

# EDU AFRICA

TRANSFORMATIVE LEARNING JOURNEYS



## THREADS OF IDENTITY: UNRAVELING HERITAGE IN KENYA

Malcolm X College  
March 2024



## PROGRAM OVERVIEW

Kenya is a country in East Africa; it is bisected by the Equator and is home to a savanna ecosystem, lakelands, the dramatic Rift Valley, mountain highlands, and a coastline on the Indian Ocean. It is famed for its scenic landscapes and vast wildlife preserves, but its human history is just as remarkable as its natural heritage. Kenya has been an independent nation-state for just over half a century, but its diverse human history dates back many years, from the earliest hominids who lived millions of years ago, to the Nilotic and Bantu migrations and the settlement of Arab traders on the coast in the first century AD. One of the country's two official languages, Kiswahili, has both Bantu and Arabic origins that demonstrate this history, while the second, English, is evocative of its colonial past. The country is home to one of the fastest-growing economies in Africa and relies heavily on tourism. It is Africa's original safari destination and shares the world-famous great Wildebeest migration with its neighbor, Tanzania.

This program introduces participants to a rich web of cultures through discovery of triumphant spaces and solace that have thrived within Kenya. Participants will undertake an immersive exploration of significant historical sites, museums, and vibrant communities that have played pivotal roles in shaping the tapestry of history and culture as known in Kenya. Participants will engage in discussions led by esteemed historians, accomplished business leaders, and inspiring community figures, fostering mutual appreciation and forging deep intercultural connections. As the program culminates, participants will carry back with them a treasured piece of heritage that spans the African continent, contributing to the unification of the global community.

### Heritage Site Visits

- Mombasa Old Town
- Fort Jesus
- Jumba La Mtwana
- Gede Ruins
- Mnarani Ruins
- Malindi Museum

## TRANSFORMATIVE LEARNING JOURNEYS

EDU Africa aims to promote the process of student transformation by utilizing the unique context of Africa to help students broaden their intellectual horizons and grow personally, cross-culturally, professionally, and as global citizens.



## LEARNING OUTCOMES

By the end of this program, students should be able to:

1. Develop a deep understanding and appreciation of various cultural perspectives and practices **(IC)**
2. Recognize the importance of improving and promoting cultural heritage for future generations **(IC)**
3. Understand the impact of heritage on identity, and social cohesion **(IC)**
4. Engage in discussions and debates about cultural diversity, heritage preservation and global challenges **(IG)**
5. Recognize the interconnectedness of the world and the impact of local actions on global issues **(GC)**

6. Demonstrate increased personal self-awareness (PG)
7. Build confidence in expressing ideas and opinions in a culturally sensitive manner (PG)
8. Enhance problem-solving and critical thinking skills in a multicultural context (PD)

Note: Specific learning outcomes and activities can be constructed in collaboration with EDU Africa's dedicated curriculum development team.

## DAILY PROGRAM

Prior to departure		- EDU Africa facilitates virtual preparation sessions for participants, providing them with important health, safety, and cultural information before travel. - Students are to complete Transformation Questionnaire 1			
2024	Travel	Accommodation	Meals Included	Activities	Learning Outcomes Achieved
16 Mar (Sat)	Arrive JKIA	Fourpoints Sheraton	D	Arrive Check In	
17 Mar (Sun)	NBO - MBA - WMU	Severin Sea Lodge	BLD	EDU Africa Orientation Mau Mau Veterans Talk Brotherhood Circle Travel to Mombasa on Madaraka Express (Afternoon train) Road transfer to Mombasa Check in to Hotel	1 1, 2, 4 1, 3, 6
18 Mar	MBA - WMU	Turtle Bay Beach Hotel	BLD	Morning Mombasa town orientation Fort Jesus and Mombasa Old Town including old harbor and spice market Reflection Session Evening road transfer to Watamu	1 1, 3, 5 2
19 Mar		Turtle Bay Beach Hotel	BLD	Malindi Historical Town orientation Vasco Da Gama Portuguese Chapel Malindi Museum Free afternoon Reflection Sesion	5, 6 3, 5, 6 3, 5, 6 1, 3 1, 3, 6
20 Mar	WMU - MBA	Severin Sea Lodge	BLD	Gede Ruins Mnarani Ruins Road transfer to Mombasa <i>Tentative Reflection Session</i>	6, 8 6, 8 5
21 Mar		Severin Sea Lodge	BLD	Slave routes screening Jumba La Mtwana Akamba Handicrafts Free afternoon Final Reflection Session	1, 5 2, 3, 5 4, 7, 8 4, 7
22 Mar (Fri)	MBA - NBO - JKIA	Departure	BLD	Flight from Mombasa to Wilson at 8:45 am David Sheldrick Elephant Orphanage Bomas of Kenya Farewell Lunch	6 2, 3, 7

