairobi were HIV positive. Just as in the United States, no one knows the percentage of people carrying the antibodies. It would be dangerous to have sex with someone who may have the disease.

F. HOUSING

1. BID APARTMENTS

Housing is available at Bid Apartments (Bids), a small housing complex in the Westlands area of Nairobi about 100 yards from the large shopping center, the Sarit Centre and the new Westgate Mall. The Nakumatt supermarket is nearby. Highly recommend Bid Apartments. The students have stayed there each of the last ten plus years. With a kitchen, dishes, pots and pans, phone, and TV as well as swimming pool and trees it is a welcome respite in Nairobi. In addition, housekeeping services are provided. For the last several years all students have stayed at Bids, which is one of the best things about the complex. This helps you get to know everyone and ensures that there is always something to do or someone to chat or study with. The housing complex is a fully gated, walled compound with security guards. There is a lovely swimming pool and gardens on the grounds. The Web site is www.bidsgroup.com. There is a photo gallery to give you a clearer perspective on what to expect. You can reserve through the Web site or call 254-20-3743226.

Jennifer Perez, a Widener student, will be the Administrative Assistant and arrange housing at Bids for you. The new Monthly housing rates for 2012 are below. If there are changes in the rates, Jennifer will notify you.

Executive Wing	Kenya shillings	US Dollar (per month)
Studio	100,000 Ksh	\$1,205
Designer Studio	110,000 Ksh	\$1,325
One Bedroom	110,000 Ksh	\$1,325/2=\$663 per student
Two bedrooms	130,000 Ksh	\$1,566/2=\$883 per student
Standard Wing (if available)		
Standard studio	80,000 Ksh/ pm	\$964
Standard one bedroom	90,000 Ksh/ pm	\$1,084/2= \$542
Standard two bedroom	110,000 Ksh/ pm	\$1,325/2= \$663

In many years students share rooms. Two can stay in a one bedroom because there is a studio couch in the living room. A two bedroom can accommodate 2-4 students. Check with

Jennifer. Keep in mind that exchange rates fluctuate with changes in the local and international economies. The U.S. dollar has risen recently and now fluctuates in the 82-85 Kenya shillings to the dollar range recently. Bids is in a convenient location. You will be about a five-minute walk from almost everything you need. The nearby Sarit Centre includes a large supermarket, pharmacy (chemist), travel agency, cyber café, hardware store, movie theaters, fitness center, a food court, and numerous restaurants. If you can't live without a morning latte, there are two coffee shops on the bottom floor called **Dorman's** and **Java House**. Also the Westgate mall is very close as well with the same features. Basically if you walk out of Bids and go left you head to Westgate and if you go right you are at Sarit. This is a great place to study, stop on the way to school, or meet for a quick bite to eat or good conversation. The health club in Sarit is very clean, has excellent equipment and trainers. Ask for a discounted rate since you will be away almost every weekend and other numerous days. In the past they have also given discounts for residents of Bid Apartments, so make sure and mention that to them. You will need a small passport-size photo for your gym identification card.

Bids has wireless internet, so take your laptop if you want, just be sure to lock your apartment when you leave. As with all wireless internet, it works sporadically.

The Faculty of Law is a mile and a half walk (about 30 minutes) from Bid Apartments, but we will arrange for a University bus to pick you for class each day. The Faculty of Law is known as the *Parklands Road Campus* of the University of Nairobi. Many cabdrivers know it as the former Government Secretarial College. It is *not* on the main campus, which is downtown off University Way. The Faculty of Law is on Parklands Road which is parallel to Forest Road. The Nairobi Museum is nearby. The downtown area is only about two miles away from Uhuru Highway. **At night you should take a cab to and from the downtown area.** The road, Uhuru Highway, borders a park and theft is common.

With the help of the Faculty of Law (UON) we now have arranged for a university bus to pick you up at Bid Apartments in the morning and return after class. If you miss the morning bus, you still can walk, as most students have in the past, or take a cab.

STUDENT TIPS:

- When you check in, **COUNT THE ITEMS IN THE KITCHEN**. Before you leave Flora will check to see if anything is lost and you can be charged for it, so keep track of your pots, pans, silverware, etc. if you loan them to someone or take them out of the room.
- The rooms are very comfortable and Bids will regularly clean your sheets. Don't leave open food in the kitchen. The apartments have slatted windows that can be opened or closed, but ants can still creep in if there is food lying around. There are plenty of cupboards to store your goods. Other than the ants, there are not a lot of bugs but you might need some bug spray if you have a pesky mosquito visitor at night.
- The showers do not have a "standing" shower head (executive suites do have standing shower heads) so if you get a gym membership at the health club in Sarit you may find yourself taking advantage of their showers which are nicer than most of those in American bathrooms!
- **GET TO KNOW FLORA** - she is a great resource! She can give you tons of advice on where to eat, visit, and go out. If you are going somewhere that you have not been before, ask Flora how much a cab should cost you so that you can bargain effectively with the cabbies.

G. CLOTHING/CLIMATE

Even though Nairobi is only 50 miles south of the Equator, it has a temperate climate all year round. At the altitude of 5500 feet, Nairobi has an average high temperature in June and July of about 60 - 70 degrees, but the ***nights are cool*** at that altitude - light jackets or sweatshirts are highly recommended. Many guide books recommend sweaters or fleece. The temperature in the game parks varies greatly. Masai Mara is at a high altitude and chilly at night. The temperature in the Tsavo Park in the West and the Indian Ocean coast will be in the 80s.

There may be functions which you will need a business casual outfit such as a dress or a sport coat. Last year students visited the Family Court in Nairobi and professional dress was expected. In some years some students attended a Kenyan Law Society dinner/dance. You should bring a comfortable pair of shoes since you will be doing a lot of walking and a comfortable pair of shoes for hiking. You should, therefore, bring a variety of clothes for different occasions. If you wish to go camping or plan to climb Mt. Kilimanjaro, you will need a warm sleeping bag. The ones provided by the inexpensive camping safaris or available for rent in Nairobi are not warm enough for most people.

There is excellent hiking near Nairobi. One of the favorites is the two-hour climb of the 9000 ft. Mt. Longonot in the Great Rift Valley near Lake Naivasha. From the top there is a spectacular view of the Valley, the Aberdares Mountains, and the chain of lakes. Bring comfortable walking or hiking shoes. There is a good description of this climb and hiking through the adjoining Hells Gate Gorge in The Rough Guide and also on the Nairobi link on Widener's International Programs Web site. If you are going to hike Hell's Gate Gorge be prepared to get muddy and wet, wear clothing you can climb rocks and around waterfalls in.

Also a Ziploc bag to protect cameras is recommended.

STUDENT TIPS:

- Be mindful of the clothes that you bring. You are going to get dirty walking around the streets of Nairobi and on safari. While you do want a few nice items, take lots of comfortable t-shirts and jeans that you don't mind getting dirty.

