

# Kenya 2010



My Discovery Trip  
by  
Lizzie Watts

# Day 1 - Travel

Our YFC team flew from Heathrow to Nairobi on a 8 hour flight.



Our group boarding the plane.

We stayed at a hotel that night, where we relaxed and got to know each other before we set off to the home stay village the next day.

# Day 2 –Arrive at Homesteads in Kariara.

Before setting off we stopped at a supermarket to get some snacks and treats for the week.

We then travelled a bumpy 2 ½ hours to Kariara by minibus.



When we arrived in the village we had a YFC team photo in our Kenya polo shirts.

# Day 2 –Arrive at Homesteads in Kariara.

We stayed in pairs with the host families and were dropped off by the minibus at each of our homes.

## Our Host Family



Catherine and I arrived about 6pm at our host family, and they had supper waiting for us.



We referred to our host parents as Mama and Baba N'jeri. In Kenya it is traditional that parents are called Mama and Baba and then the name of their eldest child. Mr and Mrs Mbogo's eldest child was called N'jeri.

# Day 3

We planted some trees in a host families garden to mark our arrival in the village. Then went on to plant some seedlings.



After lunch our activity was weaving mats. We used banana tree leaves. This skill is extremely popular for women in Kenya.



# Day 4 – Tea Picking



Mama N'jeri had prepared traditional porridge for Catherine and I to eat for breakfast. She said that we needed lots of energy for our busy day ahead.

After breakfast we went to pick tea. It was quite a skill as you had to pick 2 leaves and a bud which I found quite tricky to find.

All farmers in Kenya have tea fields and they employ people to pick the tea for them.



Me with my big tea picking basket.

# Day 4 – Tea Factory

After lunch we visited the local Tea Factory. My host family were farmers and their tea is bought here after picking and weighing.



We were given a tour of the factory by two of the workers, it was interesting to see the different process' the tea has to go through. The factory was very noisy and had a strong smell of tea!



# Day 4

After returning from the tea factory the group came to my host family for a short talk from Baba N'jeri about traditional medicine.



It was interesting to learn that in Kenya they still use a lot of traditional medicine and Baba N'jeri grows a lot of plants in his garden.

Before supper, Catherine and I were fortunate enough to have a go at milking one of the families cow. As we both have links to dairy farms at home it was extremely interesting for the us.



# Day 5

In the morning we went to Virginia Muhia's house to churn milk into butter.



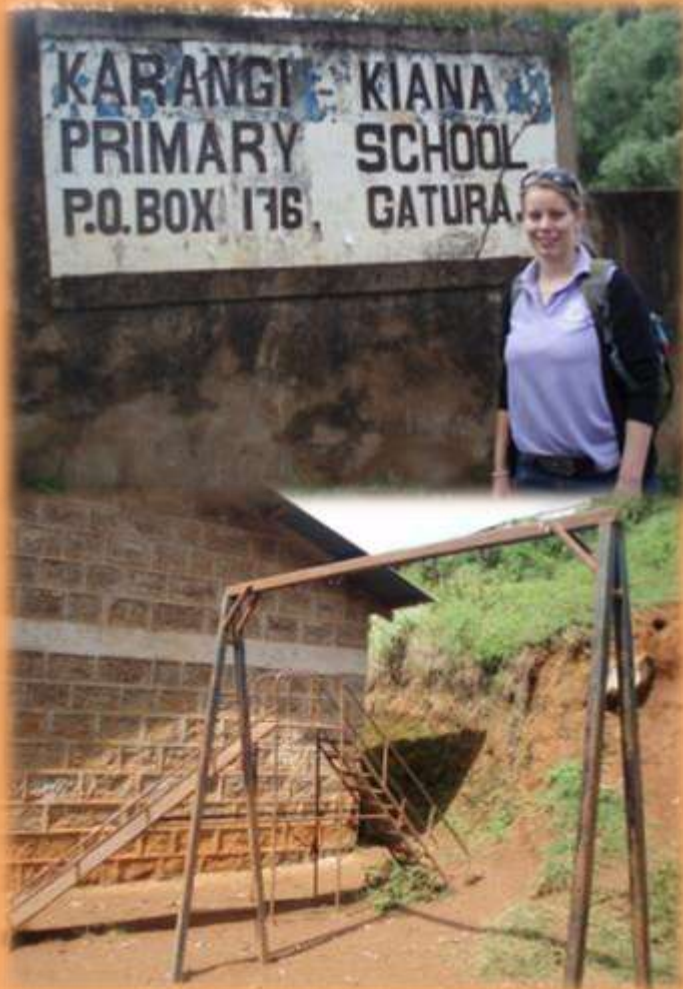
We all had a go at stirring the milk and we were all quite amazed with the results!

We then all piled into the minibuses which took us to a local town where we explored the market. It wasn't really a tourist market but still quite interesting to see what the locals buy.



# Day 6

Today we went to visit the local primary and secondary schools. We all found this very interesting as most of the group were teachers.



The classrooms were quite basic and plain.

We all had a little go down the slide!

# Day 6

The teachers at the secondary were very welcoming and had prepared tea, bread and boiled eggs for us.

The classes were quite small and had a lot of pupils in them.



We travelled back to the village for lunch and then set off out again to the local dispensary.

The dispensary was like a small doctors surgery. Two nurses worked there and could prescribe medication.



# Day 6

Before supper our last activity was weaving wool bags at my host family's home.



Most of us got the hang of it pretty quickly and it was rather enjoyable. Although the boys were not so good!

Catherine and I helped prepare dinner with Mama N'jери.



# Day 7

First thing we were up and planting vegetables at Virginia Muhia's shamba (farm).



After planting we set off in our minibuses to Gatakaini fishing camp. Unfortunately the activity wasn't quite as first seemed and we had to trek over an hour to the lake and only spent about ½ hour fishing. Although we didn't do much fishing (and didn't catch anything) the walk was fun none the less.



# Day 7

Tonight we had a visit to the local pub, a favourite for all of us I must admit! The pub was very different and we noticed there were no women there apart from the ones in our group.



We got to try some local cider and beer.



The evening was nice and relaxing after our busy day of walking.

# Day 8

Today was our final full day at the village, and we went on SAFARI!  
We travelled about 2 hours to Hell's Gate National Park.



This was a fantastic way to end our trip, we were able to get quite close to the animals and it was really amazing.



# Day 8

When we returned to the village from safari we had a good bye party at my host families home. Catherine and I helped with preparations.



Mama N'jeri making chapatis.



Baba N'jeri was cooking a lamb for everyone to eat at the party.

There was lots of singing and dancing at the party from the Kenyan's and from us!



# Day 9

Today was our last day. In the morning we all went to church with our host families.



Catherine and I with Mama N'jeri.



After church we returned to our homesteads and had our final lunch with our host families. Then we travelled 2 ½ hours back to Nairobi.

We had a quick visit to the Maisi Market where we picked up souvenirs, then went to Carnivore restaurant before travelling home.