				Evening road transfer to Airport for a later night departure	
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Abbreviations: JKIA: Jomo Kenyatta International Airport, NBO - Nairobi, MBA: Mombasa, WMU: Watamu, B: Breakfast, L: Lunch, D: Dinner

## SUSTAINABLE DEVELOPMENT GOALS

This program engages students with the principles of the following United Nations Sustainable Development Goals:



## LOCAL PROGRAM FACILITATOR AND/OR GUIDE

All EDU Africa programs are implemented by trusted program facilitators and/or guides. Our program facilitators and guides undergo an intensive 12-module training series. The training modules include details on EDU Africa's transformation goals, reflective practices, emergency procedures, child protection policies, and communication skills, among other elements. We source and carefully select our facilitators and guides from the region to ensure that they can effectively meet specific program themes and needs. Their embodiment of EDU Africa's values of friendliness, collaboration, innovation, stewardship, and learning helps them to holistically support both leaders and participants throughout their program. This guarantees that the planned itinerary and activities come to life. The assigned program facilitator/s and/or guides will be available at all times to assist with any student and educator needs, thus ensuring the smooth running of the program.

## PROGRAM CONTRIBUTORS

### Lari Memorial Peace Museum

The Lari Memorial Peace Museum was founded in May 2001, in memory of those who were killed during the Lari massacre of 26 March 1953. On that fateful night, the nationalist freedom fighter army, known as the Mau Mau, attacked the homes of loyalists supporting the British colonialist government, after which the loyalist army retaliated by torturing and killing many more in the villages around Lari. The massacre left deep hatred in the Lari Community, and the enmity continues to the present day, handed down from one generation to the next. The Lari Memorial Peace Museum was started as a commitment to fight the hatred, suspicion, pain and unhealed wounds in the community. Since its inception, the organization has helped create a platform for the two divides to tell their stories and journey together towards a different future, one of forgiveness and brotherhood. They do this through school peace clubs, inter-ethnic youth exchange programs, community healing and reconciliation events, among other initiatives.

## ACCOMMODATION

### Four Points by Sheraton - Airport

Four Points by Sheraton Nairobi Airport is a 4 star hotel which offers exceptional Kenyan hospitality and comfort. The hotel has 96 guest rooms and suites are equipped with the Four Points signature bed and facilities that include wireless high-speed internet access, picturesque views and soundproof windows; some rooms feature balconies. The Deck Restaurant and Level 8 Bar & Lounge overlook the sensational Nairobi skyline and offer a unique dining experience. Our five event spaces, totaling 1,108 square feet, are equipped with wireless high-speed internet

access, state-of-the-art audiovisual technology, hybrid meeting facilities and a business center that provides support services. Our secure location is within close proximity to shopping malls, corporate offices, embassies and domestic airports



## Severin Sea Lodge, Mombasa

Severin Sea Lodge is a beach-front hotel located on Bamburi Beach in Mombasa. The hotel is beautifully set amidst a beautiful palm garden with some of the most breath-taking views of the Indian Ocean. The hotel has 188 rooms and suites, all tastefully furnished with wooden furniture in African style. All rooms are air-conditioned with a private balcony or terrace attached, and have ensuite bathrooms with large showers. The rooms also come with mosquito netting, hair dryer and body care products, a room safe, and tea and coffee making facilities. Complimentary Wi-Fi is available throughout the hotel and the in-house gym and two swimming pools are available for hotel guests. Well-staffed, family-friendly, and comfortable restaurants overlooking the ocean serve a variety of meals and cuisines. From the hotel, a variety of places and activities of interest for engagement around Mombasa, including the nearby Bamburi Haller Park, can be accessed with ease.