H. WHAT TO BRING

Weight limitations on luggage differ from country to country so try to find out what they are before you leave. You can always check the airport or airline Web sites for this information. A camera is essential. If you bring a digital camera don't forget memory cards and the USB connect to upload your photos! If you have binoculars they are good to bring, but don't buy them just for the trip; with or without them, you will see plenty of animals.

A small bottle of hand sanitizer is great for the entire trip. You will use this everywhere from the airplane on the way there, before lunch at school, and on all of the safaris.

You can take your laptop but there are limited power outlets in the law school but some professors will allow you to use your laptop in class. It is also a good way to keep in touch with family and friends and use the internet for information. If you do not take one, there is an internet cafe in Sarit Centre for a small fee.

STUDENT TIPS:

- Don't take good jewelry or valuables. It's not worth having to worry about keeping such items safe.
- Look for a bug repellent with Deet in the ingredients. This can be found at a store such as Home Depot or REI.

I. WHAT TO BUY THERE

Again, because there are weight limitations you want to be mindful on what (and how much) you pack. You can get notebooks and school supplies from the bookstore in the Sarit Centre, towels from Nakumatt, and electrical converters are sold in a store on the bottom level of Sarit, next to a coffee shop called Dorman's. Almost anything and everything you need is either at Westgate Mall or Sarit and, if it's not, ask Flora! Please note that electrical adapters were much more expensive in Nairobi than they were at Target.

STUDENT TIP: Remember that your suitcase is going to fill up quickly for the trip back if you plan on doing any shopping for gifts and souvenirs. The students from last year collected their textbooks, clothing, and other materials for donation to a village. You might consider the same after you develop friendships with the students.

III. TUITION & ACADEMICS

A. TUITION AND FINANCIAL AID

While tuition is due by mid-May, we realize that there may be a delay before many of you receive your financial aid checks. Government regulations prohibit disbursement of guaranteed financial aid before a certain date to ensure that the money is spent on the proper purposes. If you find yourself in these circumstances, you must make arrangements with our business office. You must pay your tuition before you are eligible to attend class.

If you are having difficulties obtaining financial aid, our financial aid office may be able to work with your law school. We are willing to sign a Consortium Agreement with your institution. Call the financial aid office at 302-477-2272.

Your tuition includes a student fee that we pay to the University of Nairobi. This entitles you to register as an occasional student of the University and receive a photo identity card that entitles you to discounts at hotels, game park fees, etc. You will be treated as Kenyan resident with this ID card. Your photo will be taken on Orientation day for the ID.

B. TEXTBOOKS AND MATERIALS

The textbooks not shown below will be announced on the Web site and by a letter sent to you.

Course: International Trade and the Environment Professor Kelly
Text: TBA

Course: Comparative Corporate Law
Professor Randal Pollard
Text: TBA

Course: Comparative Constitutional Law
Professor James Gathii and Tirimba Muchoga

Text: **Jackson and Tushnet, Comparative Constitutional Law, Second Edition, 2006**<http://store.westlaw.com/jackson-tushnets-comparative-constitutional-law-2d/131717/40134024/productdetail>

You must purchase your textbooks in advance and bring them with you. *There will be no opportunity to purchase them in Kenya.* The books can be ordered through Web sites like www.amazon.com (this is the cheapest way). You may also contact Mr. Dave Mastro at the

Widener University School of Law Bookstore, Delaware Campus, at 302-478-0606 to order the materials. Payment for course materials can be arranged while placing orders by phone. Acceptable forms of credit card payment via phone include Visa, MasterCard, American Express, and Discover.

The Widener University School of Law's online bookstore will be prepared to accept orders via the Internet on or about May 1, 2011. A secure server processes purchase of course material orders via credit card. Materials will then be shipped to the student's choice of address.

The web address for the Widener University School of Law online bookstore is:
<http://www.widenerlawbookstore.com>.

C. THE NAIROBI INTERNATIONAL LAW INSTITUTE

1. ORIENTATION

Classes are held at the Faculty of Law Campus (Parklands Road campus), not the main campus of the University of Nairobi. The Faculty of Law is located on Parklands Road 3-4 miles west and north of the Main Campus of the University, not far from the National Museum.

The first day, Monday, June 11 will be "Orientation Day." It will include a convocation at which you will meet the faculty, register with the University of Nairobi, and be photographed for your student ID. At the orientation you will meet the faculty and officials from the University of Nairobi. You may receive course syllabi and other materials if they have not already been sent to you.

2. STUDENT REQUIREMENTS AND RIGHTS

➤ **COURSE ATTENDANCE:** Student and course requirements for the Institute are the same as those for the Widener University School of Law. The student honor code applies. Courses must meet the requirements of the American Bar Association for attendance and length of classroom time. The ABA requires that there be no more than 220 minutes of class per day and a total of 700 minutes of class time for each semester credit earned. Compliance with ABA requirements is necessary for the credits to be applied toward your law degree at your home institution.

Classes are held Monday through Thursday each week. Classes and exams will be finished by July 10 leaving you time for further travel if you wish or to do an internship. Class requirements are fully equivalent to your classes at home. Class starts on time. Attendance will be taken in all courses. The ABA requirement that a student attend 80% of class hours is enforced. Any student not attending 80% of classes will be given a "W" in the course. There is no refund for poor attendance and no credit will be given for the course.

➤ **EXAMINATIONS:** Due to the compressed schedule of the Summer Law Institute schedule, exams are generally take-home or papers submitted after classes end. The Honor Code, of course, applies. **If an examination is given, permission** to defer an examination must be

obtained prior to the scheduled examination day, unless the cause for deferral occurs on the examination day, and the cause is beyond the student's control. Permission to defer can only be granted by the Director. If permission is granted for a deferred exam, a new examination will be given. The Institute has anonymous grading. You will be given a sticker with your anonymous number on it. You place that number on each of the blue books. Do not share your number with anyone.

➤ **COURSE SELECTION:** Course selection will normally be done through the mail prior to arrival at the Widener University Summer Law Institute. Students should make every effort to finalize their course plans at this time. Students will, however, be allowed to add or drop courses at Registration on June 11 if you wish. After the first week students may not drop courses. Students withdrawing from a course after this period will receive a "W" indicating withdraw on the transcript to be sent to their home institution. No refund will be granted for withdrawals.

➤ **GRADING:** Course instructors will use the Widener University grading system. Courses will be graded on an A-F basis with plus and minuses. These grades will be reported to your home law school. Each law school determines whether to accept the letter grade or to change it into a pass or fail. While home institutions may change grades into pass or fail, students may not on their own take courses at the Widener University Summer Law Institute on a pass/fail basis. In past years, at least one student has failed. Keep up with your studies. It is not a summer vacation, but a serious educational opportunity that is taken for credit toward your degree.

➤ **SUBSTANCE ABUSE:** Students are responsible for ascertaining and obeying all laws regarding drugs and alcohol in the countries in which they are residing or traveling during the length of the Widener University Summer Law Institute. Any infraction of such laws will also be considered an infraction of Widener University Substance Abuse Policy. Any student who violates this policy may be disciplined, suspended, or expelled.

