

A Journey with NFYFC Discovery
Kenya

2010

Thursday 5th of August



Departure day: Leaving alone from Swansea Bus Station Near Tesco's!

Friday 6th of August



Arriving in Nairobi Airport early morning on Friday 6th August after an 8 and a half our flight.

Friday 6th of August

Having arrived a day earlier than the scheduled trip, I and a fellow discoverer went for a walk around Nairobi.



Saturday 7th August: Meeting with the rest of the travellers at 9pm in airport.

We went to explore the local markets and here is a picture of Christine with a very friendly stall keeper in an indoor market. Of course, anyone who had something to sell was very friendly indeed; as long as you didn't bargain too hard..... Being a 'Cardi', they were not very friendly, very long!



The first lesson of the trip was keeping your wits about at all times and not succumbing to overly helpful strangers. This picture is at the beginning of a museum tour at which we nearly had to pay the equivalent of £40 to get rid of an overly friendly local who tried to charge us for his unofficial company around the museum. Luckily there was a taxi at hand for us to make a quick getaway!



Sunday 8th August 2010: Day 1

This was our first full day as a group. We had a relaxed day and prepared for the week ahead. Before leaving, we went to the city for supplies and for what, unknowingly, later became our saviour in times of desperation and mental and physical fatigue, Haribos!

This is the hotel we stayed at the first night before leaving for Karangi village Central Province.



The journey to the village was about 2 hours, mainly because the roads were so bad and there was heavy congestion.



Due to the climate and the road works and the volume of vehicles around the city, the air was very polluted.

There was however work at foot to improve the roads and it was being under taken on a grand scale.





Never Take pictures of the police in Kenya. They get very, very angry. Shortly after taking this picture I was given a very stern and frightful telling off by the officer and assured myself that I would never take a policeman's photo again.

At least not in his
line of sight!

Or fire for that
matter!



This is Jacqui, 'Iron fisted with a velvet glove'.
She was our leader.



And this is president Jomo Kenyatta
Their leader!

Well, their founding father to be exact. He was the first president of a free and independent Kenya. He is held in great esteem and there is a picture of him in many the homes in Kenya.

Here we are in the home of Baba and Mama Njeri. We had a very warm welcome of buttered bread and the sweetest milkiest tea you have ever tasted. I thought it was marvellous but it wasn't everyone's cup of tea!

Baba Njeri; "Feel welcome. Be welcome. If you don't feel welcome, it is not our fault!"
We felt very welcome.

This is our first group photo



If we had any spare time it was often spent playing games with the local children. Whenever they saw one of us with a camera they got really excited and tried to get into every photo!



Lizzie, Helen and Emyr with the local children.
Spot the twins!

Monday 9th August 2010: Day 2



We got up early and Samuel our host family's youngest, took us on a walk around their homestead. Then after a breakfast of sweet potato and that delicious Kenyan tea, we went to the home of Baba and Mama Njeri to plant Avocado trees.



Later we learned how to prepare a seed bed and plant trees at my host family's home.



Tuesday 10th August 2010: Day 3



In the morning we picked tea and enjoyed the stunning views which surrounded us. These are the tea plantations of Julia Mwangi.



After taking 12 of us 1 hour to pick as much tea as a tea picker would pick in half an hour, i.e. 1 full basket, we went to weigh the tea leaves at the weighing station.



Here is Ngeri Tea Factory. We followed the processing of the leaves from a green leaf to a rich dark powder. And we bought some to come home.



In the afternoon we went to the home of Joseph Ng'anga for a cultural activity. We learnt how to make traditional medicine.

Aloevera - cure for stomach ulcers

Pumpkin seeds – cure for worms

Papaya - cure for roundworms

Mwarwbaine (cure for 40 diseases) including typhoid.



We had to learn many new skills in order to accomplish every day tasks which at home could be solved at a touch of a button.

One evening Shadrak (second born) taught me how to wash my clothes in a bucket of water with soap. This picture shows a stage of the drying process.