## Turtle Bay Beach Resort, Watamu

Turtle Bay Beach Resort is located on the Kenyan coast in Watamu village, just over three miles from Watamu National Marine Park. The Resort was chosen as the Best All-Inclusive Hotel in Africa by TripAdvisor in its 2012 Travellers' Choice Awards and is the only coastal property to receive a gold rating from Ecotourism Kenya. Turtle Bay Beach Resort offers a number of rooming options – from double to twin and single – some with interconnecting doors. Some of these rooms, including the bathrooms, are also accessible for people with disabilities. All of the rooms have bathrooms with separate baths and showers, air-conditioning, coffee-/tea-making facilities, safes, and complimentary toiletries. There are three restaurants, an entertainment lounge, and two swimming pools on the Resort's premises. Turtle Bay Beach Resort is a well-rounded and inclusive accommodation option with all of the bells and whistles attached and the added benefit of its proximity to the beach and other recreational amenities.



## CURRICULAR ACTIVITIES

### EDU Africa Orientation

EDU Africa offers a comprehensive orientation session at the start of the program to kickstart participants' acclimation period and prepare them for transformation. It is led by the local Program Facilitator who will support the group for the duration of their stay. The orientation provides a brief introduction to the immediate surroundings, contextualizes the country setting, and provides information pertinent to the group's safety and overall experience throughout the program. It builds on content introduced in virtual preparatory sessions and, in the event that virtual preparation did not occur, ensures that the learning experience(s) to follow is foregrounded within the transformative learning framework. The Program Facilitator will typically provide participants with an outline of the program at this stage and clarify the roles, responsibilities, and expectations with the participants while in-country.

### Mau Mau Movement Veterans' Talk

The Mau Mau movement was a nationalist armed peasant revolt in Kenya that was formed in the early 1950s to rise against colonial rule. Most of the Mau Mau freedom fighters and their supporters were from central Kenya. The freedom fighters referred to themselves as a land and freedom army, summarizing the movement's principal causes as economic and political. On 26 March 1953, close to 100 people were killed and scores of others injured at Lari in the Kiambu region of Kenya when Mau Mau freedom fighters attacked the area. Many Kenyan people regard the attack referred to as the Lari massacre, as a day that significantly contributed to a change in the country's political landscape and led to Kenya gaining its full sovereignty from Britain in 1963. A few former members of the movement who are now senior citizens will meet and engage with participants in a two hour session. Participants will have the opportunity to listen first-hand to the veterans as they narrate their moments during the struggle for independence and their continued work towards reconciling the communities that fought against each other. They will also engage through a question and answer session. The talk will give participants an insight into Kenya's colonial history and provide a basis for reflecting through the country's journey to the present.



## Brotherhood Circle

As participants gather together round the Brotherhood Circle, where the aroma of barbecue kindles a sense of camaraderie and learning, they will learn how to embrace the diversity of different men's backgrounds. This inclusive space becomes a catalyst for profound connections and transformative experiences. As participants gather around the grill, they will gain valuable insights from each other's unique perspectives, and nurture empathy. Through active listening and compassionate engagement, participants will learn to appreciate the struggles and triumphs that shape journeys of men in Kenya. They will also foster a deeper understanding of humanity. In this mentorship-driven environment, there may be a recorded personal growth.

## Malindi Historical Town Orientation

Malindi's rich history is filled with streets adorned with Swahili architecture that highlight Arab, Portuguese, and African influences. Participants will learn about the vibrant local culture and engage with warm-hearted locals as our expert guides weave tales of the town's bustling trade routes and pivotal role in the region's history. Unveil the hidden gems of this coastal gem, from its iconic landmarks to its intriguing cultural heritage.

The Malindi Historical visit consists of a visit to the Vasco da Gama pillar, the Portuguese Chapel, and the Malindi Museum. By visiting these three sites at one go, participants will gain a better understanding of the history of Malindi, one of Kenya's oldest towns, and pre-colonial Kenya.