➤ **SEXUAL HARASSMENT:** Students are responsible for adhering to Widener University Sexual Harassment Policy which is reprinted as follows:

SEXUAL HARASSMENT POLICY OF WIDENER UNIVERSITY

Section 1. Human Rights Policy

It is the policy of Widener University not to discriminate on the basis of sex, physical handicap, race, age, color, religion, national or ethnic origin, marital status or sexual or affection preference in its educational programs, admissions programs, employment practices, financial aid, or other school administered programs. This policy includes, but is not limited to:

- a. recruitment and employment of applicants who possess the necessary qualifications and/or experience for appointment to the Faculty;

- b. renewal of faculty appointment, promotion, tenure and separation from the University;
- c. sabbatical leave or other leave with or without pay; Faculty development programs, grants and awards;
- d. establishment of salary, benefits, workload, and other rights belonging to a Faculty member.

Moreover, it is the policy of the University that no employee shall discriminate against another employee on any of these grounds.

Section 2. Discrimination and Harassment

Widener University seeks to create and maintain an academic environment in which all members of the community are free from unlawful discrimination and harassment.

- a. Definition of Sexual Harassment. Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature constitutes sexual harassment when
 - (1) submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment or academic rating; or
 - (2) submission to or rejection of such conduct by an individual is used as the basis for employment and/or academic decisions affecting such individual; or
 - (3) such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or academic performance, or creating an intimidating, hostile or offensive work or classroom environment.
- b. Sexual harassment in academe includes the use of authority to emphasize the sexuality or sexual identity of a student in a manner which prevents or impairs that student's full enjoyment of educational benefits, environment or opportunities.
- c. Any faculty member, staff member or student who believes himself or herself to have been injured because of a violation of these policies should make a prompt, written report to the Associate Dean's office. Any reports of sexual harassment or discrimination will be promptly investigated and referred to the appropriate body for disposition.

IV. YOUR LIFE IN KENYA

A. ARRIVAL AT THE AIRPORT

The airport is often congested and taxicab drivers besiege you for business. It is a bit of

a free-for-all and some of them are less than scrupulous. Many of the taxicabs are literally falling apart, trunks do not lock, etc. BID Apartments with the help of Jennifer Perez or Saleva Africa Tours, our local travel agents, will arrange to pick you up from the airport if you request it. As you leave the baggage area, look for a small sign with your name on it. If no one is there or you arrive without notifying Jennifer, go directly to the **KENTACO** taxi window opposite the doorway from the baggage area. Kentaco Taxi is the government taxi company and has reliable cars (Mercedes) and vans. The price is about the Kenyan equivalent of \$30-\$40 for the 8-mile trip into town. Prices change with inflation and changes in the exchange rate. Do not take the bus. If you do not want to be picked up at the airport, remember to tell your driver that Bid Apartments are behind Sarit Centre on Karuna Road near Peponi Road. But it is better to tell Jennifer in advance and let her make arrangements. When you request an apartment, please request a taxi be sent to pick you up and confirm that they will send one.

Go directly to your Bid Apartments and relax or sleep. You need to develop "street smarts" in a different culture and your fellow travelers are an excellent source of information.

B. IN AND AROUND NAIROBI

If you arrive before the start of classes you may want to get together with other students in the program and explore Nairobi. The National Museum (on Museum Hill) is about one mile from the Sarit Centre. It has an excellent paleontology exhibition with the Leakey family finds, an extensive collection of stuffed animals and birds that you will be seeing in the game reserves, and a fine exhibit about Kenya history and culture. You should try to see the museum within the first week since it will give you a better understanding of the culture and people of Kenya.

You might want to go to the Nairobi National Park just nine miles from downtown Nairobi. We are planning a short safari the weekend before classes begin (June 9 and 10) to Lake Naivasha in the Great Rift Valley. The freshwater lake has an abundant hippo population and over 300 species of birds. Lake Naivasha also has excellent hiking and mountain climbing nearby. We will be taking a launch to Crescent Island, a private game sanctuary, where we will walk among giraffe, zebra, gazelle, and other non-predatory wildlife where the movie *Out of Africa was filmed*. After the first week of classes, we are planning a second safari (June 15 - 17) to Samburu Game Reserve north of Mt. Kenya. After the second week of classes we head to the beautiful waters of the Indian Ocean. See the Director's Message on our Web site for more details.

Finally, the weekend following the end of the program, we will organize a safari to the famous Masai Mara Game Reserve, where you may witness the annual migration of wildebeest and zebra. This is a wonderful opportunity to view a world heritage site and witness an all-too-rare spectacle that is rapidly disappearing from the modern world.

On Tuesday there is a market on the roof of Westgate Mall. There are a ton of merchants with handmade items to sell. Last years group were frequent visitors of the market.

Remember you are supposed to haggle with the merchants here. They will start off with a price that is obviously way too expensive for the item. You will go back and forth quite a few times before agreeing on a price. They are trying to make a living so do not take advantage but do not let them rip you off, come to a price that you think is fair for both parties.

You may also wish to form a group on your own to travel to the Nairobi Game Park or any of the other wonderful parks in Kenya and Tanzania. Generally, you can call a safari operator in the early morning or a day in advance and make arrangements. Some well-regarded tour operators are:

1. Saleva Tours at the Soin Arcade, 6th floor, in Westlands across the road from the Sarit Centre. Ask for Eva. International calls: 254-20-4453541. Local is 4453541 or 42.
2. Concorde Safaris, Ltd.; Sarit Centre, 2d Floor; (Telephones: 743304, 743316).
3. Let's Go Travel on Standard Street (Telephone: 340331).
4. Travel Promoters, Ltd.; Sarit Centre (Telephone: 749473).

NOTE: The Langata Giraffe Center, Bomas of Kenya, Karen Blixen Museum, the elephant orphanage and Happy Life Children's home are all worth visiting.

C. RESTAURANTS AND NIGHTCLUBS

You will have the option of cooking your own food if you stay in the Bid Apartments. Since each apartment is equipped with a kitchen, it is not necessary to go out for every meal. However, there are many good, inexpensive restaurants in Nairobi. There are restaurants serving every type of ethnic food you can imagine. Finding a place to eat is never a problem, but trying to choose just one may be.

Art Café in Westgate has great variety of excellent food at an extremely reasonable price. Last year's group went there multiple times a week. They have pizza, pasta, chicken and salads all of which were among the best meals we had. They had music during the week which gives students the options of grabbing a bite to eat, a drink and enjoying some live music. Westgate also has a food court that is very similar to ones we are familiar with. They have Chinese food, Indian food, burgers, fried chicken, and hoagies. Onami Grill & Sushi Bar is another restaurant in Westgate that has some of the best sushi and stir fry. It is slightly more expensive than Art Café. For lunch there is a food court at the Sarit Centre with a wide choice of ethnic and international foods. Delivery is another option for either lunch or dinner. Pizza Inn and Chicken Inn both delivery to Bids and they are very expensive. It is not customary to tip in Kenya; however as a courtesy to their hard work we always left a small tip.

