

HPL ARMCHAIR TRAVELERS: KENYA



“A to Z World Travel” is one of the world’s largest and most comprehensive databases of country information. It is a good place to start to get global knowledge on a country and its major cities. For our **Kenya** destination, “A to Z World Travel” covers the major city of **Nairobi**.

For each city, you will find: City Overview – Activities – Climate and Weather – Communications – Electrical – Embassies/Consulates – Food and Recipes – Health and Medical – Language – Maps – Money and Banking – Transportation – Travel Essentials.

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Would you like to learn to say a few words in the language of the country you are visiting?

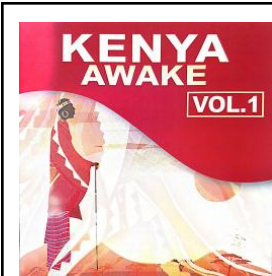
Mango Languages is an online language learning database, also available as an “app” for your electronic devices. It offers 71 different language courses. The official languages in Kenya are **Swahili** and **English**. Mango Languages offers **Swahili**.

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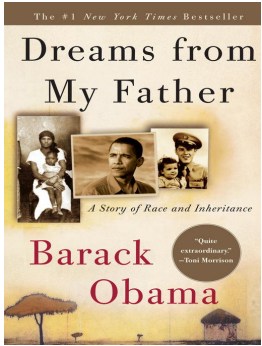
“Kenya Awake” - Sauti Sol

Sauti Sol are a Kenyan afro-pop band from Nairobi, Kenya.

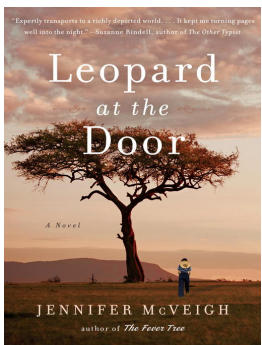
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Non-Fiction

	<p>“Dreams from My Father: a Story of Race and Inheritance” by Barack Obama</p> <p>It begins in New York, where Barack Obama learns that his father—a figure he knows more as a myth than as a man—has been killed in a car accident. This sudden death inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother’s family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father’s life, and at last reconciles his divided inheritance.</p>
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Fiction

	<p>“Leopard at the Door” by Jennifer McVeigh</p> <p>After six years in England, Rachel has returned to Kenya and the farm where she spent her childhood, but the beloved home she'd longed for is much changed. Her father's new companion—a strange, intolerant woman—has taken over the household. The political climate in the country grows more unsettled by the day and is approaching the boiling point. And looming over them all is the threat of the Mau Mau, a secret society intent on uniting the native Kenyans and overthrowing the whites. As Rachel struggles to find her place in her home and her country, she initiates a covert relationship, one that will demand from her a gross act of betrayal.</p>
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The world’s largest collection of international recipes and global food culture. For each country you will find information on Food culture -- Beverages -- Recipes. When searching for **Kenya**, you will find over 20 very yummy recipes covering appetizers, salads, main dishes, side dishes, desserts, and beverages.

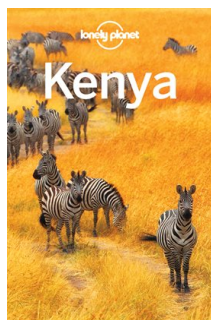
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Travel



“Lonely Planet Kenya”

Travel through ancient lands to witness some of the world's greatest wildlife spectacles, climb a volcano or two, or sail in a magnificent dhow to seemingly unknown islands; all with your trusted travel companion. Get to the heart of Kenya and begin your journey now!

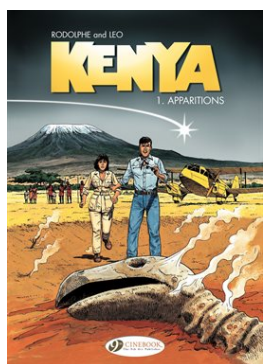
Audiobook



“A Scrumptious Taste of Kenya” by Charlotte Furlow, read by Mandy Gasson

Swahili cuisine is influenced by African, Middle Eastern and Indian foods and is spicy sweet not spicy hot. Rice is the staple food. Dishes are often cooked in coconut milk and served with meat, bean or vegetable stews. Meals incorporate locally available vegetables and fruits and spices. Fish is also central to the diet. Chicken and goat meat are popular for holiday meals. Sweet tea with milk (Chai) or Strong Coffee (Kahawa) is served several times a day.

Graphic Novel



“Kenya Vol. 1: Apparitions” by Leo, illustrated by Rodolphe.


Part 1 of the Kenya series - Kenya, 1947. A hunting expedition led by American writer John Remington makes a startling encounter, and then vanishes without a trace. Shortly afterwards, Katherine Austin, agent of the British Secret Intelligence Service, arrives in Mombasa. Her mission: investigate a series of mysterious sightings and incidents, of which the disappearance of the Remington party could be the latest. Undercover as a teacher, courted by colleagues who may be working for competing secret services, she's about to enter a whole new reality...



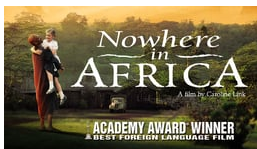
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Documentary

 The poster for the documentary "Mully" features a man wearing a brown hat and sunglasses, smiling. The background is a lush green landscape. The title "MULLY" is written in large, white, bold letters across the middle.	<p>“Mully : a Kenyan Businessman and his Philanthropic Endeavors” director Scott Haze, 2015, 82 min.</p> <p>This is the story of Charles Mully, whose unlikely stratospheric rise to wealth and power leaves him questioning his own existence, searching for meaning in life. Against the better judgment of family and community, he sets out to enrich the fate of orphaned children across Kenya.</p>
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Movie (German and Swahili languages)

 The poster for the movie "Nowhere in Africa" shows a family of four (a man, a woman, and two children) standing in a field. The title "Nowhere in Africa" is written in a stylized font. At the bottom, it says "ACADEMY AWARD WINNER" and "BEST FOREIGN LANGUAGE FILM".	<p>“Nowhere in Africa / Nirgendwo in Afrika” director Caroline Link, 2012, 136 min.</p> <p>An Oscar-winning love story spanning two continents, “Nowhere in Africa” is the extraordinary true tale of a Jewish family who flees the Nazi regime in 1938 to a remote farm in Kenya. Abandoning their once-comfortable existence in Germany, Walter Redlich, his wife Jettel and their five-year-old daughter Regina each deal with the harsh realities of their new life in different ways.</p> <p>Based on the best-selling autobiographical novel by Stefanie Zweig.</p>
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