The Vasco da Gama Pillar, a bell-shaped monument bearing a cross on top, is one of the oldest European cenotaphs built on the East African coast amid Muslim resistance. It was built by the Portuguese in 1498 to give direction for those following the sea route to India. The pillar and the cross were made out of limestone from de Gama's native Portugal.

North of the Vasco da Gama Pillar lies a quaint *makuti*-thatched Portuguese Chapel built by Vasco da Gama in 1498 on his epic voyage to India via Malindi. The chapel compound contains the graves of two sailors buried there in 1542 by St Francis Xavier, who retraced Vasco da Gama's voyage to India. Since then, 34 other people have been buried here, including the first Malindi British Commissioner Bell Smith in 1894.

The Malindi Museum is housed in a charming, old, double-story structure with a roof terrace covered with roof tiles and is situated along the seafront, on an excellent site, some few meters from Malindi jetty and Fish Market. Also known as the Column House, this building has served many functions in the past; it has acted as a Native Civil Hospital, and was also the Marine Fisheries Office, before it was handed over to the National Museums of Kenya in 1999. The Museum currently houses temporary exhibitions, and also doubles as an information center where visitors are able to find more information on attractions and happenings in Malindi.

## Fort Jesus and Mombasa Old Town

Fort Jesus is one of the most outstanding and well-preserved examples of 16th Portuguese military fortification and a landmark in the history of this type of construction. It was built by the Portuguese between 1593 and 1596 to the designs of Giovanni Battista Cairati to protect the port of Mombasa. The Fort's layout and form reflect the Renaissance ideal that perfect proportions and geometric harmony are to be found in the human body. It was declared a World Heritage Site by UNESCO in 2011 and is now used as a museum, conservation laboratory as well as an education department and primate research center. Mombasa Old Town is located on the south eastern side of Mombasa next to Fort Jesus, occupying an area of about 180 acres. It is inhabited by a mixed community of Arabs, Portuguese, Asians and British. Participants will take a guided walk around the fort and learn more about the history of the area and about the East African slave trade era when the fort was used as a vantage point. They will also enjoy the exhibition of the wide collection of ceramics and pottery reflecting the various cultures that traded along the coast. Participants will also have an opportunity to visit the Mombasa Butterfly House, located on the premises of Fort Jesus, and take a guided walk along Mombasa Old Town's narrow streets bordered by old buildings with ornately carved doors and balconies.



### **Mombasa Spice Market**

The Mombasa spice market is located west of Mombasa Old Town and is an experience that stretches all the senses. On a visit to this market, participants will smell, see, and touch various spices. As with other Kenyan open air markets, participants should also expect lots of jostling and shouting as fellow market-goers and sellers bargain over cardamon, pepper, turmeric, curry powders, and other fresh and ground spices. Participants will be encouraged to 'shop like locals' as they bargain with market vendors for their wares. A visit to the market will enhance intercultural competence and encourage engagement with the local community.

### **Slaves Route Screening**

During this immersive experience, participants will delve into the harrowing era of the East African slave trade, shedding light on the impact it had on the lives of countless individuals. Through curated screenings and engaging discussions, participants will gain a deep understanding of the human stories that unfolded along the slave routes

### **Jumba La Mtwana Ruins**

*Jumba la Mtwana*, a picturesque ruined village, is the site of historical structures and archeological relics on the Indian Ocean coast of Kenya. The site is situated 9 miles north of Mombasa, in Kilifi County, and dates back to the fourteenth century. The name *Jumba la Mtwana* means "the large house of the slave". Within this area four mosques, a tomb and four houses have survived in recognizable condition. These houses include the House of the Cylinder, The House of the Kitchen, The House of the Many Pools, which had three phases, and the Great Mosque. The inhabitants of this town were mainly Muslims as evidenced by a number of ruined mosques. It was supposedly abandoned in the 15th century for unknown reasons. Participants will have the opportunity to gain a deeper understanding of the Ruins historical and cultural importance, they will also have the opportunity to explore the archaeological ruins.