A favorite for Italian food downtown is the Trattoria downtown at the corner of Wabera and Standard Streets. Mamma Ruffo serves homemade pasta, pizza, and ice cream at very

reasonable prices. The mango sorbet or coffee ice cream is homemade and very good. The Blukat is inexpensive and tasty. There is also La Scala which is a very small restaurant hidden in town. It is a local favorite and serves everything from pasta to mashed potatoes. It will definitely remind you of home cooking. If you go downtown, take a cab.

Tamambo is an excellent restaurant which is a short cab ride from bids. It is a little fancier than Art Café but there is no required dress code. They have excellent steak and burgers. A steak dinner cost about 10 American dollars and students said they would have paid 50 dollars for the quality and quantity of the food you got. For a map and list of other restaurants, see the Rough guide map of Westlands on page 118 of the 2010 edition. Bid Apartments is not mentioned, but located near the intersection of Lower Kabete Road and Karuna Road in the left, middle of the map facing toward the Westgate Mall.

As a treat, the **Carnivore**, a large restaurant and disco complex out of town on Langata Road, is a must. Carnivore is comparable to a Brazilian steakhouse that we are familiar with in the states. The local bands are excellent and play until the wee hours. At the Carnivore you can start your evening with dinner and then walk next door to the Simba Saloon, where you can dance away all you ate. The Carnivore now serves less game meat than before and also serves a normal menu. It is quite an experience to go to Carnivore. It is a must on your checklist of things to do and see.

For culture the National Theater opposite the Norfolk Hotel offers a variety of plays and other events. Check the papers for National Theater plays and other cultural events. The French Culture Center has speakers and French movies. There are a number of movie theaters.

D. NECESSITIES

Recently they have built a Nakumat near BID Apartments where you find anything from veggies to electronics and everything in between. This is a one-stop shop where you can find pretty much anything. The Uchumi supermarkets have locations throughout Nairobi including the Sarit Centre and are an excellent source of food, toiletries, beer, and almost everything. You can purchase a wide variety of snack foods and drinks for your apartment. They have a selection of fruit juices in cartons, many kinds of yogurt, and toiletries like shampoo, toothpaste, etc. The Uchumi in the Sarit Centre, across the street from the Bid Apartments, is the largest store in the country. Everything can be found at the Sarit Centre from a bakery to televisions, from photo copiers to coin-operated rides for children, movie theatres, ATMs and a Food Court with a choice of many different cuisines. The most recent group went either to Sarit or Westgate to get all of their daily necessities and the prices are very reasonable. Bring a flashlight since there is a possibility of small power outages.

E. MISCELLANEOUS

1. TELEPHONES - CALLING HOME & WITHIN AFRICA

If you call while touring, ask the hotel how much they charge. Several years ago the

government removed all international phone lines from companies such as AT&T and MCI. As a result, to make an international call you have to go through a Kenyan operator to call the U.S. and it may cost you as much as \$5 per minute. Be patient. Remember Kenya is 7 hours ahead of Eastern Daylight Savings Time. Now with a new, more democratic government the telecommunication industry is changing quickly. If you need to make overseas calls, use the cyber café that charged about fifty cents per minute. We will see what services are available and which approach is cheapest.

➤ **CELL PHONES:** It is a great idea to get a cell phone while you are in Kenya for local calls. A cell phone is helpful for calling other members of your group (and the Kenyan students that you will become friends with) to meet for dinner or drinks, to call for a taxi, make dinner reservations, travel arrangements, etc. The phones at Bids do not have very good reception for outside calls.

You can purchase a cell phone at Nakumat or the grocery store in Sarit. There are no cell phone “plans” like in the U.S.; instead the phones operate on a prepaid minute system. You can purchase minutes as needed at the Nakumat. The students last year donated their cell phones at the end of the trip. The cell phones cost approximately twenty dollars and the minutes were extremely cheap at well.

However, cell phones are not a necessity for everyone in your group. If a few people in your group have them that may work as well. Most students communicated through their computers.

➤ **SKYPE:** Skype is a downloadable software service that allows you to talk to friends and family in the U.S. through your computer. The quality is generally good. The only complaints that students had last year were a dropped call once in a while and an occasional delay of a few seconds. The service is VERY reasonably priced and you can add to your account through the internet using a credit card. You can download Skype at www.skype.com.

2. INTERNET ACCESS

Bids has **free wireless internet** but if you do not bring a computer there is an internet café in Sarit. Bring a portable zip drive to use the information from your laptop at the internet café.

3. LAUNDRY

In the past, students were responsible for taking care of their own laundry, but last year Flora provided the students with a laundry service. Students from last year’s program were able to leave any amount of laundry in their apartment and their housekeeper would take the laundry, wash and dry it and return it folded. All of this cost 500 shillings, which is approximately 6 U.S. dollars! We ended up doing laundry maybe once a week if not bi-weekly since it was returned so quickly

STUDENT TIP: In order to save money you can wash some of your things yourself at Bids. The apartments have balconies to dry your clothes and you can buy detergent at Nakumat.

4. NEWSPAPERS

The International Herald Tribune, a joint venture of The New York Times and The Washington Post is available daily in Nairobi at the large hotels or at newsstands near the New Stanley Hotel. It is flown in daily and is expensive, about \$1.50. There are a couple of good local newspapers - The Daily Nation and The Standard which are sold on the street and are about forty cents. They are great sources of information about the political situation in the country. Both are available online.

5. TRAFFIC

“Forget Ebola virus, terrorism, drowning, AIDS, and Parisian waiters. The most grievous threat to U.S. travelers abroad – barring their own medical conditions – is the everyday motor vehicle.” (Conde Nast Traveler). This is particularly true in Kenya. Your greatest risk is being hit by a car. Kenyans drive on the left in the British fashion. The natural tendency is to look the wrong way and not see the huge bus coming toward you. Each year someone is nearly run over because he or she looked the wrong way. Look both ways. Do not trust your instincts; never assume anything. People in Kenya tend to drive too fast and unpredictably. There is little respect for pedestrians.

As you move about the city you will learn about the Kenya Bus Company (KBC) routes, the negotiable fares for the taxis, and the matatus. Matatus can be any privately-owned vehicle but usually they are a colorful and motley collection of minibuses. The advantage is that they are cheap. In the recent past they were always crowded, dangerous, and driven by suicidal drivers. Now they are regulated and relatively safe. Do watch your things if you take matatus.

6. ELECTRICAL VOLTAGE

Electrical voltage is 240 volts in Kenya. Electric hair dryers and shavers will not work unless they have a voltage switch (110-220) and you have an appropriate plug. Adapters are available in Nairobi at appliance stores. Hair dryers without a voltage switch will burnout even with an adapter. You may also purchase a hair dryer locally for around \$10-\$15. Some students did have a regular American hairdryer and just bought an adapter so that it was able to plug into the wall and had no problems.