Wednesday 11th August 2010: Day 4



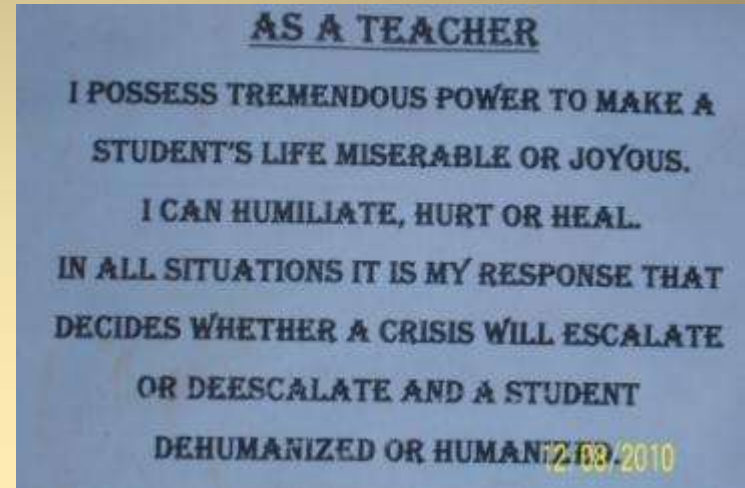
EARLY!

In the morning and evenings we had time to help with the daily chores. This is 6am milking the cow.

Later on we went to Virginia Muhia's home to learn how to churn milk to butter. We all had a go at turning the ilk. It was quite a laborious task but apparently you did end up with a good cooking fat.



Thursday 12th August 2010: Day 5



We went to visit a typical primary school called 'Karangi Kiana Primary School. We met with a few of the teachers there who kindly opened up the school as it was during the holidays.

On the left we have 4 members of the team who are teachers back in the UK.



In the afternoon we went to a locally initiated Health Centre.

Then in the afternoon we visited a local secondary school. Their school system was different from ours in some respects. For example; one could not progress through the year groups without passing his or her end of year exam.



In the afternoon, Mary Mbogo taught us how to weave kiondos (baskets). It took a bit of practice to learn the weave. The elder women usually made these baskets in their spare time to sell in the markets.



Most of the families had some animal grazing out on the lawn tied to a lead. Ours had a goat, one had a sheep, some had cows and here they had a calf!

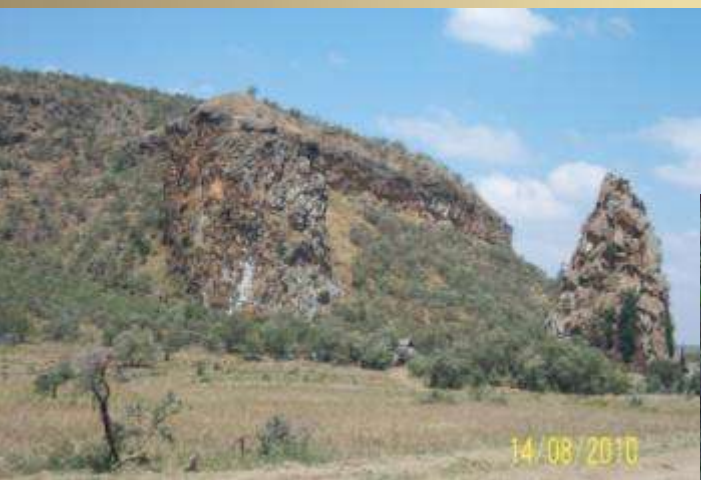
Wednesday 13th August 2010: Day 6

Today we went for a long walk through the jungle. We went down a massive valley to go fishing. Unfortunately we caught nothing. But we did have a massive laugh when Catharine strolled unknowingly into a very muddy hole and disappeared down to her knees!

Half way back on this long hike is where the Harribos gave us a lifeline!

Thursday 14th August 2010: Day 7

Our last full day with
the discovery trip.
We went to Hell's
Gate National Park.
Here is what we saw.



We had a picnic which our hosts had prepared .
Boiled egg,
Tomato sandwiches,
Boiled Potatoes
and a banana.



At the end of our last day with the village we were honoured with a traditional dance. We were also asked to show them a traditional dance from the UK.

We did the only one everyone knew confidently.

The Macarena!





We then had a glorious feast. They had slaughtered a sheep earlier in the day as a farewell gift.



Then we had a party!







The Journey Home



The END





the end