### **Akamba Handicrafts**

Akamba Handicrafts is an organization that makes fine wood carvings, animal sculptures, decorative accessories, and abstract art for sale in the local Kenyan market as well as abroad. Akamba Handicraft Industry Co-operative Society was established in 1963 by about 100 wood carvers and has since grown to a membership of close to 2,800 active members whose carving skills are well developed and specialized. The co-operative runs a workshop in Changamwe, close to the Mombasa Port and Moi International Airport. On a visit here, participants will engage with the woodcarvers and partner with the woodcarvers and see the carvings come to life from the selection of the logs for particular designs, all the way to the decoration of the finished product. Participants will also have the opportunity to buy some wood carvings as keepsakes or souvenirs.



## CO-/EXTRACURRICULAR ACTIVITIES

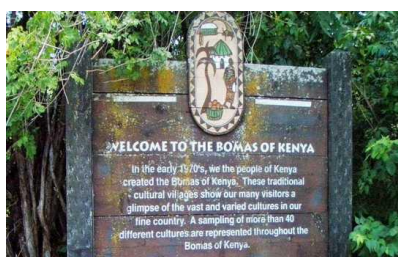
### The David Sheldrick Wildlife Trust – Elephant Orphanage

The David Sheldrick Wildlife Trust, established in 1977, operates a project that rescues and rehabilitates orphaned elephants and rhinos and returns them to the wild. The orphanage also embraces other measures that complement conservation and preservation of wildlife such as anti-poaching, safeguarding the natural environment, providing veterinary services to animals in need, as well as enhancing community awareness. At the orphanage, students get to learn about these initiatives, as well as hear first-hand from the caregivers about the process of rehabilitation, its challenges, and successes. During the one hour session at the orphanage, participants will also have an opportunity to see the residents of the orphanage.



### Bomas of Kenya Visit

Located in Nairobi, Bomas of Kenya was established in 1971 with the aim of promoting Kenya's diverse cultures. 'Boma' is Kiswahili for homestead, and Bomas of Kenya is a collection of homesteads from various Kenyan cultures which together make up a multicultural center. A visit to Bomas of Kenya is an opportunity for students to increase their intercultural competence as they get to learn about and experience an assortment of Kenya cultural practices through dances, live music and traditional performances by people from various communities. Further, a tour around the center to each of the cultural homesteads provides a chance for more engagement and deeper insight into the cultures of the Kenyan people.



## PROGRAM EVALUATION

### Transformation Questionnaires

EDU Africa's Transformation Questionnaires are pre-and post-test student self-evaluations designed to help gauge their transformation in line with EDU Africa's transformative learning goals. Students complete Transformation Questionnaire 1 at the start of the program, providing a benchmark score against which we compare their results for Transformation Questionnaire 2 (completed at the program's end). A report is drawn from the student data collected and shared with faculty in the weeks after the program has ended.

### Reflection Sessions

Reflection sessions encourage participants to think through, process, and make meaning of their experiences in the program. Through a combination of formal and informal reflection techniques, participants will be asked questions

and invited to engage in structured activities that encourage them to articulate their thoughts and feelings, internalize any lessons or moments of growth, and ultimately, transform, in line with the program learning outcomes. Each reflection session will focus on the preceding cultural and academic engagements and experiences. In addition to the formal reflection sessions, participants will be guided through brief informal reflections each day thereby giving them an opportunity to discuss and reflect on their experiences in the course of their engagements. The final reflection sessions will focus on the learnings from the program as a whole and the personal growth demonstrated as a result of the overall experience.

## REASONABLE ACCOMMODATIONS FOR FUNCTIONAL DIFFERENCES

We are committed to providing an inclusive and accessible environment for all our program participants by supporting functional differences, disabilities, and any other special needs. If participants have any specific needs that we might be able to accommodate during the program or have requirements for extra time or resources, please let us know in advance so that we can do our best to assist them. As part of our pre-departure processes, our Program Designers will ensure that participants complete our Participant Information Form which asks for details of any allergies, medical conditions, and other special needs.