7. MAILING ADDRESS

Your mail should be sent to you c/o Bid Apartments, Westlands, P.O. Box 6206, Nairobi, Kenya 00300. The mail is slow and not everything arrives. Do not have anything valuable mailed. It will not arrive or will never get through customs. See below on how to wire money.

8. MONEY MATTERS

The unit of currency in Kenya is the Kenya shilling (Ksh). At the time of this writing, the exchange rate was about \$1.00 USD = 83 Ksh. However, the exchange rate may fluctuate

several times during any given week. The result is that the dollar goes a long way in Kenya, but the inflation is very hard on the wananchi (common people). We will see the extent the new government has been able to keep prices relatively stable. The exchange rate has not changed much over the last two years. This is a very good sign.

You should be aware that you can use your **debit card at the many ATMs in Nairobi**. This allows you to directly access your bank account. *** Make sure you call your bank before traveling to Africa and let them know you will be leaving the country and requiring access in a foreign country. The machines pay you in Kenya shillings at a good rate. Credit cards are useful. You can use them to pay your bills at Bid Apartments, hotels, most safari companies, or to obtain travelers' checks in some circumstances. The Hotel Sirona and many other places charge extra for the use of a credit card in order to cover the fee the credit card company charges them. Visa, MasterCard and American Express are widely accepted in Nairobi, but not in the outlying areas. Barclay's Bank is the Visa agent in Nairobi and will give you cash advances or travelers' checks on your Visa card.*** The main bank is Barclay's and this is the sister company of Bank of America; therefore, if you bank with BoA, you can access your account for free. There is an agent for American Express downtown on Standard Street near Bruce House. You can use your American Express card there to receive travelers' checks. If you plan to bring a large amount of money, it is advisable to bring travelers' checks.

The best option is to use your debit card for local cash and a credit card for bills you want to defer. You typically get a very good exchange rate at ATMs. There are several ATMs in the Sarit Centre and Westlands area.

Another note from students who have done the program in previous years: "We found that U.S. currency in small denominations was particularly helpful for tipping service people and assisting with difficult safari negotiations." Also many of the places you will stop for souvenirs will accept American currency but be sure to bargain with them.

Until you get used to the value of a shilling, it is wise to make a cheat sheet on the exchange rate and each size bill to take with you. Also, a calculator is an invaluable tool in keeping people honest. Sometimes when bargaining or eating out, your final bill will not be what you ordered or agreed to and in these instances it is useful to have a pocket calculator. This is also useful for dividing large bills at a restaurant among the whole group – while this isn't necessary at home (we can add and subtract in dollars and cents) – it is much more difficult with a huge group and shillings. Last year students asked for separate checks when eating out which is highly recommended.

There is no need to bring Kenyan shillings into the country or take them out. It is unnecessary and a poor investment. There are foreign exchange windows at the Nairobi airport, both inside the area where you pick up your baggage and just outside. You get a good rate at the airport.

Many students brought a few hundred dollars in cash to start with and exchanged that when they arrived in Nairobi. After that, they used the ATM to withdraw Kenyan shillings.

STUDENT TIPS:

- When you arrive, you can immediately exchange some money at the airport near the taxis, right after you collect your luggage.

9. CRIME

Crime is a problem in Nairobi and sensible precautions must be taken. You should, however, keep it in perspective. It is no more prevalent than the petty crime in London or Paris and is far less violent than the crime in commercial districts of the United States. Working class and middle class Kenyans are honest, hard working people. Over the last 20 years there has been a population explosion in Kenya. The land and the commercial economy cannot support the increase and unemployment is very high. There are several squatter settlements on the outskirts of Nairobi where people live a desperate existence. Many of these people are in dire straits.

Most crime is of the grab-and-run variety. Therefore, do not keep valuables visible. Watch your money and don't flash it. **Do not wear jewelry while walking outside.** You are a wealthy tourist in most Kenyans' eyes even though you are a student. Kenyans will assume you are wealthy because you can afford the air ticket to get here. There is much petty theft from careless tourists. One student left her purse at a table three years ago and it was gone when she returned. Another student took an overcrowded bus from the airport and had her pocket picked. Another left his wallet on a tray at a Hotel. Be very careful of your money when traveling, particularly on crowded buses. Do not leave things unguarded or rooms or cars unlocked.

Over the last several years there have been fewer such instances in our program, because people were better prepared. Do not carry a purse or wear jewelry particularly the kind that might look expensive, including earrings. They may be snatched. We recommend that you purchase a fabric, around-the-neck pouch for your passport and money. In this way, you do not have to carry your purse against your chest or worry about the bulge from your wallet.

TAKE TAXIS AT NIGHT. Taxis are relatively inexpensive in Nairobi especially if you travel in a group. Do not walk to town at night. It is very easy to catch a taxi at the Sarit Centre. We also strongly recommend that you take taxis back to the Bids at night.

Avoid parks or poorly lit areas. They are invitations to grab-and-run behavior. Unemployment is high in Kenya and a number of people are suffering. Most Kenyans are honest and friendly, but "wealthy" tourists are a temptation for the less scrupulous.

Nairobi, like most capital cities of the world, has its share of street scams. The two most prevalent are "schoolboys" asking for school fees with sponsorship forms listing contributors and "refugees" with long stories. Some are true; many are not. Begging is a serious business with little of the money going to the person asking for money. If you wish to give money, look at it as charity unrelated to the merits of the story. There is another scam listed in The Rough Guide that has been tried on our students. A "student" requests money. Then phony police say that you have contributed to a terrorist or subversive group and must pay a large fine. Go straight to the police and the scam artists will disappear.

There are many different scams as there can be in any other metropolitan area in the world. There is no need to be paranoid, but use your common sense and think twice if someone appears with a suspicious story.

Nairobi has many street boys, called "totos," short for watoto, who live a difficult hand-to-mouth existence. Their plight is pitiable, but they will grab things from your person or out of your car. Be careful. There is a children's shelter for them to go to. And much of the money that you would give to them goes to purchasing glue that they sniff to get high. In other years, students who wanted to help these children brought food with them into town and when the children asked them for money, the students were able to give food instead. It was a way to know that at least for that day, the children would have something to eat.

Remember, you are not a citizen of Kenya yet are subject to their laws just as tourists to the U.S. are subject to U.S. laws. Please be respectful for your own good if you are stopped by police.

10. U.S. EMBASSY

A new, modern embassy building has been built outside the city near the UN complex. We will register all of you with the embassy. U.S. citizens are encouraged to register with the embassy, where they may obtain updated information on travel and security within Kenya. Security updates are e-mailed to all registered Americans on a monthly basis. We will register each one of you so you do not need to register. If you wish you may complete a registration form on-line at: <http://usembassy.state.gov/nairobi/wwwhcon3.html> or may request one via e-mail at: kenya_acs@state.gov. You may also call the embassy in Nairobi, should there be a need at: 363-6000 (during normal business hours); after-hours phone numbers are: 537-809 and 0722-514-246. Travel updates are also available at: <http://travel.state.gov>.

11. POLICE AND NATIONAL RESPECT

If you are robbed, report it immediately to the police for insurance purposes. Many Kenyan police are competent, good people. However, they are underpaid and lack automobiles and other resources to adequately do their jobs. Many will not do anything without being paid. It is important to be polite and respectful at all times, particularly if you are the subject of suspicion. **Civil liberties and other rights do not affect police behavior. Remember you are in another country as a guest. You must follow their laws and act with respect toward their institutions. You have few rights as a foreigner.** You can be deported at anytime for poor behavior. The new government has been working hard to improve the pay and professionalism of the police. They are still underpaid.

The Rough Guide quite properly gives the following warning and advice. Failure to Observe it can get you arrested:

"Stand in cinemas during the national anthem. Stand still when the national flag is being raised or lowered. Do not take photos of the flag or the President. Pull off the road completely when a police convoy comes into view. It may be the President or an important official with armed guards. Never tear up Kenyan currency. It will be seen as disrespect for the country."

CUSTOMS ARE DIFFERENT IN OTHER CULTURES. OBSERVE AND LEARN.

F. ON SAFARI

1. SAFARI ETIQUETTE

When traveling in the game parks, be courteous to other tourists. Try not to make a lot of noise while others are observing animal behavior or enjoying the serenity of the parks. Americans have a reputation for being loud and insensitive to the wishes or concerns of others.

Wild animals have their own way of dealing with tourists who try to create the perfect photo scene by feeding or poking them or creating a loud disturbance. No matter how cute, friendly, or docile animals may seem, they are wild and potentially dangerous. Unwary tourists have been mauled by lions, attacked by baboons or had their van crushed by irate elephants.

When staying at game lodges or tented camps, please be respectful of the needs of others. There are usually a large number of people in a small space enjoying the beauty and tranquility of the experience. For many people the safari is the expensive trip of their lifetime. Try to go to bed early and keep the noise down after 9:00 PM. Wake up calls for the early morning game runs start at about 5:30 AM. Most people leave by 6:30 AM, because the early morning game run is the most important run of the day. It is the time when you are most likely to see the shy, rare animals, the nocturnal animals, or lions, cheetah, and leopard hunting. The most exciting safari experience is to get up very early and track a pack of hungry lions with cubs on a hunt. .



STUDENT SAFARI TIPS:

- If you have an IPod, bring it for the bus trips.
- It is polite to ask permission to take photos of your safari guides, though they will most certainly say yes!
- Also tip your safari guide at the end of the weekend. Ask Flora for suggestions but last year's group would usually put in about \$10 a piece after a three day trip.
- Lake Naivasha:
 - Dress in layers for this trip. It might be cool when you start out in the morning; but warm up later. The evening is very cool, so bring a sweatshirt.
 - There is a stop along the way with souvenir shops, so you may want to bring some extra cash for souvenirs. The merchants can be very pushy; don't be afraid to say, "No, thank you."
 - You may visit Mt. Longonot or Hell's Gate on the way back, so remember to pack shoes for hiking (i.e. sneakers) and some clothes you don't mind getting dirty, muddy, or wet.
- Samburu National Reserve
 - Take some tank tops or t-shirts; you will get warm on the day safaris!
 - This is your first "real" safari. Relax and enjoy the entire experience. There are guards that walk around the resort - ask them to explain the night constellations to you...you can actually SEE the Milky Way! The guards will also stay near and stand watch if you and a group of people want to bring some tables and chairs onto the river bank area for evening cocktails and conversation.
 - Don't feed the monkeys, they can be pesky and will chase you.
- Diani Beach
 - This is your beach resort vacation. HAVE FUN! If you have some spending money, take a morning camel ride or go snorkeling or scuba diving and don't be afraid to bargain. The Baobab resort offers spa services that are a fraction of what you would pay in America, so take advantage.
 - Be careful when walking along the coast and try to always walk with someone. People who are not affiliated with the resort hide near the cliffs and hassle you to buy goods; they are persistent and may follow you - politely tell them to leave you alone. There are always security guards looking after the patrons of the resort so don't be afraid to ask for an escort or help from them if the beach boys hassle you too much.
 - **Ali Barbour's** is a fantastic restaurant that is built into a cave! It is a beautiful and one-of-a-kind dining experience. The restaurant offers a transportation service to and from the establishment.
 - Telephone: 254 (040) 3202033/3203003
 - http://www.dianibeachbar.com/the_cave.htm
 - If you want to venture off the resort to go dancing or to a bar or club, ask the bartenders for suggestions.
- Masai Mara
 - Some students last year opted to stay for an additional safari ride. Those who did not stay returned to Nairobi at the scheduled departure time. If you want to do this make sure you talk to the drivers to see if they will accommodate you. If they agree, it is a nice gesture to tip them when you get back to Bids.

2. GAME PARKS/BEACHES/ACTIVITIES

There are an enormous variety of outdoor activities in Kenya including wildlife safaris to the many game parks and game reserves, trips to the unspoiled beach resorts on the Indian Ocean, excellent hiking and mountaineering, and a plethora of lovely lakes for relaxing, camping, walking, and nature viewing.

We have arranged group safaris and a trip to the beautiful beaches of Mombasa. If you arrive early or stay after the end of the program, there many other things to do. There are a variety of different types of safaris and accommodations to suit everyone's budget and tastes. These include basic camping safaris traveling by truck to the game parks to hiring a driver to go to expensive, luxurious lodges. Discuss your plans with Eva of Saleva Travels.

There are far more things to do in Kenya than you will have time to enjoy. Tsavo National Park, in the shadow of Mt. Kilimanjaro, is a great spot for a safari. Buffalo Springs/Samburu in the north is a wonderful semi-arid park. The drive there is beautiful across the escarpment of Mt. Kenya and then down to arid Isiolo.

Lake Nakuru about 90 miles west of Nairobi is an excellent place to observe birds and other wildlife. It is part of a chain of lakes in the Great Rift Valley, a huge fissure in the earth's surface that bisects Kenya. Lake Baringo and Lake Bogoria also make excellent weekend trips and can be combined with a trip to Nakuru.

In and around Nairobi, the National Museum is interesting. The Nairobi Game Park is only 9 miles away with its animal orphanage. The Ngong Hills and the Karen Blixen home are about 12 miles south of Nairobi, a few miles beyond the game park. Mt. Longonot at 9000 feet is an easy hike with an excellent view of the Great Rift Valley escarpment. You might get several friends together and rent a car to see the attractions near Nairobi.