## STUDENT ELIGIBILITY REQUIREMENTS

Our Program Designers do the best they can to ensure that our programs are accessible to as many participants as possible. However, there may be areas in which an individual may not have access or cannot be accommodated with regard to a functional difference. This section lists some elements for participants to consider before they travel. Participants in this program should be aware of and be prepared for the following:

- Signing and adhering to the policies outlined in EDU Africa's Participant Agreement Form, which include protocols for Notifiable Medical Conditions such as COVID-19.
- Obtaining travel insurance (highly recommended) before travel. This should include adequate cover for baggage, curtailment, and provision for any forms of disruptions to travel due to Notifiable Medical Conditions such as COVID-19. *Please note that participants who choose not to take out relevant travel insurance must be prepared to directly cover any such expenses as stated above should they arise while they travel.*
- Obtaining medical insurance (compulsory) before travel. This should cover any potential medical expenses and the cost of repatriation should participants become too ill to participate, including helicopter rescue and air ambulance services, as well as cover any forms of medical expenses that may be incurred due to illnesses from Notifiable Medical Conditions such as COVID-19. *Please note that participants who choose not to take out relevant medical insurance must be prepared to directly cover any such expenses as stated above should they arise while they travel.*
- Carrying their own luggage as much as possible to minimize cross-contamination with germs (help will be available when necessary in adherence to any Notifiable Medical Conditions protocols)
- Dealing with ambiguity, for example, there may need to be last-minute unforeseen changes to the program itinerary
- Respecting and adhering to the communicated medical ethics relevant to the institutions they will be visiting or volunteering in
- Committing to ethical community engagement in accordance with the presented guidelines
- Adhering to general ethical boundaries if involved in a service-learning program
- Visiting potentially triggering or traumatic areas/sites e.g. Jumba la Mtwana, Portuguese Chapel
- Walking long distances e.g. 200m/ over rough terrain while at Vasco Da Gama, Gede and Mnarani Ruins and Mombasa Old Town
- Living in a setting away from consistent internet for the duration of the program (Wi-Fi only available as provided by accommodation)
- Coping with lack of electricity during scheduled and/or unplanned power outages, and any effects that this may have on the itinerary
- Being in open game vehicles in a reserve where there are wild animals

- Managing dietary needs with limited available options in certain communities
- Learning to adjust to communicating and interacting with others who may have different accents, values, beliefs, cultures, and traditions for the duration of the program
- Interacting with materially poor environments (as evident, for example, through the appearance of general and housing infrastructure, modes of transport, clothing, etc.) and demonstrating respect and acknowledging dignity in all circumstances
- Being aware that they may be approached by people selling their wares or asking for food or money. While your local facilitator/guide will assist in managing these situations, participants should recognize that it is not impolite to say “no, thank you” and walk away.

## ITINERARY FLEXIBILITY AND COST

The itinerary is correct at the time of submission. It is flexible and may be adjusted to meet students' needs. In all cases, we will do our best to preserve the quality of what is presented herein. However, we reserve the right to modify the itinerary, locations, accommodation facilities, and costs if any changes dictate. All quoted accommodation is subject to availability and confirmed numbers.

### Cost for the program based on per person sharing:

Number of paying persons	FOC	Price per person (USD)	Price per additional guest (USD)	Single Supplement
32	8	\$2 195	\$2 195	\$330

### What this includes:

- Virtual pre-travel preparation support
- All transport, fuel, tolls, and road taxes - First class rail transportation to and from Mombasa
- Full use of a vehicle for the duration of your program
- 24-hour services of an EDU Africa Program Facilitator and/or Guide
- All accommodation as listed above
- All meals as specified in the daily program
- All activities as listed above
- A US\$5 donation (on behalf of each participant) towards the reforestation of Brackenhurst Forest and other important ecosystems in Kenya.

*[The Center for Ecosystem Restoration - Kenya](#) is a not-for-profit organization working to recover biodiversity in Kenya through the reforestation of the Brackenhurst forest and the restoration of other key Kenyan ecosystems. Through their donations, participants play an integral part in reversing the degradation of the African continent and ensuring that communities will be able to enjoy the benefits of these natural indigenous ecosystems for generations to come.*

### What this excludes:

- Wi-Fi (only available as provided by accommodations)
- All meals and drinks not specified above
- Laundry
- All flights
- All optional extra activities
- Travel and medical insurance
- Items of a personal nature, visas, and gratuities



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