Most guide books include a section on climbing Mt. Kilimanjaro. In past years, many students have climbed "Kili." A number had not originally planned to, but decided to go with their friends during the break. If there is a chance you might go, bring appropriate clothing to "layer." While it is only a long hike, there is always the danger of altitude sickness. A successful trip requires preparation. One interesting book is On Top of Africa: The Climbing of Kilimanjaro and Mt. Kenya by Neville Shulman.

The game parks of Tanzania (Serengeti, Ngorongoro Crater, and Lake Manyara) are just as close to Nairobi as the Kenya game parks. Tours of Tanzania parks can easily be arranged and a visa obtained from the Tanzanian embassy in Nairobi. These parks are less well developed, but also less trammeled.

You may want to arrive in Kenya a week or two before the program starts to tour, or stay after the program ends. June is a wonderful month to travel in Kenya. It is the off-season and the game lodges and beach resorts discount their prices. It is also a relatively cool time of

the year in Nairobi and the game parks, making travel quite comfortable.

The most rewarding experience in Kenya is to meet and befriend Kenyans. You will learn a great deal from their friendliness, hospitality, and different perspective on the world. Get to know your classmates as well. You are all rather exceptional people of uncommon experience. Remember when your summer is over, it is your relationships with others that will endure.

G. OTHER MATTERS

Announcements will be posted on the Faculty of Law Bulletin Board near the classroom or drop by the Program office at the Law School. If there is a problem, contact the Administrative Assistant at Bid Apartments or either Co-Director. The Law Faculty Dean's Office may also be helpful. There is now a bank of computers at the Faculty of Law that you will be able to use, but they are slow. If you choose to bring a laptop, keep in mind that you will not be able to plug it in an outlet in the classroom and that you will also need an electrical converter.

Something that you should bear in mind is that **things will change**. Several years ago a tour of the Kenya Law Courts had to be cancelled and rescheduled at the last moment because of political concerns at the High Court. Some students were upset by this. But such changes are inevitable. It is important to be flexible and to realize that public institutions, including the University, operate on different assumptions and priorities. The government has substantial control over the institutions in Kenya including the University. If you realize this and use your time well, there will be less frustration. Many things are outside our control.

A P P E N D I C E S

APPENDIX A - SAFETY AND RISK MANAGEMENT PLAN FOR KENYA

The following plan is designed to minimize risk while you are in Kenya and to increase your safety in order to maximize your enjoyment of your experience.

1. **Registration** - All students will be registered with the U.S. Embassy in Nairobi. Professor Kelly will do this personally for you. He will provide the Embassy with a list of names and addresses and with emergency numbers. Please give him a photocopy of page one of your passport at registration.
2. **Alerts/Announcements** – One professor will be designated as a “Warden” by the Embassy and will receive e-mails on any alerts, announcements, etc. from the U.S. State Department. U.S. consular officials will have his telephone and cell numbers to reach him at any time.
3. **Emergency Numbers** – Professor Kelly will provide you with his telephone and cell numbers. He will also keep with him a list of students’ cell phone and home phone numbers in the host country and the USA.
4. **Emergency Procedures** - In the unlikely event that it is necessary, Professor Kelly will arrange for the pickup and evacuation of students through a local travel agency.
5. **Have Sufficient Funds** - It is wise to make sure that you have sufficient funds or credit cards to pay for a range of emergency situations, including quick evacuation from the country. This is wise in any country.
6. **Special Precautions** - If there is an incident or emergency that may have implications for us, Professor Kelly will call the American consulate and ask them for advice on any special precautions that are necessary at this time.

7. General Precautions - As a general matter, whenever you are abroad, take the following precautions:

- Avoid targets for terrorists. Note in Kenya there are virtually none. There is a Hard Rock Café in Mombasa, but few Americans are normally found there.
- While Americans have always in my experience been generally liked in Kenya, the election of Obama has unleashed much good will toward Americans.
- Exercise care on how much information that you give to strangers about yourself and our program (activities, excursions) and its locations.
- Be discreet and avoid any personal opinions on political or religious issues.
- Inform Professor Kelly of any travel plans outside of Nairobi: where you are going, means of transportation, where you can be reached (address, phone number), when you will return.
- In the event of a crisis, contact Professor Kelly

APPENDIX B - Professor Kelly's* List of Additional Background Reading

1. History/Politics – Three good general surveys of African politics and contemporary history have been published recently: The Africans by David Lamb (Vintage Paperback of Random House), Africa: The People and Politics of an Emerging Continent by Sanford Unger (Touchstone Paperback of Simon and Schuster), and Africa: Dispatches from a Fragile Continent by Blaine Harden (W.W. Norton). Kenya plays a prominent role in each account because all were journalists at one time based in Nairobi. Although Unger's book has a new 3rd edition, history and events are quickly overtaking all three accounts. Africa is going through a social revolution with its people demanding more democracy and a greater role in government. A new generation of leaders is emerging, and there is a sense of hope and excitement in many countries.

An interesting and compelling account of Kenya's struggle for democracy during the Moi years by one of the few U.S. ambassadors to stand up for human rights is Rogue Ambassador by Smith Hempstone. Hempstone, a former journalist and a friend of Dr. Kivutha Kibwana, has written an insider's political history of the struggle for multiparty democracy in Kenya and the opposition to his activism by his superiors in Washington. It was banned in Kenya during the Moi era.

2. For a history of Europeans in East Africa, The White Nile, by Alan Moorehead (Penguin, 1973) is an excellent summary. For a devastating analysis of slavery and the colonial period, see How Europe Underdeveloped Africa by Walter Rodney (Bogle L'Ouverture, 1976).

3. Anthropology/Nature – In many ways a fine book about the people, cultures, wildlife, and topography of East Africa is the classic, The Tree Where Man Was Born, by Peter Matthiessen (Picador) in paperback. Of particular note is the anthropological study of the Kikuyu people by Jomo Kenyatta, Facing Mt. Kenya. He was a leader of the independence movement in Kenya and later its first president. This work was President Kenyatta's Master's thesis at the University of London.

Also, A Primate's Memoir: A Neuroscientist's Unconventional Life Among Baboons by Robert Sapolsky, provides excellent light-hearted reading.

4. African Literature – Kenya is blessed with several fine novelists, particularly Ngugi Wa Thiongo (formerly James Ngugi), who has written powerfully about Kenya life from Colonial era to transition to present life. A Grain of Wheat (1967) takes place around independence and Petals of Blood is a critique of Africa since independence. Ngugi for many years lived in exile for his criticism of the government. Another superb African author is the Nigerian, Chinua Achebe, whose book, Anthills of the Savannah (Anchor Press), has won many prizes and has been praised worldwide

including a lead review by The New York Times.

5. European Literature – Many works of literature were written or took place in East Africa. Ernest Hemingway's Green Hills of Africa is a particular favorite for its evocation of the hunting safari. Robert Ruark wrote many novels about East Africa. Saul Bellow's wonderful, ironic novel of a man's journey to find himself, Henderson the Rain King, is a favorite of mine.

There is also the classic, Out of Africa, by Isak Dinesen and The Flame Trees of Thika by Elspeth Huxley (Penguin) each of which give personal accounts of Kenya peoples and culture during the Colonial era. A recently rediscovered and superbly written memoir by a remarkable woman is West With The Night by Beryl Markham. She was the first person to fly across the Atlantic Ocean East to West and, in my opinion, was a more remarkable person than Charles Lindbergh.

NOTE: You may also want to see "Nowhere in Africa" – it's a German film, recently nominated for best foreign film, which provides a heartfelt account of a Jewish family that fled Nazi Germany and settled in Kenya. It's an excellent way to get a feel for the country.

6. Nature Guides – For those who enjoy identifying and learning about the abundant animal and bird life of Kenya, there are a variety of field guides: A Field Guide to the Mammals of Africa by T. Haltenorth and H. Diller (Collins) and A Field Guide to the Birds of East Africa by J. G. Williams and N. Arlott (Collins). The best one-volume general guide is perhaps John Williams' A Field Guide to the National Parks of East Africa (Collins). It includes a description of animals and birds. The National Audubon Society has just published A Field Guide to African Wildlife by Peter C. Alden, Richard D. Estes, Duane Schliiffer and Bunny McBride.

7. African-American Literature – Eddy Harris, the award-winning author of Mississippi Solo, has written an entertaining and provocative memoir of his year journey around Africa called Native Stranger (Simon & Schuster, 1992). It provides grist for the mill of one's own journey. Also highly recommended is the autobiography by the extraordinarily talented Maya Angelou called The Heart of a Woman. Much of this book describes her experiences and perspectives on living and traveling throughout Africa.

8. Picture Books – Journey through Kenya by Mohammed Amin, Duncan Willetts, and Brian Tetley contains beautiful photographs of Kenya's varied landscapes and peoples. It may provide evocative memories of your stay.

The above books and more are readily available in the many fine bookshops in Nairobi. However, they are typically more expensive there, as are paperbacks. In the past students have brought their own selection of books to exchange with each other and to read on train rides to the coast or while waiting for late vans to arrive, etc.

APPENDIX C - 2009 Fun Tips

1. From Alva Byron Clarke:

My advice:

- Don't feed the monkeys; they'll chase you.
- Learn how to barter. **Rule number 1:** act indifferent toward the item you really want.
- Fly in early and fly out later to check out stuff and do your own adventuring.
- Go on all the safaris. Really, what's \$400 fifteen years from now?
- Try the local cuisine.
- Get to know the locals.
- Try to learn a little Swahili.
- Bring a nice camera.**
- Don't fall too much in love with anything while there; your life could be ruined.

APPENDIX D - 2006 STUDENT LETTERS & INFO.

1. Letters from the Students

➤ **2006 STUDENT LETTER 1 (FROM THE 2006 STUDENT ASSISTANT)**

To Whom It May Concern:

If you have decided to enroll in the Nairobi International Law Summer Institute, you are about to embark on an experience of a lifetime. As you prepare for the trip, it is advisable to purchase a travel guide; I found the Lonely Planet's Kenya quite helpful. The two month stay passes quickly, so make the most of your time!

Although the information provided in the packets for the trip was useful, there are a few things I should add. First, it is winter in Kenya. While you are only 30 miles from the equator, it can be quite chilly. Bring enough long sleeve t-shirts, sweaters and such to keep yourself warm! That being said, bring your swimsuit and some warmer weather clothing, too. The beach is quite warm (although we apparently missed quite a bit of rain)! It is also a good idea to bring something nice to wear to the UNEP and the High Court, although you do not need to bring a suit.

Second, don't be too scared of the crime warnings in Nairobi. If you use common sense and are aware of what is going on around you, you should have no problems. I found the Kenyans to be some of the warmest, friendliest people I have met. Many were quite interested in learning about life in the U.S. However, I would advise using cash in as many places as possible. A few students had their card numbers stolen during the summer 2006 session, and it was quite a hassle to have them replaced. There are a number of ATM machines in the Sarit Centre, a short distance from the Bid Apartments. Not all of them take MasterCard, so don't panic if the machine refuses your card. Try another.

Third, while the scheduled trips are great, there is also a lot to do in Nairobi. The Animal Orphanage and the Safari Walk at Nairobi National Park (where you can pet a cheetah!) were great fun. Also not to be missed are the Giraffe Center and the Karen Blixen Museum. If you go to the Elephant Orphanage, I would advise going during the week, as the weekends are quite crowded. The restaurants in Nairobi were some of the best! I would recommend the following:

Haandi – Some of the best Indian food I have had and within walking distance from Bid. If you are walking, do not walk alone after dark!

Addis Ababa – Good Ethiopian food, and a great place to go with the group. It is also within walking distance of Bid.

Trattoria – Located in downtown Nairobi, Trattoria was a favorite of the summer '06 students. The Italian fare was incredible (don't miss the desserts!) and the atmosphere was great.

Furusato Japanese – I have been searching for a sashimi tuna and avocado salad like the one served at this restaurant since my return. I've dreamed of this salad! The sushi was great, too. This is also within walking distance of Bid.

Fourth, if you didn't bring it, you can probably find it at Nakumatt, which has everything from food staples to clothing (not the greatest selection) to coffee pots to towels and anything and everything else you might think of. Uchumi is another alternative for groceries (located in the Sarit Centre). It is advisable to bring all of the personal hygiene items you may need. While they are available, they can be quite expensive. I ran out of my face wash on the trip, and while I was able to find it at a pharmacy, it was \$35 (as compared to \$6 in the US). There is a great health food store in Sarit, as well as a butcher. The pre-made shish-kabobs were delicious!

Finally, Flora at the Bid apartments is an incredible resource. She can help you with anything and everything, including setting up laundry pick-up, calling cabs, locating an orphanage to visit and everything in between. Treat her with the kindness and respect she deserves - no doubt it will come back to you three-fold.

If you have any specific questions, don't hesitate to email me: kheinz@albanylaw.edu.

Regards!

Kristal Heinz

Nairobi Summer Institute Assistant, 2006

1996 STUDENT LETTER

From Andrew Balser (Class of 1996):

The caliber of people on the program was outstanding. The combination of eclectic personalities, worldly knowledge and genuine wit provided a first rate group with which to bungle Swahili, hone haggling skills, and share misadventures. I couldn't have picked a finer bunch to be stranded with while nursing Stanley's cousins ailing matatu back to health at Lake Baringo. I have developed a permanent soft spot in my heart for hippos that stomp tents at 4:00AM, baboons that steal camp items, dust choked roads and friendly Kenyans who incredulously ogle the weird wazungu (white folks). I even have occasional cravings for greasy samosas and Tusker Lager - imagine that. My only regret is that it didn't last longer. Best wishes to those enrolled in the 1997 program. Enjoy it while it lasts; it'll be over all too quickly.

The joy of living is his who has the heart to demand it.

- Teddy Roosevelt (another noted Kenyan traveler)